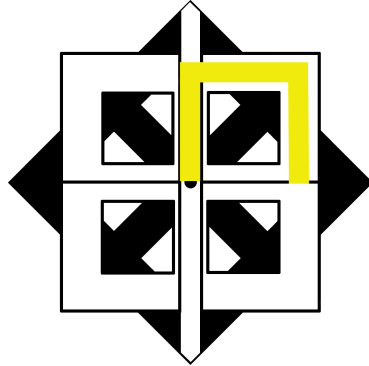


SONGAHM POOMSE #3A

Moves 1-14



Segment #2

"2 Loud Moves, 2 Quiet Moves"

- | | |
|-----------------------|--------------------|
| 7. Right Punch & Yell | 9. Right Spearhand |
| 8. Left Punch & Yell | 10. Left Spearhand |

Segment #1

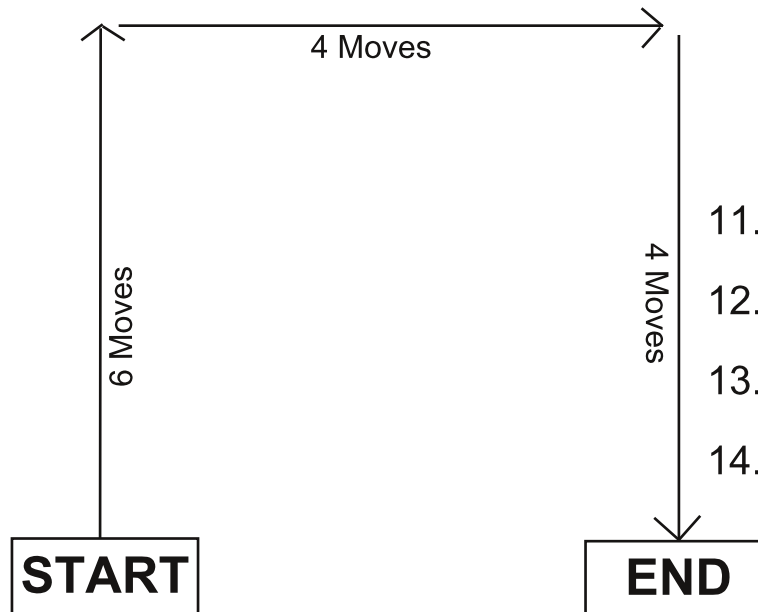
"2 Hands, 2 Feet, 2 Hands"

1. Left Knifehand Strike
2. Left Double Knifehand Block
3. Right #4 Front Kick
4. Left #2 Round Kick
5. Left Knifehand Low Block
6. Left Knifehand High Block

Segment #3

"Block, Punch, Kick, Punch"

11. Right Low Block
12. Left Reverse Punch
13. Right #3 Jump Front Kick
14. Left Reverse Punch



Training Tips:

1. Your first two moves are in a back stance. (Feet in an L shape, more weight on your back leg)
2. Segment #2 is all in middle stances (feet double shoulder width wide, knees bent, weight in the middle). Face the front of the room for your punches & face the back of the room for your spearhands.
3. All other moves are in a front stance (one foot in front of the other, all toes forward, more weight on the front leg).