



## Songahm 2

<u>Side</u>	<u>Technique</u>	<u>Stance</u>	<u>Section</u>
1. Left	High block	Front	High
2. Right	Reverse punch	Front	Mid
3. Right	#2 front kick	--	Mid or High
4. Right	Low block	Front	Low
5. Left	Step & punch	Front	Mid
6. Right	Inner forearm block	Middle	High
7. Right	#3 Side kick	--	Mid or High
8. Right	Knifehand strike	Middle	Mid
9. Left	Step & punch	Front	High
10. Right	High block	Front	High
11. Left	Reverse punch	Front	Mid
12. Left	#2 front kick	--	Mid or High
13. Left	Low block	Front	Low
14. Right	Step & punch	Front	Mid
15. Left	Inner forearm block	Middle	High
16. Left	#3 Side kick	--	Mid or High
17. Left	Knifehand strike	Middle	Mid
18. Right	Step & punch	Front	High

Step into natural ready stance with your left foot to begin the form.