

Sequence Summary

Songahm Oh-Jahng # 5



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

Note: All forms begin facing East.



Sequence Description

Songahm Oh-Jahng # 5



BLOCKS: Twin Outer Forearm Block (foot that moves indicates hand that is most visible to practitioner in technique preparation. Left foot steps, left hand is most visible).

STRIKES: Ridgehand Strike

KICKS: #1 Round Kick, #1 Front Kick, Step-Forward Reverse Side Kick

(All strikes are high or middle section)

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

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

READY POSITION: Right Regular Ready Position

SEGMENT ONE

1. (To South) Step with Right Foot into Front Stance, Right Twin Outer Forearm Block.
2. #2 Left Front Kick.
3. Land in Left Front Stance, High Right Reverse Ridgehand Strike.
4. Right Foot draws North-South line to Right Back Stance, #1 Left Round Kick.
5. Place Left Foot down into Right Back Stance, Double Knifehand Block.

SEGMENT TWO

6. (To East) Move Right Foot 90 degrees clockwise to Front Stance, Right Outer Forearm Block.
7. No step. Right Low Block.
8. Shift Right Foot into Middle Stance on North-South line, Right Middle Punch to right side.
9. No step. Right Inner Forearm Block.

SEGMENT THREE

10. (To East) #3 Right Side Kick (Left Foot steps to form "T" with heel at arch at Right Foot). KIHAP.
11. Land in Middle Stance, Twin Low Block to sides. And...
12. In a continuous motion, High Twin Inner Forearm Block to sides.

SEGMENT FOUR

13. (To North) Left Foot shifts 90 degrees North to Left Sparring Stance, Double Outer Forearm Block.
14. #1 Left Front Kick.
15. Land in Left Sparring Stance, High Right Reverse Punch.
16. Step forward (advancing one stance length), Left Reverse Side Kick.
17. Land in Left Sparring Stance, Double Outer Forearm Block.

SEGMENT FIVE

18. Shift Left Foot to Left Front Stance, Twin Outer Forearm Block.

19. #2 Right Front Kick.

20. Land in Right Front Stance, High Left Reverse Ridgehand Strike.

21. Left Foot draws to North-South line to Left Back Stance, #1 Right Round Kick.

22. Place Right Leg down into Left Back Stance, Double Knifehand Block.

SEGMENT SIX

23. (To West) Left Foot steps West to Left Front Stance, Knifehand High Block. And...

24. In a continuous motion, Left Knifehand Low Block. And...

25. In a continuous motion, Right Reverse Spearhand Strike. KIHAP.

26. Shift Left Foot to Middle Stance on East-West line, Double Knifehand Block to West.

SEGMENT SEVEN

27. (To West) #3 Left Side Kick (Right Foot steps to form "T" with heel at arch of Left Foot).

28. Land in Middle Stance, Twin Low Block to sides. And...

29. In a continuous motion, High Twin Inner Forearm Block to sides.

SEGMENT EIGHT

30. (To South) Right Foot steps 90 degrees South to Right Sparring Stance, Double Outer Forearm Block.

31. #1 Right Front Kick.

32. Land in Right Sparring Stance, High Reverse Punch.

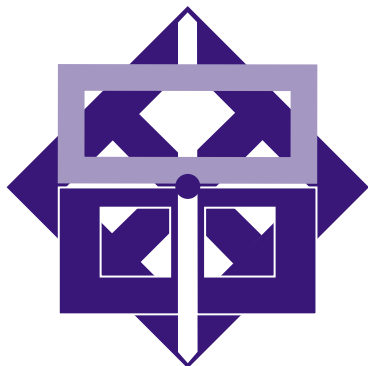
33. Step forward (advancing one stance length), Right Reverse Side Kick.

34. Land in Right Sparring Stance, Double Outer Forearm Block.

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

Memorization Diagram

Songahm Oh-Jahng # 5



The location of Songahm Oh-Jahng #5 is the **light blue rectangle** to the east of the North-to-South 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, E and the opposites of A, C and D. Songahm Oh-Jahng is the only color belt form that does not repeat every technique exactly with the opposite side. However, they do complete the same type of body movement, thus maintaining the balance characteristic of all Songahm forms.

