

Sequence Summary

Songahm Sahm-Jahng # 3



SEGMENT	TECHNIQUE	STANCE	SECTION
SEGMENT ONE			
1. L	Knifehand Strike	Back	Middle
2. L	Double Knifehand Block	Back	High
SEGMENT TWO			
3. R	#4 Front Kick		Middle
4. L	#2 Round Kick		Middle
5. L	Knifehand Low Block	Front	Low
6. L	Knifehand High Block	Front	High
SEGMENT THREE			
7. R	Punch - KIHAP	Middle	Middle
8. L	Punch - KIHAP	Middle	Middle
9. R	Vertical Spearhand	Middle	Middle
10. L	Vertical Spearhand	Middle	Middle
SEGMENT FOUR			
11. R	Low Block	Front	Low
12. L	Reverse Punch	Front	Middle
13. R	#3 Jump Front Kick		Middle
14. L	Reverse Punch	Front	Middle
SEGMENT FIVE			
15. L	Low Block	Front	Low
16. R	Reverse Punch	Front	Middle
17. L	#3 Jump Front Kick - KIHAP		Middle
18. R	Reverse Punch	Front	Middle
SEGMENT SIX			
19. R	Knifehand Strike	Middle	Middle
20. L	Backfist	Middle	Middle
21. L	Knifehand Strike	Middle	Middle
22. R	Backfist	Middle	Middle
SEGMENT SEVEN			
23. R	Knifehand Strike	Back	Middle
24. R	Double Knifehand Block	Back	High
SEGMENT EIGHT			
25. L	#4 Front Kick		Middle
26. R	#2 Round Kick		Middle
27. R	Knifehand Low Block	Front	Low
28. R	Knifehand High Block	Front	High

Note: All forms begin facing East.



Sequence Description

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BLOCKS: Double Knifehand Block, Knifehand Low Block, Knifehand High Block

STRIKES: Vertical Spearhand Strike (*All strikes are middle section*)

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

STANCES: Back Stance, Front Stance, Middle Stance

TYPE OF MOVEMENT: Strong, Fast, Individual Techniques; Fast Combination Techniques

READY POSITION: Left Natural Ready Position

SEGMENT ONE

1. Left Foot steps East to Right Back Stance, Left Knifehand Strike to East.
2. No step. Left Double Knifehand Block to East.

SEGMENT TWO

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 to East, Left Knifehand Low Block.
6. No step. Left Knifehand High Block.

SEGMENT THREE

7. Right Foot steps to Middle Stance facing East. Right Punch. KIHAP. And...
8. In a continuous motion, Left Punch. KIHAP.
9. Left Foot steps counterclockwise 180 degrees to Middle Stance facing West, Right Vertical Spearhand Strike. And...
10. In a continuous motion, Left Vertical Spearhand Strike.

SEGMENT FOUR

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.

SEGMENT FIVE

15. Left Foot steps to Left Front Stance, Left Low Block.
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.

SEGMENT SIX

19. Right Foot steps 90 degrees 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 degrees to Middle Stance facing East. Left Knifehand Strike to side (North).
22. No step. Right Backfist Strike to side (toward rear).

SEGMENT SEVEN

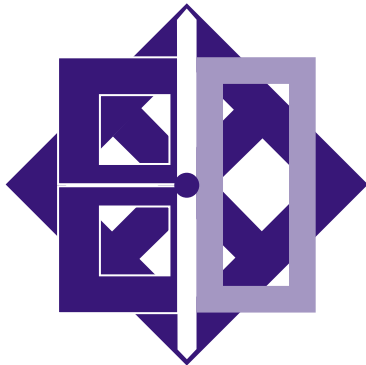
23. Right Foot steps East to Left Back Stance, Right Knifehand Strike to East.
24. No step. Double Knifehand Block to East.
25. Right Foot pulls back to Left Foot, Left Front Kick. Land in Left Front Stance to East with hands in Guard Position.
26. #2 Right Round Kick.
27. Land in Right Front Stance to East, Right Knifehand Low Block.
28. No step. Right Knifehand High Block.

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



Memorization Diagram

Songahm Sahm-Jahng # 3



The location of Songahm Sahm-Jahng #3 is the **light blue rectangle** right of the West to East center line, forming the southeast and southwest points on the Songahm Star.

Each phase of the form is at maximum two (2) stances in length, traditionally 6'. Some phases are only one (1) stance length. Every phase will repeat itself with the opposite hand and foot someplace within the form. Memorize the form one phase at a time and know where it is repeated. Know how to properly execute every technique prior to memorizing the form.

Songahm Sahm-Jahng has ten (10) phases lettered A, B, C, D, E and the repeat of each. In phases B and C on the diagram, there are no "opposites" listed because the opposite hand technique takes place within the phase itself.

