

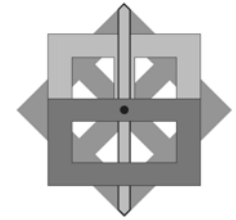
# Songahm #4

(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<br>A Reach and Punch<br>and Punch.  | - B Twin Inner Forearm Block<br>- L Punch<br>- R Punch   |
| There was a farmer had a dog and BINGO was his name-O. | A Double Outer Forearm Block<br>Round Kick<br>Side Kick<br>Backfist (Yah!) <b>(KIHAP)</b>                                    | - L Double Outer Forearm Block<br>- R #2 Round Kick<br>- L Reverse Side Kick<br>- L Backfist <b>(KIHAP)</b>      |
| B<br>I<br>N<br>G<br>O<br>and BINGO was his name-O.     | Low Block<br>Muscle Block<br>Punch'em in the Nose<br>Kick'em in the Side<br>and Chop'em in the Gut.                          | - R Low Block<br>- R Inner Forearm Block<br>- L Punch<br>- L #2 Side Kick<br>- L Knifehand Strike                |
| There was a farmer had a dog and BINGO was his name-O. | Step Up, Twin Block<br>Jump Kick,<br>Front Kick,<br>Block.   | - B Twin Inner Forearm Block<br>- L #3 Jump Front Kick<br>- R #2 Front Kick<br>- R Double Outer Forearm Block    |
| There was a farmer had a dog and BINGO was his name-O. | A Round Kick<br>Side Kick<br>Backfist to the Nose.   | - L #2 Round Kick<br>- R Reverse Side Kick<br>- R Backfist   |
| B<br>I<br>N<br>G<br>O<br>and BINGO was his name-O.     | Low Block<br>Muscle Block<br>Punch'em in the Nose<br>Kick'em in the Side<br>and Chop'em in the Gut (Yah!).<br><b>(KIHAP)</b> | - L Low Block<br>- L Inner Forearm Block<br>- R Punch<br>- R #2 Side Kick<br>- R Knifehand Strike <b>(KIHAP)</b> |
| There was a farmer had a dog and BINGO was his name-O. | Step Up, Twin Block<br>Jump Kick,<br>Front Kick,<br>Block.   | - B Twin Inner Forearm Block<br>- R #3 Jump Front Kick<br>- L #2 Front Kick<br>- L Double Outer Forearm Block    |
| There was a farmer had a dog and BINGO was his name-O. | A Twin Inner Forearm Block<br>Reach and Punch<br>and Punch.  | - B Twin Inner Forearm Block<br>- R Punch<br>- L Punch   |
|  | Now we're done with Songahm Four.<br>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 7<sup>th</sup> movement (left back fist) and the 24<sup>th</sup> 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   |     |   |                            |    |     |

**One-Step Sparring**

**#1 Perseverance – I Never Give Up – Perseverance**

Evade to Right, Perseverance  
Left front kick, I  
Left backfist, Never  
Left side kick, Give  
Right Reverse side kick, Up  
Step into advanced arm base, Perseverance!

**#2 Self-Esteem – I’m Proud I’m a Great Person – Self-Esteem!**

Left foot steps back to right, Self-esteem  
Right spin inner crescent kick, I’m  
Left side kick, Proud  
Right reverse punch, I’m  
Left punch, A  
Left foot steps back to right, Great  
Right jump front kick, Person  
Land into advanced arm base, Self-esteem!

**#3 Progress – Practice, Work Hard, Get Better – Progress!**

Left foot steps to left (evade kick) with right low block, Progress  
Right outer crescent kick, Practice  
Left inner crescent kick, Work  
Left outer crescent kick, Hard  
Right reverse punch, Get  
Right round kick, Better  
Land into advanced arm base, Progress!

**Self Defense Techniques**

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