
TIP #1 – STUDENT CREED

SIR/MA'AM

*I AM DEVELOPING MYSELF IN A POSITIVE MANNER AND I AVOID ANYTHING THAT WOULD REDUCE MY MENTAL GROWTH OR PHYSICAL HEALTH.

*I AM DEVELOPING SELF-DISCIPLINE IN ORDER TO BRING OUT THE BEST IN MYSELF AND OTHERS.

*I AM USING WHAT I LEARN IN CLASS CONSTRUCTIVELY AND DEFENSIVELY, TO HELP MYSELF AND MY FELLOW MAN AND NEVER TO BE ABUSIVE OR OFFENSIVE.

SIR/MA'AM

TIP #2 – SONGAHM #1

1. LT HIGH BLOCK (FRONT STANCE)
2. RT REVERSE PUNCH (FRONT STANCE)
3. RT FRONT KICK (FRONT STANCE)
4. RT LOW BLOCK (FRONT STANCE)
5. LT PUNCH (FRONT STANCE)
6. RT INNER FOREARM BLOCK (MIDDLE STANCE)
7. RT SIDE KICK – KIHAP (MIDDLE STANCE)
8. RT KNIFEHAND STRIKE (MIDDLE STANCE)
9. LT PUNCH (FRONT STANCE)
10. RT HIGH BLOCK (FRONT STANCE)
11. LT REVERSE PUNCH (FRONT STANCE)
12. LT FRONT KICK (FRONT STANCE)
13. LT LOW BLOCK (FRONT STANCE)
14. RT PUNCH (FRONT STANCE)
15. LT INNER FOREARM BLOCK (MIDDLE STANCE)
16. LT SIDE KICK – KIHAP (MIDDLE STANCE)
17. LT KNIFEHAND STRIKE (MIDDLE STANCE)
18. RT PUNCH (FRONT STANCE)

TIP #3 – ONE STEPS**ONE STEP NUMBER 1**

1. LT HIGH BLOCK (FRONT STANCE)
2. RT REVERSE PUNCH (FRONT STANCE)
3. LT PUNCH (FRONT STANCE)
4. RT REVERSE PUNCH (FRONT STANCE)
5. LT LOW BLOCK (FRONT STANCE)

ONE STEP NUMBER 2

1. RT FRONT KICK (FRONT STANCE)
2. RT PUNCH (FRONT STANCE)
3. LT PUNCH (FRONT STANCE)
4. RT PUNCH (FRONT STANCE)
5. LT LOW BLOCK (FRONT STANCE)

ONE STEP NUMBER 3

1. LT FRONT KICK (FRONT STANCE)
 2. RT SIDE KICK (FRONT STANCE)
 3. RT KNIFEHAND STRIKE (MIDDLE STANCE)
 4. LT LOW BLOCK (FRONT STANCE)
- PARTNER MOVE - LT LOW BLOCK – KIHAP (FRONT STANCE)
WAIT FOR PARTNER KIHAP/RT PUNCH (FRONT STANCE)

KNOWLEDGE**MEANING OF SONGAHM:** PINE TREE CELL (PLANTING SEEDS FOR THE FUTURE)