



7th Grade Yellow Belt Form

Songahm Sahm-Jahng - *Pine tree and rock.*

Yellow Belt - *The seed is beginning to see the sunlight.*

New Techniques

Double Knifehand Block

Vertical Fingertip Thrust

#4 Front Kick

Knifehand Low Block

#3 Jump Front Kick

Knifehand High Block

June-bee - Left foot steps to Natural Ready Position

<u>1st Half</u>	<u>Technique</u>	<u>Direction</u>	<u>Stance</u>	<u>Section</u>
Segment 1	1. Left Knifehand Strike	East	Right Back	Mid
	2. Left Double Knifehand Block	East	Right Back	High
Segment 2	3. Right #4 Front Kick	East		Mid/High
	4. Left #2 Round Kick	East		Mid/High
	5. Left Knifehand Low Block	East	Left Front	Low
	6. Left Knifehand High Block	East	Left Front	High
Segment 3	7. Right Punch (Ki-hap)	East	Middle	Mid
	8. Left Punch (Ki-hap)	East	Middle	Mid
	9. Right Vertical Fingertip Thrust	West	Middle	Mid
	10. Left Vertical Fingertip Thrust	West	Middle	Mid
Segment 4	11. Right Low Block	West	Right Front	Low
	12. Left Reverse Punch	West	Right Front	Mid
	13. Right #3 Jump Front Kick	West		Mid/High
	14. Left Reverse Punch	West	Right Front	Mid

Bah-ro - Left foot steps to Natural Ready Position