



Songahm 5: “Pine Tree and Rock”

1. Right foot steps into a front stance, TWIN OUTER FOREARM BLOCK.
2. Hands up guarding position, left FRONT KICK (kicking leg lands in front stance).
3. Chamber left arm out, and right REVERSE RIDGE HAND.
4. Hands up guarding position, adjust right leg into a back stance, and left ROUND KICK.
5. Reach both arms behind right side, DOUBLE KNIFEHAND BLOCK.
6. Look over right side, turn behind you with right leg in a front stance, right OUTER FOREARM BLOCK.
7. Right LOW BLOCK (don't step).
8. Chamber left arm out, pick up right leg and shift into a middle stance, right PUNCH.
9. Give yourself a hug, right INNER FOREARM BLOCK.
10. Hands up, left leg steps to right, right SIDE KICK (land in middle stance). KI-HAP!
11. Make a big X, TWIN LOW BLOCK.
12. Chamber, TWIN INNER FOREARM BLOCK.
13. Step forward with left leg, reach arms behind right side, DOUBLE OUTER FOREARM BLOCK.
14. Hands up, left FRONT KICK.
15. Chamber left arm out, right REVERSE PUNCH.
16. Hands up, step through with right leg, look over left shoulder, left REVERSE SIDE KICK.
17. Reach both arms behind right side, DOUBLE OUTER FOREARM BLOCK.
18. Left foot steps into a front stance, TWIN OUTER FOREARM BLOCK.
19. Hands up, right FRONT KICK (kicking leg lands in front stance).
20. Chamber right arm out, left REVERSE RIDGE HAND.
21. Hands up, adjust your left leg into a back stance, right ROUND KICK.
22. Reach both arms behind left side, DOUBLE KNIFEHAND BLOCK.
23. Step forward (in the direction belly is facing) with left leg, left KNIFEHAND HIGH BLOCK.
24. Left KNIFE HAND LOW BLOCK (don't step).
25. Right REVERSE SPEAR HAND (don't step). KI-HAP!
26. Shift left leg into a middle stance, reach arms behind right side, DOUBLE KNIFEHAND BLOCK.
27. Hands up, right leg steps to left, left SIDE KICK (land in middle stance).
28. Make a big X, TWIN LOW BLOCK.
29. Chamber, TWIN INNER FOREARM BLOCK.
30. Look over right side, step behind with right leg, reach arms behind left side, DOUBLE OUTER FOREARM BLOCK.
31. Hands up, right FRONT KICK.
32. Chamber right arm out, left REVERSE PUNCH.
33. Hands up, step through with left leg, look over right shoulder, right REVERSE SIDE KICK.
34. Reach both arms behind left side, DOUBLE OUTER FOREARM BLOCK.