



Songham 4: "Pine Tree and Rock"

1. Left foot steps out to left in a middle stance, **TWIN INNER FOREARM BLOCK**.
2. Pull your right arm down for chamber, left **REVERSE PUNCH**.
3. Right **PUNCH**.
4. Reach both arms to the right, **DOUBLE OUTER FOREARM BLOCK**.
5. Right **ROUND KICK** (feet land together).
6. Look over left shoulder, left **REVERSE SIDE KICK** (land in a middle stance).
7. Give yourself a hug, left **BACK FIST. KI-HAP!**
8. Look over your right shoulder, turn right (180) and step, right **LOW BLOCK**.
9. Give yourself a hug, right **INNER FOREARM BLOCK**.
10. Pull right arm down, left **REVERSE PUNCH** (don't step).
11. Left **SIDE KICK** (kicking leg lands in front).
12. Give yourself a hug, left **KNIFEHAND STRIKE**.
13. Right foot steps to left, turn left (90), step left leg out to a back stance, **TWIN INNER FOREARM BLOCK**,
14. Left **JUMP FRONT KICK** (kicking leg lands in front).
15. Right **FRONT KICK** (kicking leg lands in front).
16. Reach both arms behind left side, **DOUBLE OUTER FOREARM BLOCK**.
17. Left **ROUND KICK** (feet land together).
18. Look behind right shoulder, right **REVERSE SIDE KICK** (kicking leg lands in front).
19. Give yourself a hug, right **BACK FIST**.
20. Step forward, left **LOW BLOCK**.
21. Give yourself a hug, left **INNER FOREARM BLOCK**.
22. Pull left arm down, right **REVERSE PUNCH** (don't step).
23. Right **SIDE KICK** (kicking leg lands in front).
24. Give yourself a hug, right **KNIFEHAND STRIKE. KI-HAP!**
25. Left foot steps up to right foot, step right leg out to a back stance, **TWIN INNERFOREARM BLOCK**.
26. Right **JUMP FRONT KICK** (kicking leg lands in front).
27. Left **FRONT KICK** (kicking leg lands in front).
28. Reach both arm behind your right side, **DOUBLE OUTER FOREARM BLOCK**.
29. Adjust into a middle stance, **TWIN INNER FOREARM BLOCK**.
30. Pull your left arm down, right **REVERSE PUNCH**.
31. Left **PUNCH**.