

# Sequence Summary

## Songahm Il-Jahng # 1



SEGMENT		TECHNIQUE	STANCE	SECTION
<b>SEGMENT ONE</b>				
1.	L	High Block	Front	High
2.	R	Reverse Punch	Front	Middle
<b>SEGMENT TWO</b>				
3.	R	#2 Front Kick		Middle
4.	R	Low Block	Front	Low
<b>SEGMENT THREE</b>				
5.	L	Punch	Front	Middle
6.	R	Inner Forearm Block	Middle	High
<b>SEGMENT FOUR</b>				
7.	R	#3 Side Kick - KIHAP		Middle
8.	R	Knifehand Strike	Middle	Middle
9.	L	Punch	Front	High
<b>SEGMENT FIVE</b>				
10.	R	High Block	Front	High
11.	L	Reverse Punch	Front	Middle
<b>SEGMENT SIX</b>				
12.	L	#2 Front Kick		Middle
13.	L	Low Block	Front	Low
<b>SEGMENT SEVEN</b>				
14.	R	Punch	Front	Low
15.	L	Inner Forearm Block	Middle	High
<b>SEGMENT EIGHT</b>				
16.	L	#3 Side Kick - KIHAP		Middle
17.	L	Knifehand Strike	Middle	Middle
18.	R	Punch	Front	High

Note: All forms begin facing East.



## Sequence Description

### *Songahm Il-Jahng # 1*



**BLOCKS:** High Block, Low Block, Inner Forearm Block

**STRIKES:** Punch, Knifehand Strike

**KICKS:** #2 Front Kick, #3 Side Kick (*All kicks are middle or high section*)

**STANCES:** Front Stance, Middle Stance, Attention Stance

**TYPE OF MOVEMENT:** Strong, Fast, Individual Techniques

**READY POSITION:** Left Natural Ready Position

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#### SEGMENT ONE

1. Left Foot steps East to Left Front Stance, Left High Block.
2. No step. Right Reverse Punch.

#### SEGMENT TWO

3. #2 Right Front Kick.
4. Land in Right Front Stance, Right Low Block.

#### SEGMENT THREE

5. Left Foot steps East to Left Front Stance, Left Punch.
6. Right Foot moves clockwise to form Middle Stance on East-West line; Right Inner Forearm Block to West.

#### SEGMENT FOUR

7. #3 Right Side Kick. KIHAP
8. Land in Middle Stance, Right Knifehand Strike to West.
9. Left Foot steps West to Left Front Stance, Left Punch.

#### SEGMENT FIVE

10. Right Foot steps West to Right Front Stance, Right High Block.
11. No step. Left Reverse Punch.

#### SEGMENT SIX

12. #2 Left Front Kick.
13. Land in Left Front Stance, Left Low Block.

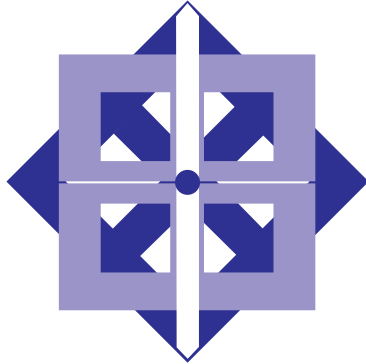
#### SEGMENT SEVEN

14. Right Foot steps West to Right Front Stance, Right Punch.
15. Left Foot moves counterclockwise to form Middle Stance on East-West line; Left Inner Forearm Block to East.

#### SEGMENT EIGHT

16. #3 Left Side Kick. KIHAP
17. Land in Middle Stance, Left Knifehand Strike to East.
18. Right Foot steps East to Right Front Stance, Right Punch.

Bahroh - Left Foot steps forward to Parallel Stance, Natural Ready Position.



The location of Songahm Il-Jahng #1 is the **white line** going East to West vertically down the center of the Songahm Star.

Phase A comprises the first five (5) movements of the form. Phase B is made up of the next four (4) movements, following the turn to the West. When the nine (9) movements are complete, it is just a matter of repeating Phases A & B using the opposite hands and feet to create the entire form.

This diagram is to assist you in memorizing your first poome-sae (form). In this form, all techniques take place on a single line moving East to West, though three parallel lines are shown to indicate the change in direction for each phase. The space between the dots (on the lines) is 3'. This should be adjusted to fit the length of your ahp-goo-bee seo-gi (front stance).

In all Songahm Belt forms, the techniques and combinations mirror themselves. For example, if you do a Right Front Kick and a Right Punch, later in the form you will do a Left Front Kick and a Left Punch.

Learn this form in segments and phases, combine the moves and allow the form to flow.

