



# Songahm Five

## Basics & Kicks

1. Twin Outer forearm block, Ridgehand strike, Reverse Horizontal spearhand
2. Reverse crescent kick, Step reverse crescent kick, Spin crescent kick, Step spin crescent kick, #1, #2, #3, #4 Jump side kicks

## Form: SONGAHM OH-JAHNG (#5)

		Stance	Section						
1.	B	Twin Outer Forearm Block	F	H	18.	B	Twin Outer Forearm Block	F	H
2.	L	#2 Front Kick	-	M/H	19.	R	#2 Front Kick	-	M/H
3.	R	Reverse Ridgehand Strike	F	H	20.	L	Reverse Ridgehand Strike	F	H
4.	L	#1 Round Kick	-	M/H	21.	R	#1 Round Kick	-	M/H
5.	L	Double Knifehand Block	B	H	22.	R	Double Knifehand Block	B	H
6.	R	Outer Forearm Block	F	H	23.	L	Knifehand High Block	F	H
7.	R	Low Block	F	L	24.	L	Knifehand Low Block	F	L
8.	R	Punch	M	H	25.	L	<b>Rev. Horz. Spearhand -Ki-hap</b>	<b>M</b>	<b>H</b>
9.	R	Inner Forearm Block	M	H	26.	L	Double Knifehand Block	M	H
10.	R	<b>#3 Side Kick -Ki-hap</b>	-	<b>M/H</b>	27.	L	#3 Side Kick	-	M/H
11.	B	Twin Low Block	M	L	28.	B	Twin Low Block	M	L
12.	B	Twin Inner Forearm Block	M	H	29.	B	Twin Inner Forearm Block	M	H
13.	L	Double Outer Forearm Block	S	H	30.	R	Double Outer Forearm Block	S	H
14.	L	#1 Front Kick	-	M/H	31.	R	#1 Front Kick	-	M/H
15.	R	Reverse Punch	S	H	32.	L	Punch	M	M
16.	L	Step Reverse Side Kick	-	M/H	33.	R	Step Reverse Side Kick	-	M/H
17.	L	Double Outer Forearm Block	S	H	34.	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) Left foot steps back, #1 Repeat *side kick*, Left *reverse crescent kick* (to knock the guard away), Left *backfist* (H), Right *reverse punch* (M). Left #1 *round 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 to left, *Evade punch*, Right *horizontal spearhand*, Right foot adjusts distance, Left repeat *round kick*, Right *spin crescent kick*, Left #1 or #3 *side kick*. \*
3. (A) Step back to left sparring stance, *Advanced arm base*, #3 Left *jump side kick* (M).  
(D) Move right foot to right, *Evade kick*, Right *reverse punch* (M), Left *punch* (H), Right *ridgehand strike* (H), Left *ridgehand strike* (M), Left *knifehand strike* (H), Left foot steps to right, Right #1 *Jump side kick*. \*

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

## Self-Defense Techniques

1. (A) One hand *choke*.  
(D) *Hair Grab*, *Knee Strike*, *Radial strike*.
2. (A) two hand *shoulder grab*.  
(D) *Step over arm bar*, *Elbow strike*, *Side kick to knee*.



### **Color Belt Philosophy**

The philosophical interpretation of the Green Belt is:

“The pine tree is beginning to develop and grow in strength.”

The student’s technique is developing power.

The components of the basic techniques are beginning to work in unison.

### **Form – Individual action**

Balance is an important part of your training, so please pay attention to detail elements.

Solid Sole—keep your heel down on the floor.

Body position—keep your body as upright as possible while kicking. Remember, reaching high is secondary. The most important quality of kicking is proper technique and balance.

Hand position—keep your hands in guard position while kick is being performed.

Eye contact—keep your eyes on target before, during, and after execution of each technique.

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

Songahm Oh-Jahng (5) has 34 movements and its Ki-haps are on the 10<sup>th</sup> movement (right side kick), and the 25<sup>th</sup> movement (right reverse spearhand thrust).

### **One-Step Sparring – Transition utility**

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 backward—no block, #2 is designed to evade left—45 degree angle toward your opponent, and #3 is designed to evade right.

### **Free Sparring**

Free sparring for testing should be done to exhibit proper technique for the green belt level in combination form. Sparring stance—set up your feet which should be a little wider than shoulder width between front to back. The back foot’s heel should be in line with the front foot’s toe. For your mobility, put your weight on the balls of your feet.

### **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