

## New Techniques

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Blocks:	Double Knifehand Block, Knifehand Low Block, Knifehand High Block
Strikes:	Vertical Spearhand Strike
Kicks:	#3 Jump Front Kick

## Form

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Ready Position: Left Natural Ready Position

1. Left foot steps east to right back stance, left knifehand strike to east.
2. No step, left double knifehand block east.
3. Left foot pulls back to right foot, right front kick, land in right front stance to east with hands in guard position.
4. #2 left round kick.
5. Land in left front stance east, left knifehand low block.
6. No step, left knifehand high block.
7. Right foot steps to middle stance facing east, right punch, **Kihap**, and ...
8. In continuous motion, left punch, **Kihap**.
9. Left foot steps counterclockwise 180° to middle stance facing west, right vertical spearhand strike, and ...
10. In continuous motion, left vertical spearhand strike.
11. Right foot steps west to right front stance, right low block.
12. No step, left reverse punch.
13. #3 right jump front kick (advancing 1 front stance length).
14. Land in right front stance, left reverse punch.
15. Left foot steps to left front stance, left reverse punch.
16. No step, left reverse punch.
17. #3 left jump front kick (advancing 1 front stance length), **Kihap**.
18. Land in left front stance, right reverse punch.
19. Right foot steps 90 ° to middle stance facing west, right knifehand strike to side (north).
20. No step, left backfist strike to side (toward rear).
21. Left foot steps counterclockwise 180° to middle stance facing east, left knifehand strike to side (north).
22. No step, right backfist strike to side (toward rear).
23. Right foot steps east to left back stance, right knifehand strike to east.
24. No step, double knifehand block to east.
25. Right foot pulls back to left foot, left front kick, land in left front stance to east with hands in guard position.
26. #2 right round kick.
27. Land in right front stance to east, right knifehand low block.
28. No step, right knifehand high block.

Bahroh – Left foot steps forward to parallel stance, natural ready position.

*Note: All strikes are midsection; all kicks are high or middle section.*



# SONGAHM POOME-SAE #3

## Beginner Form: White, Orange, Yellow

### One Step Sparring

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#### 1. "Self Control"

Right steps back, double outer forearm block	"Self Control"
#3 Jump Front Kick	"Controlling"
Knifehand Strike	"My"
Punch	"Actions"
Double step back, double outer forearm block	"Self Control"

#### 2. "Integrity"

Left steps back, double outer forearm block	"Integrity"
#3 Jump Front Kick	"Choosing"
Backfist	"Right"
Punch	"Over Wrong"
#1 Round Kick	"Always"
Double step back, double outer forearm block	"Integrity"

#### 3. "Dedication"

Left steps back to middle stance, right low block	"Dedication"
Right foot steps back to left	"Striving"
Spin Backfist	"For"
No step, left knifehand strike	"Black"
Left foot steps back to right	"Belt"
Right round kick	"Excellence"
Double outer forearm block	"Dedication"