



Songahm 1: "Pine Tree and Rock"

1. Put right arm over head, step forward with left leg, left HIGH BLOCK.
2. Pull left arm down, REVERSE PUNCH (don't step).
3. Hands up guarding position, right FRONT KICK (right foot lands in front).
4. Chamber for low block, right LOW BLOCK.
5. Raise right arm, left STEP AND PUNCH.
6. Turn toward right, hug yourself, right INNER FOREARM BLOCK.
7. Step up, right SIDE KICK. **KI-HAP!**
8. Give yourself a hug, right KNIFE HAND STRIKE.
9. Make a fist, left STEP AND PUNCH.
10. Put left arm over head, step forward with right leg, right HIGH BLOCK.
11. Pull right arm down, REVERSE PUNCH (don't step).
12. Hands up guarding position, left FRONT KICK (left foot lands in front).
13. Chamber for low block, left LOW BLOCK.
14. Raise left arm, right STEP AND PUNCH.
15. Turn toward left, hug yourself, left INNER FOREARM BLOCK.
16. Step up, left SIDE KICK. **KI-HAP!**
17. Give yourself a hug, left KNIFE HAND STRIKE.
18. Make a fist, right STEP AND PUNCH.

ONE STEP #1

- put right arm over head
- right foot steps back, left HIGH BLOCK. "Confidence"
- pull left arm down and PUNCH "I"
- PUNCH "Practice"
- PUNCH "To"
- Take step back and chamber for low block "Gain"
- Step back with left leg in front and left LOW BLOCK "Confidence"

ONE STEP #2

- Right leg steps to left "To"
- Left leg steps to side, give yourself a hug "Be"
- Right INNER FOREARM BLOCK "Confident"
- Right SIDE KICK "I listen"
- Hug yourself, right KNIFE HAND STRIKE "Pay attention"
- Step back with right leg, left LOW BLOCK "Follow Directions"