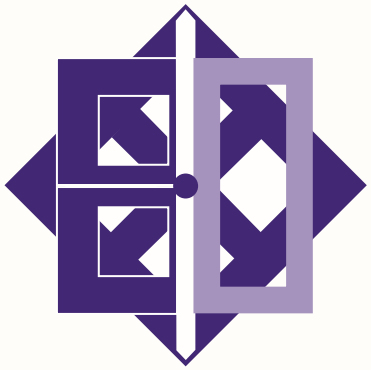
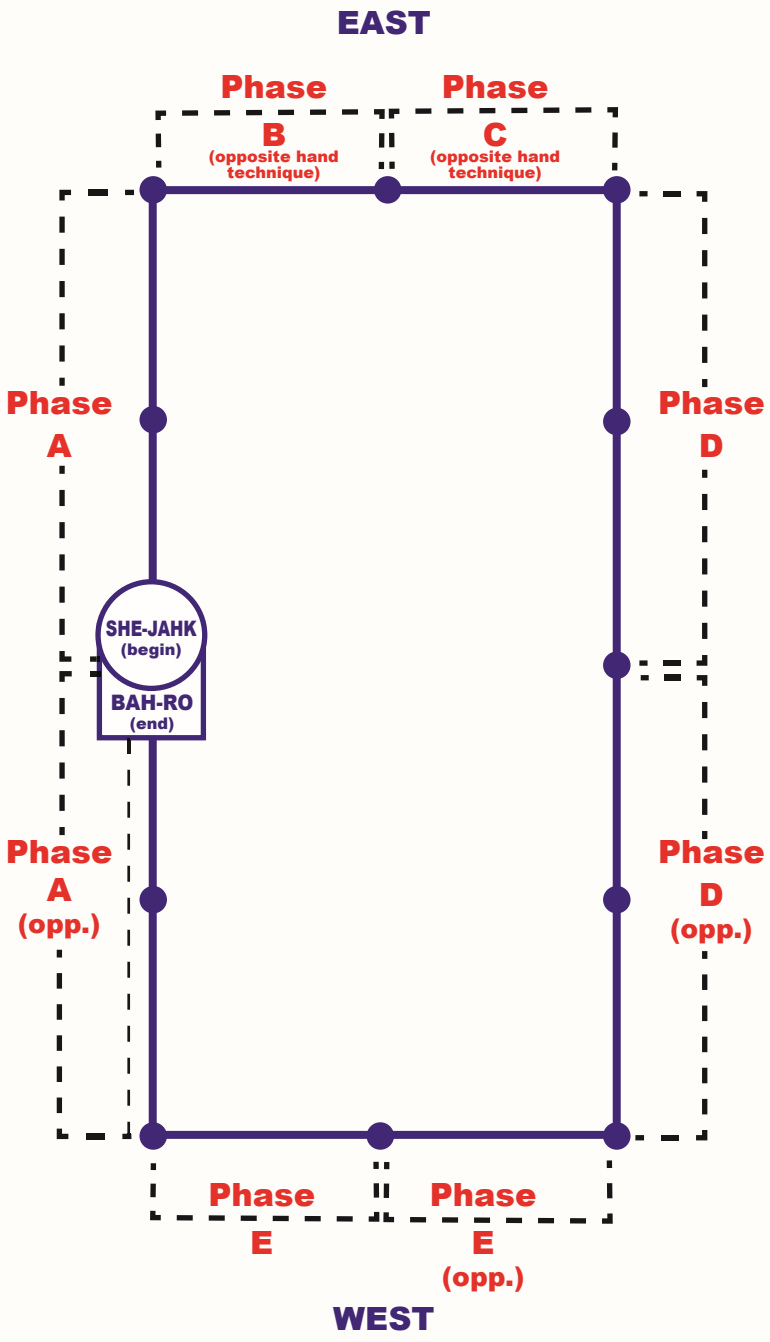
songahm sahm-jahng #3 memorization diagram



The location of
Songahm Sahm-Jahng #3
is the **light blue rectangle** to
the right of the center line,
the southeast and
southwest points
on the Songahm Star.

Each phase of the form is at maximum two (2) stances in length, traditionally six (6) feet. Some phases are only one (1) stance length. Every phase will repeat itself with the opposite hand and foot someplace within the form. Memorize the form one phase at a time and know where it is repeated. Know how to properly execute every technique prior to memorizing the form.

Songahm Sahm-Jahng has ten (10) phases lettered A, B, C, D, E and the repeat of each. In phases B and C on the diagram, there are no “opposites” listed because the opposite hand technique takes place within the phase itself.



songahm sahm-jahng #3 - yellow belt at-a-glance

	SEGMENT		TECHNIQUE	STANCE	SECTION
	SEGMENT ONE				
PHASE A	1.	L	Knifehand Strike	Back	Middle
PHASE A	2.	L	Double Knifehand Block	Back	High
	SEGMENT TWO				
PHASE A	3.	R	#4 Front Kick		Middle
PHASE A	4.	L	#2 Round Kick		Middle
PHASE A	5.	L	Knifehand Low Block	Front	Low
PHASE A	6.	L	Knifehand High Block	Front	High
	SEGMENT THREE				
PHASE B	7.	R	Punch - KIHAP	Middle	Middle
PHASE B	8.	L	Punch - KIHAP	Middle	Middle
PHASE C	9.	R	Vertical Spearhand	Middle	Middle
PHASE C	10.	L	Vertical Spearhand	Middle	Middle
	SEGMENT FOUR				
PHASE D	11.	R	Low Block	Front	Low
PHASE D	12.	L	Reverse Punch	Front	Middle
PHASE D	13.	R	#3 Jump Front Kick		Middle
PHASE D	14.	L	Reverse Punch	Front	Middle
	SEGMENT FIVE				
PHASE D Opp.	15.	L	Low Block	Front	Low
PHASE D Opp.	16.	R	Reverse Punch	Front	Middle
PHASE D Opp.	17.	L	#3 Jump Front Kick - KIHAP		Middle
PHASE D Opp.	18.	R	Reverse Punch	Front	Middle
	SEGMENT SIX				
PHASE E Opp.	19.	R	Knifehand Strike	Middle	Middle
PHASE E Opp.	20.	L	Backfist	Middle	Middle
PHASE E	21.	L	Knifehand Strike	Middle	Middle
PHASE E	22.	R	Backfist	Middle	Middle
	SEGMENT SEVEN				
PHASE A Opp.	23.	R	Knifehand Strike	Back	Middle
PHASE A Opp.	24.	R	Double Knifehand Block	Back	High
	SEGMENT EIGHT				
PHASE A Opp.	25.	L	#4 Front Kick		Middle
PHASE A Opp.	26.	R	#2 Round Kick		Middle
PHASE A Opp.	27.	R	Knifehand Low Block	Front	Low
PHASE A Opp.	28.	R	Knifehand High Block	Front	High

NOTE: All forms begin facing East.

Songahm Sahm-jahng #3 - Yellow Belt Form

BLOCKS: Double Knifehand Block, Knifehand Low Block, Knifehand High Block
STRIKES: Vertical Spearhand Strike *(All strikes are middle section)*
KICKS: #3 Jump Front Kick *(All strikes are high or middle section)*
STANCES: Back Stance, Front Stance, Middle Stance
TYPE OF MOVEMENT: Strong, Fast, Individual Techniques; Fast Combination Techniques
READY POSITION: Left Natural Ready Position

SEGMENT ONE

1. Left Foot steps East to Right Back Stance, Left Knifehand Strike to East.
2. No step. Left Double Knifehand Block to East.

SEGMENT TWO

3. Left Foot pulls back to Right Foot, Right Front Kick; land in Right Front Stance to East with hands in Guard Position.
4. #2 Left Round Kick.
5. Land in Left Front Stance to East, Left Knifehand Low Block.
6. No step. Left Knifehand High Block.

SEGMENT THREE

7. Right Foot steps to Middle Stance facing East. Right Punch. KIHAP. And...
8. In a continuous motion, Left Punch. KIHAP.
9. Left Foot steps counterclockwise 180 degrees to Middle Stance facing West, Right Vertical Spearhand Strike. And...
10. In a continuous motion, Left Vertical Spearhand Strike.

SEGMENT FOUR

11. Right Foot steps West to Right Front Stance, Right Low Block.
12. No step. Left Reverse Punch.
13. #3 Right Jump Front Kick (advancing 1 Front Stance length).
14. Land in Right Front Stance, Left Reverse Punch.

SEGMENT FIVE

15. Left Foot steps to Left Front Stance, Left Low Block.
16. No step. Left Reverse Punch.
17. #3 Right Jump Front Kick (advancing 1 Front Stance length). KIHAP
18. Land in Left Front Stance, Right Reverse Punch.

SEGMENT SIX

19. Right Foot steps 90 degrees to Middle Stance facing West, Right Knifehand Strike to side (North).
20. No step. Left Backfist Strike to side (toward rear).
21. Left Foot steps counterclockwise 180 degrees to Middle Stance facing East. Left Knifehand Strike to side (North).
22. No step. Right Backfist Strike to side (toward rear).

SEGMENT SEVEN

23. Right Foot steps East to Left Back Stance, Right Knifehand Strike to East.
24. No step. Double Knifehand Block to East.
25. Right Foot pulls back to Left Foot, Left Front Kick. Land in Left Front Stance to East with hands in Guard Position.
26. #2 Right Round Kick.
27. Land in Right Front Stance to East, Right Knifehand Low Block.
28. No step. Right Knifehand High Block.

Bahroh - Left Foot steps forward to Parallel Stance, Natural Ready Position.