

# songahm #2 - at-a-glance



	SEGMENT	TECHNIQUE	STANCE	SECTION
PHASE A	SEGMENT ONE			
	1.	L Double Outer Forearm Block	Back	High
	2.	L #3 Front Kick		Mid or High
	3.	R Reverse Punch	Front	High
	SEGMENT TWO			
	4.	R #2 Round Kick		Mid or High
	5.	B Twin Low Block	Middle	Low
PHASE B B Opp.	SEGMENT THREE			
	6.	L Outer Forearm Block	Front	High
	7.	R Reverse Punch	Front	High
	8.	R Outer Forearm Block	Front	High
	9.	L Reverse Punch	Front	High
PHASE C	SEGMENT FOUR			
	10.	L Knifehand Strike - KIHAP	Back	High
	11.	R #2 Round Kick		Mid or High
	12.	R Double Outer Forearm Block	Back	High
PHASE A Opp.	SEGMENT FIVE			
	13.	R #3 Front Kick		Mid or High
	14.	L Reverse Punch	Front	High
PHASE B Opp.	SEGMENT SIX			
	15.	L #2 Round Kick		Mid or High
	16.	B Twin Low Block	Middle	Low
PHASE D D Opp.	SEGMENT SEVEN			
	17.	R Low Block	Middle	Low
	18.	R Backfist Strike	Middle	High
	19.	L Low Block	Middle	Low
	20.	L Backfist Strike	Middle	High
PHASE C Opp.	SEGMENT EIGHT			
	21.	R Knifehand Strike - KIHAP	Back	High
	22.	L #2 Round Kick		Mid or High
	23.	L Double Outer Forearm Block	Back	High

NOTE: All forms begin facing East.



# songahm #2 memorization diagram



The location of Songahm Ee-Jahng #2 is the **light blue rectangle** to the left of the center line, the northeast and northwest points on the Songahm Star.

Each phase of the form is at maximum two (2) stances in length, traditionally six (6) feet. Some phases are only one (1) 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 Ee-Jahng has eight (8) phases lettered A, B, C, D, A (Opposite), B (Opposite), C (Opposite) and D (Opposite). Phases A and C are both two (2) stances in length and Phases B and D are only one (1) stance in length. By memorizing half of the form, only Phases A-D, and understanding how to do the same phase with the opposite hand and foot, you will have knowledge to complete the form.

