

Songham 2: Pine Tree and Rock
Life Skill: Attitude

1. Reach both arms behind right side, DOUBLE OUTER FOREARM BLOCK.
2. Right foot steps up to left, left FRONT KICK.
3. Chamber with left arm, right REVERSE PUNCH (don't step).
4. Right ROUND KICK.
5. Middle stance, make a big X, TWIN LOW BLOCK.
6. Chamber, step with left leg, left OUTER FOREARM BLOCK.
7. Put left arm down, right REVERSE PUNCH (don't step).
8. Chamber, step with right leg, right OUTER FOREARM BLOCK.
9. Put right arm down, left REVERSE PUNCH (don't step).
10. Chamber, left foot steps left 90 degrees, left KNIFE HAND STRIKE.
11. Right ROUND KICK (right leg lands in front).
12. Reach both arms behind left side, DOUBLE OUTER FOREARM BLOCK.
13. Left foot steps up to right, right FRONT KICK.
14. Chamber with right arm, left REVERSE PUNCH.
15. Left ROUND KICK.
16. Middle stance, make a big X, TWIN LOW BLOCK.
17. Look over right shoulder, turn, right LOW BLOCK.
18. Give yourself a hug, right BACK FIST.
19. Step forward 180 with left leg, left LOW BLOCK.
20. Give yourself a hug, left BACK FIST.
21. Look over right shoulder, turn, right KNIFE HAND STRIKE.
22. Left ROUND KICK.
23. Reach both arms behind right side, DOUBLE OUTER FOREARM BLOCK.

ONE STEP #1

- Step back with right leg, reach arms behind right side, DOUBLE OUTER FOREARM BLOCK. "Attitude"
- Chamber for back fist. "I"
- Left BACK FIST. "have"
- Right REVERSE PUNCH. "a"
- Step back with left leg. "black"
- Right ROUND KICK (land with feet together). "belt"
- Step back with left leg, reach arms behind left side, DOUBLE OUTER FOREARM BLOCK. "attitude"

ONE STEP #2

- Reach arms behind left side, step left foot backward, DOUBLE OUTER FOREARM BLOCK "Excellence"
- Right ROUND KICK "It's"
- Left REVERSE PUNCH "all"
- Step behind with right leg "about"
- Left SIDE KICK (land with feet together) "attitude"
- Step back with right leg, reach arms behind right side, DOUBLE OUTER FOREARM BLOCK "Excellence"