



GREEN Belt Form Sheet – Songahm # 5

Stances: Front Stance, Back Stance, Middle Stance, Sparring Stance

Strikes: Reverse Ridge Hand Strike, Lunge Punch, Reverse Spear Hand Strike, Reverse Punch

Blocks: Twin Outer Forearm Block, Single Outer Forearm Block, Single Inner Forearm Block, Twin Low Block, Twin High Block, Double Outer Forearm Block, Double Knife Hand Block, Knife Hand High Block, Knife hand Low Block

Kicks: Reverse Side Kick and rule, Step Reverse Side kick and rule, Spin Side Kick and rule, Step Spin Side kick and rule
Jump Side Kick #1-#4

Rules to know: Front punch is Front Leg Front Arm, Reverse Punch is Back Leg Back Arm

#1 Front leg kicks, #2 Back leg kicks, #3 Back leg moves front leg kicks, #4 Front leg moves back leg kicks

More than 3 steps Run, Right foot moves first when taking a step, Right foot goes behind left foot and turn over right shoulder

Step always goes in front of you (Keep Eyes on Target)

First Take Eyes Off Target for Reverse and Spin Kicks

Reverse goes behind you and halfway around, Spin goes behind you and ALL the way around

Songahm 5 Green Belt Form

Right foot steps out to ready stance

1. Right Foot moves to the Right into a **Right Front Stance** [Twin Outer Forearm Block](#)
2. [#2 Left Front Kick](#)
3. Land in a **Left Front Stance** [Right Reverse Ridge Hand Strike](#)
4. Move Right foot to a **Right Back Stance** [#1 Left Round Kick](#)
5. Put Left Foot down into a **Right Back Stance** [Double Knife Hand Block](#)
6. Pick up Right Foot turn over Right Shoulder in to a **Right Front Stance** towards the front of the room
(Corner Foot Stays) [Right Single Outer Forearm Block](#)
7. Stay in a **Right Front Stance** [Right Low Block](#)
8. Pick up Right foot and step in to a **Middle Stance** facing the Left side of the room [Right Lunge Punch](#)
9. Stay in **Middle Stance** and [Right Single Inner Forearm Block](#)
10. [# 3 Right Side Kick](#) towards the front of the room **(KIHAP)**
11. Land Right foot in a **Middle Stance** [Twin Low Block](#) Then [Twin High Block](#)
12. (Corner Foot Stays) Left Leg Steps Forward into **Sparring Stance** [Double Outer Forearm Block](#)
13. [#1 Left Front Kick](#) Land back in a **Sparring Stance** and [Right Reverse Punch](#)
14. [Step Reverse Left Side Kick](#) towards the Left side of the room
15. Land in **Left Sparring Stance** and [Double Outer Forearm Block](#) **(ADVANCED TIGERS STOP HERE)**
16. Shift front Left leg into a **Left Front Stance** [Twin Outer Forearm Block](#)
17. [#2 Right Front Kick](#)
18. Land in a **Right Front Stance** [Left Reverse Ridge Hand Strike](#)
19. Move Left foot to a **Left Back Stance** [#1 Right Round Kick](#)
20. Put Right Foot down into a **Left Back Stance** [Double Knife Hand Block](#)
21. Look to the back of the room (Corner Foot Stays) Left foot steps into **Left Front Stance** [Left Knife Hand High Block](#)
22. [Left Knife Hand Low Block](#)
23. [Right Reverse Spear Hand Strike](#) **(KIHAP)**
24. Left foot steps into a **Middle Stance** facing the Left side of the room [Double Knife Hand Block](#)
25. [# 3 Left Side Kick](#) towards the back of the room
26. Land Left foot in a **Middle Stance** [Twin Low Block](#) Then [Twin High Block](#)
27. Pick up Right foot (Corner Foot Stays) Land in **Right Sparring Stance** towards Right side of the room [Double Outer Forearm Block](#)
28. [#1 Right Front Kick](#) Land back in a **Sparring Stance** and [Left Reverse Punch](#)
29. [Step Reverse Right Side Kick](#) towards the Right side of the room
30. Land in **Right Sparring Stance** and [Double Outer Forearm Block](#)

Right foot steps back to ready stance