

SONG-SONG (Right foot returns - 30 moves)

GROUP PATTERN # 1 PARALLEL READY STANCE

	SIDE	TECHNIQUE	SIDE	STANCE	TARGET	
1	L	LOW BLOCK	L	FRONT	L	
2	R	HIGH BLOCK	R	FRONT	H	
3	L	REVERSE PUNCH		SAME	M	
4	L	TURNING FRONT KICK			M	
5	R	REVERSE PUNCH	L	FRONT	M	
6	R	TURNING FRONT KICK			M	
7	L	REVERSE PUNCH	R	FRONT	M	
8	R	FRONT PUNCH		SAME	M	
9	L	INNER FOREARM BLOCK	R	BACK	M	
10	R	LOW BLOCK	R	FRONT	L	
11	L	HIGH BLOCK	L	FRONT	H	
12	R	REVERSE PUNCH		SAME	M	
13	R	TURNING FRONT KICK			M	
14	L	REVERSE PUNCH	R	FRONT	M	
15	L	TURNING FRONT KICK			M	
16	R	REVERSE PUNCH	L	FRONT	M	
17	L	FRONT PUNCH		SAME	M	
18	R	INNER FOREARM BLOCK	L	BACK	M	
19	L	INWARD, OUTER FOREARM BLOCK	L	FRONT	H	
20	R	REVERSE PUNCH		SAME	M	
21	L	SIDE PUNCH		SITTING	M	
22	L	STEP SIDE KICK			M	
23	L	KNIFE HAND STRIKE		SITTING	H	
24	R	INWARD, OUTER FOREARM BLOCK	R	FRONT	M	
25	L	REVERSE PUNCH		SAME	M	
26	R	SIDE PUNCH		SITTING	M	
27	R	STEP SIDE KICK			M	
28	R	KNIFE HAND STRIKE		SITTING	M	
29	L	DOUBLE OUTER FOREARM BLOCK	R	BACK	M	
Ki-Hap	30	R	FRONT PUNCH	R	FRONT	H

FORM MEANING: Song Song means Imagination. In the initial stage of philosophical development, students must use their imagination to set goals beyond their current limitations and from this visualize their achievements in advance. This in turn strengthens their belief system to the point that specific goals are possible and obtainable.