

Sequence Summary

Songahm Sah-Jahng # 4



| | SEGMENT | TECHNIQUE | STANCE | SECTION |
|--------------|----------------------|-----------|----------------------------|-------------|
| PHASE A | SEGMENT ONE | | | |
| | 1. | B | Twin Inner Forearm Block | High |
| | 2. | L | Punch | Middle |
| | 3. | R | Punch | Middle |
| PHASE B | SEGMENT TWO | | | |
| | 4. | L | Double Outer Forearm Block | High |
| | 5. | R | #2 Round Kick | Mid or High |
| | 6. | L | Reverse Side Kick | Mid or High |
| | 7. | L | Backfist - KIHAP | High |
| PHASE C | SEGMENT THREE | | | |
| | 8. | R | Low Block | Low |
| | 9. | R | Inner Forearm Block | High |
| | 10. | L | Reverse Punch | High |
| | 11. | L | #2 Side Kick | Mid or High |
| | 12. | L | Knifehand Strike | Middle |
| PHASE D | SEGMENT FOUR | | | |
| | 13. | B | Twin Inner Forearm Block | High |
| | 14. | L | #3 Jump Front Kick | Mid or High |
| | 15. | R | #2 Front Kick | Mid or High |
| | 16. | R | Double Outer Forearm Block | High |
| PHASE B Opp. | SEGMENT FIVE | | | |
| | 17. | L | #2 Round Kick | Mid or High |
| | 18. | R | Reverse Side Kick | Mid or High |
| | 19. | R | Backfist | High |
| PHASE C Opp. | SEGMENT SIX | | | |
| | 20. | L | Low Block | Low |
| | 21. | L | Inner Forearm Block | High |
| | 22. | R | Reverse Punch | High |
| | 23. | R | #2 Side Kick | Mid or High |
| | 24. | R | Knifehand Strike - KIHAP | Middle |
| PHASE D Opp. | SEGMENT SEVEN | | | |
| | 25. | B | Twin Inner Forearm Block | High |
| | 26. | R | #3 Jump Front Kick | Mid or High |
| | 27. | L | #2 Front Kick | Mid or High |
| | 28. | L | Double Outer Forearm Block | High |
| PHASE A Opp. | SEGMENT EIGHT | | | |
| | 29. | B | Twin Inner Forearm Block | High |
| | 30. | R | Punch | Middle |
| | 31. | L | Punch | Middle |

Note: All forms begin facing East.



Sequence Description

Songahm Sah-Jahng # 4



BLOCKS: Twin Inner Forearm Block

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

STANCES: Sparring Stance, Front Stance, Middle Stance, Back Stance

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

READY POSITION: Left Regular Ready Position

SEGMENT ONE

1. (To North) Step with Left Foot into Middle Stance. Left Twin Inner Forearm Block to front.
2. No step. Left Middle Punch. And...
3. In a continuous motion, Right Middle Punch.

SEGMENT TWO

4. (To North) Shift feet into Sparring Stance. Left Double Outer Forearm Block.
5. #2 Right Round Kick.
6. Place Right Foot down to left. Left Reverse Side Kick.
7. Land in Middle Stance, High Left Backfist to North. KIHAP.

SEGMENT THREE

8. (To West) Step with Right Foot (turning 90 degrees clockwise) into Front Stance. Right Low Block.
9. No step. Right Inner Forearm Block.
10. No step. High Left Reverse Punch.
11. Right Foot moves South one shoulder's width, #2 Left Side Kick to West.
12. Land in Middle Stance, Left Middle Section Knifehand Strike to side.

SEGMENT FOUR

13. Double step to South with Left Foot (turning 90 degrees counterclockwise) into Right Back Stance (facing South); Left Twin Inner Forearm Block.
14. (To South) #3 Left Jump Front Kick (advancing 1 Front Stance length forward). And...
15. In a continuous motion, #2 Right Front Kick. And...
16. In a continuous motion, land in Sparring Stance with Right Foot forward, Double Outer Forearm Block.

SEGMENT FIVE

17. (To South) #2 Left Round Kick.
18. Place Left Foot back down to right, Right Reverse Side Kick.
19. Land in Middle Stance. High Right Backfist Strike to South.

SEGMENT SIX

20. (To East) Step with Left Foot into Front Stance; Left Low Block.
21. No step. Left Inner Forearm Block.
22. No step. High Right Reverse Punch.
23. Left Foot moves South one shoulder's width, #2 Right Side Kick to East.
24. Land in Middle Stance, Right Middle Knifehand Strike. KIHAP.

SEGMENT SEVEN

25. Double Step to North 90 degrees into Left Back Stance. Right Twin Inner Forearm Block.
26. (To North) #3 Right Jump Front Kick (advancing 1 Front Stance length forward). And...
27. In a continuous motion, #2 Left Front Kick. And...
28. In a continuous motion, land in Sparring Stance with Left Foot forward, Double Outer Forearm Block.

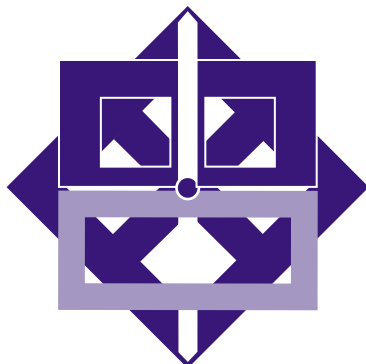
SEGMENT EIGHT

29. (To East) Shift Left Foot to Middle Stance, Left Twin Inner Forearm Block to front.
30. No step. Right Middle Punch. And...
31. In a continuous motion, Left Middle Punch.

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

Memorization Diagram

Songahm Sah-Jahng # 4



The location of Songahm Sah-Jahng #4 is the **light blue rectangle** to the west of the North-to-South horizontal center line. It begins in the Songahm Star's center and makes one complete circuit around the rectangle.

Each phase of the form is at maximum two stances in length, traditionally 6'. Some phases are only one 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 Sah-Jahng has eight phases lettered A, B, C, D and the repeat of each. In phase A, in the diagram below, it appears as though you step off of the rectangle. However, the line only extends from the rectangle to demonstrate that there is a phase that takes place prior to moving toward phase B.

