



Songham 3: "Pine Tree and Rock"

1. Step forward with your left leg, hug yourself, left **KNIFE HAND STRIKE**.
2. Reach both arms behind right side, **DOUBLE KNIFE HAND BLOCK**.
3. Step back with your left leg (so your feet touch) right **FRONT KICK** (put kicking leg in front).
4. Left **ROUND KICK** (kicking leg lands in front).
5. Left **KNIFE HAND LOW BLOCK**.
6. Put your low block on your side, with your right hand over your head, and **KNIFE HAND HIGH BLOCK**.
7. Right foot steps forward into a middle stance, pull left arm down, and right **REVERSE PUNCH**. **KI-HAP!**
8. Left **REVERSE PUNCH** (keep this arm out for next chamber). **KI-HAP!**
9. Look towards the left, step behind with left leg (180 degrees) right **SPEAR HAND**.
10. Left **SPEAR HAND**.
11. Step forward with your right leg, and right **LOW BLOCK**.
12. Raise right arm, left **REVERSE PUNCH** (don't step).
13. Right **JUMP FRONT KICK**.
14. Chamber right arm out, and left **REVERSE PUNCH** (don't step).
15. Step forward with your left leg, left **LOW BLOCK**.
16. Raise left arm, and right **REVERSE PUNCH** (don't step).
17. Left **JUMP FRONT KICK**. **KI-HAP!**
18. Chamber left arm out, and right **REVERSE PUNCH** (don't step).
19. Step forward into a middle stance, hug yourself, and right **KNIFE HAND STRIKE**.
20. Hug yourself, and left **BACK FIST** (don't step).
21. Step behind you with your leg (180) into a middle stance, hug yourself, left **KNIFE HAND STRIKE**.
22. Hug yourself, and right **BACK FIST** (don't step).
23. Step forward with right leg into a back stance, hug yourself, and right **KNIFE HAND STRIKE**.
24. Reach both arms behind left side, **DOUBLE KNIFE HAND BLOCK**.
25. Right leg steps back (so feet touch), left **FRONT KICK** (kicking leg lands in front).
26. Right **ROUND KICK** (kicking leg lands in front).
27. Right **KNIFE HAND LOW BLOCK**.
28. Put low block on your side, put your left arm over your head, right **KNIFE HAND HIGH BLOCK**.

ONE STEP #1

- Reach arms behind right side, jump to right, **DOUBLE OUTER FOREARM BLOCK** "Goals"
- Left **JUMP FRONT KICK** "Planning"
- Left **KNIFE HAND STRIKE** "My"
- Right **PUNCH** "Future"
- Reach arms behind right side, jump to right, **DOUBLE OUTER FOREARM BLOCK** "Goals"

ONE STEP #2

- Reach arms behind left side, jump to left, **DOUBLE OUTER FOREARM BLOCK** "Focus"
- Right **JUMP FRONT KICK** "I"
- Right **BACK FIST** "Focus"
- Left **REVERSE PUNCH** "On"
- Right **PUNCH** "My"
- Right **ROUND KICK** "Goals"
- Reach arms behind left side, jump to left, **DOUBLE OUTER FOREARM BLOCK** "Focus"

www.lakesmartialarts.com