



## 9TH GRADE WHITE BELT

### SONGAHM IL-JAHNG (#1)

		Stance	Section
1.	L High Block	F	H
2.	R Reverse Punch	F	M
3.	R #2 Front Kick	--	M
4.	R Low Block	F	L
5.	L Punch	F	M
6.	R Inner Forearm Block	M	H
7.	R #3 Side Kick - Ki-hap	--	M
8.	R Knifehand Strike	M	M
9.	L Punch	F	H
10.	R High Block	F	H
11.	L Reverse Punch	F	M
12.	L #2 Front Kick	--	M
13.	L Low Block	F	L
14.	R Punch	F	M
15.	L Inner Forearm Block	M	H
16.	L #3 Side Kick - Ki-hap	--	M
17.	L Knifehand Strike	M	M
18.	R Punch	F	H

