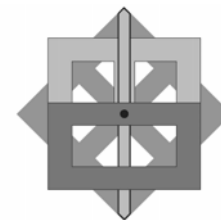




Songahm #4

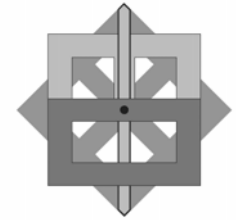
(B-I-N-G-O Song)



Songahm Sah-Jahng (4)

There was a farmer had a dog and BINGO was his name-O.	A Twin Inner Forearm Block A Reach and Punch and Punch.	- B Twin Inner Forearm Block - L Punch - R Punch
There was a farmer had a dog and BINGO was his name-O.	A Double Outer Forearm Block Round Kick Side Kick Backfist (Yah!) (KIHAP)	- L Double Outer Forearm Block - R #2 Round Kick - L Reverse Side Kick - L Backfist (KIHAP)
B I N G O and BINGO was his name-O.	Low Block Muscle Block Punch'em in the Nose Kick'em in the Side and Chop'em in the Gut.	- R Low Block - R Inner Forearm Block - L Punch - L #2 Side Kick - L Knifehand Strike
There was a farmer had a dog and BINGO was his name-O.	Step Up, Twin Block Jump Kick, Front Kick, Block.	- B Twin Inner Forearm Block - L #3 Jump Front Kick - R #2 Front Kick - R Double Outer Forearm Block
There was a farmer had a dog and BINGO was his name-O.	A Round Kick Side Kick Backfist to the Nose.	- L #2 Round Kick - R Reverse Side Kick - R Backfist
B I N G O and BINGO was his name-O.	Low Block Muscle Block Punch'em in the Nose Kick'em in the Side and Chop'em in the Gut (Yah!). (KIHAP)	- L Low Block - L Inner Forearm Block - R Punch - R #2 Side Kick - R Knifehand Strike (KIHAP)
There was a farmer had a dog and BINGO was his name-O.	Step Up, Twin Block Jump Kick, Front Kick, Block.	- B Twin Inner Forearm Block - R #3 Jump Front Kick - L #2 Front Kick - L Double Outer Forearm Block
There was a farmer had a dog and BINGO was his name-O.	A Twin Inner Forearm Block Reach and Punch and Punch.	- B Twin Inner Forearm Block - R Punch - L Punch
	Now we're done with Songahm Four. Step to Bahroh, and hope they don't want more.	

(L = Left, R = Right, B = Both)



Songahm Sah-Jahng (4)

Form

Songahm Sah Jahng (4) has 31 movements and its Ki-haps are on the 7th movement (left back fist) and the 24th movement (right knifehand strike).

Additional Detail

1.	B	Twin Inner Forearm Block	M	H	17.	L	#2 Round Kick	--	M/H
2.	L	Punch	M	M	18.	R	Reverse Side Kick	--	M/H
3.	R	Punch	M	M	19.	R	Back Fist	M	H
4.	L	Double Outer Forearm Block	S	H	20.	L	Low Block	F	L
5.	R	#2 Round Kick	--	M/H	21.	L	Inner Forearm Block	F	H
6.	L	Reverse Side Kick	--	M/H	22.	R	Reverse Punch	F	H
7.	L	Back Fist - Ki-hap	M	H	23.	R	#2 Side Kick	--	M/H
8.	R	Low Block	F	L	24.	R	Knifehand Strike - Ki-hap	M	M
9.	R	Inner Forearm Block	F	H	25.	B	Twin Inner Forearm Block	B	H
10.	L	Reverse Punch	F	H	26.	R	#3 Jump Front Kick	--	M/H
11.	L	#2 Side Kick	--	M/H	27.	L	#2 Front Kick	--	M/H
12.	L	Knifehand Strike	M	M	28.	L	Double Outer Forearm Block	S	H
13.	B	Twin Inner Forearm Block	B	H	29.	B	Twin Inner Forearm Block	M	H
14.	L	#3 Jump Front Kick	--	M/H	30.	R	Punch	M	M
15.	R	#2 Front Kick	--	M/H	31.	L	Punch	M	M
16.	R	Double Outer Forearm Block	S	H					

Sparring

Students will be required to participate in sparring during class and as part of their rank testing.

Self Defense Techniques

- 1. (A) Two hand choke.
(D) Distraction, Jugular notch, Front kick, Jump front kick.
- 2. (A) Lapel grab.
(D) Jugular notch, Brachial stun, Round Kick, Punch