

## 7TH GRADE YELLOW BELT

### SONGAHM SAHM-JAHNG (#3)

		Stance	Section
1.	L Knifehand Strike	B	M
2.	L Double Knifehand Block	B	H
3.	R #4 Front Kick	--	M
4.	L #2 Round Kick	--	M
5.	L Knifehand Low Block	F	L
6.	L Knifehand High Block	F	H
7.	R Punch - Ki-hap	M	M
8.	L Punch - Ki-hap	M	M
9.	R Vertical Spearhand	M	M
10.	L Vertical Spearhand	M	M
11.	R Low Block	F	L
12.	L Reverse Punch	F	M
13.	R #3 Jump Front Kick	--	M
14.	L Reverse Punch	F	M
15.	L Low Block	F	L
16.	R Reverse Punch	F	M
17.	L #3 Jump Front Kick - Ki-hap	--	M
18.	R Reverse Punch	F	M
19.	R Knifehand Strike	M	M
20.	L Back Fist	M	M
21.	L Knifehand Strike	M	M
22.	R Back Fist	M	M
23.	R Knifehand Strike	B	M
24.	R Double Knifehand Block	B	H
25.	L #4 Front Kick	--	M
26.	R #2 Round Kick	--	M
27.	R Knifehand Low Block	F	L
28.	R Knifehand High Block	F	H