



Songahm Four

Basics & Kicks

1. Twin Inner forearm block
2. Reverse side kick, Step reverse side kick, Spin side kick, Step spin side kick
3. Sparring Stance

Form: SONGAHM SAH-JAHNG (#4)

		Stance	Section						
1.	B	Twin Inner Forearm Block	M	H	17.	L	#2 Round Kick	-	M/H
2.	L	Punch	M	M	18.	R	Reverse Side Kick	-	M/H
3.	R	Punch	M	M	19.	R	Back Fist	M	H
4.	L	Double Outer Forearm Block	S	H	20.	L	Low Block	F	L
5.	R	#2 Round Kick	-	M/H	21.	L	Inner Forearm Block	F	H
6.	L	Reverse Side Kick	-	M/H	22.	R	Reverse Punch	F	H
7.	L	Back Fist -Ki-hap	M	M	23.	R	#2 Side Kick	-	M/H
8.	R	Low Block	F	L	24.	R	Knifehand Strike -Ki-hap	M	M
9.	R	Inner Forearm Block	F	H	25.	B	Twin Inner Forearm Block	B	H
10.	L	Reverse Punch	F	H	26.	R	#3 Jump Front Kick	-	M/H
11.	L	#2 Side Kick	-	M/H	27.	L	#2 Front Kick	-	M/H
12.	L	Knifehand Strike	M	M	28.	L	Double Outer Forearm Block	S	H
13.	B	Twin Inner Forearm Block	B	H	29.	B	Twin Inner Forearm Block	M	H
14.	L	#3 Jump Front Kick	-	M/H	30.	R	Punch	M	M
15.	R	#2 Front Kick	-	M/H	31.	L	Punch	M	M
16.	R	Double Outer Forearm Block	S	H					

One-Step Sparring

(A) Attacker (D) Defender

1. (A) Step back to left sparring stance, *Advanced arm base*, Step forward to right sparring stance, Right *punch* (H).
(D) Move right foot to right, *Evade punch* (No block, keep hands up), Left *front kick*, Left *back fist* (H), #1 Left *side kick* (M/H), Right *reverse side kick* (M/H). *
2. (A) Step back to left sparring stance, *Advanced arm base*, Step forward to right sparring stance, Right *punch* (H).
(D) Left foot steps back to right foot, Right *inner crescent kick* block, Left *reverse side kick* (M/H), Right *reverse punch* (M), Left *front punch* (M), Left foot steps back to right, #1 Right *jump front kick*. *
3. (A) Step back to left sparring stance, *Advanced arm base*, Right *reverse side kick* (M).
(D) Left foot steps to left, *Evade kick*, Right *low block*, Right *outer crescent kick*, left *inner crescent kick*, left *outer crescent kick*, land in Left front stance, Right *punch* (H), Right *round kick* (M/ H). *

* Finish each with a stepping-into advanced arm base (Keep your hands up).

Self-Defense Techniques

1. (A) Two hand *choke*.
(D) *Distraction-Jugular notch*, *Front kick*, *Jump Front Kick*.
2. (A) *Lapel Grab*.
(D) *Jugular notch*, *Brachial Stun*, *Round kick*, *Punch*.



Color Belt Philosophy

The philosophical interpretation of the Camouflage Belt is:

“The sapling is hidden amongst the taller pines and must now fight its way upwards.”

The student begins to realize his/her place in the world’s largest martial art.

The student must now begin to spar in order to promote in rank.

Form – Individual action

Attitude is one of the most important aspects you should display when you practice form. All achievers have one thing in common, they have a “yes, I can” attitude. If you say “I can’t”, you have defeated yourself, and you didn’t even try. Everybody is afraid of failing. Look at failing as one step closer to success rather than as an ending.

Segments break down: 3-4-5-4-3-5-4-3

Songahm Sah-Jahng (4) has 31 movements and its Ki-haps are on the 7th movement (left back fist), and the 24th movement (right knifehand strike).

One-Step Sparring – Transition utility

Distance is one of the most important attributes to one-step sparring practice. Learn how to strike a target without fully extending your hands and legs. It is recommended to practice with a target such as a bag or a pad for learning distance and power.

Remember, when you defend, it is imperative to evade as double defense in each one-step sparring. Keep your hands up during all motions as protection. #1 is designed to evade right, #2 is designed to evade backward, and #3 is designed to evade left.

Free Sparring

Free sparring for testing should be done to exhibit proper technique for the camouflage belt level in combination form. Each student should demonstrate their knowledge and skill of various techniques while using the control of no contact to light contact. Full sparring gear is required at testing. This consists of: Hand and Foot pads, Head gear, Chest Protector, Face Shield, Cup and Support (males), and Mouthpiece.

Promotion Requirements

1. Know and perform your form
2. Do required 1-Steps
3. Do required Self Defense Techniques & Weapons (Black Belt & Master Club Only)
4. Attend 3 Sparring and One-Step Classes in testing cycle—Held Every Friday, check the schedule for your class time. (Black Belt and Master Club Only)
5. Must have Instructor's Permission