

**Song Song**  
**White Belt**  
**Parallel Ready Stance**

Technique		Stance	Target
1	Retreat right foot	(L) Low Block	(L) Front Low
2	Retreat left foot	(R) High Rising Block	(R) Front High
3	Stationery	(L) Reverse Punch	(R) Front Middle
4		(L) Front Kick	Middle
5	Land in left front stance	(R) Reverse Punch	(L) Front Middle
6		(R) Front Kick	Middle
7	Land in a right front stance	(L) Reverse Punch	(R) Front Middle
8	Stationery-7 & 8 in Continuous motion	(R) Front Punch	(R) Front Middle
9	Double Step Turn – Move right foot over on a straight line then left to an L stance facing the rear	(L) Inner forearm side block	(L) Back L Middle
10	Retreat your left foot	(R) Low Block	(R) Front Low
11	Retreat your right foot	(L) High Rising Block	(L) Front High
12	Stationery	(R) Reverse Punch	(L) Front Middle
13		(R) Front Kick	Middle
14	Land in a right front stance	(L) Reverse Punch	(R) Front Middle
15		(L) Front Kick	Middle
16	Land in a left front stance	(R) Reverse Punch	(L) Front Middle
17	Stationery-16 & 17 in Continuous motion	(L) Front Punch	(L) Front Middle

Techniques		Stance	Target
18	Double Step Turn – Move left foot over on a straight line then right to an L stance facing the front	(R) Inner forearm side block	(R) Back L Middle
19	Retreat your right foot	(L) Inward Motion Outer Forearm Block	(L) Front Middle
20	Stationery	(R) Reverse Punch	(L) Front Middle
21	Shift your left foot to a middle stance	(L) Side Punch	Middle Middle
22		(L) Step together Sidekick	Middle Middle
23	Land in a middle stance	(L) Side Knifehand	Middle High
24	Retreat your left foot	(R) Inward Motion Outer Forearm Block	(R) Front Middle
25	Stationery	(L) Reverse Punch	(R) Front Middle
26	Shift your right foot to a middle stance	(R) Side Punch	Middle Middle
27		(R) Step together Sidekick	Middle Middle
28	Land in a middle stance	(R) Side Knifehand	Middle High
29	Turn counterclockwise to face front, pivoting on the left foot	Double Outer Forearm Blocks (Guarding blocks)	(L) Back L Middle
30	Step forward with the right foot	(R) Front Punch	(R) Front High
30 moves, Right Foot Returns to Parallel Ready Stance			

**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.

Song Song is the first pattern in the "Discipline" series. All four discipline patterns are performed on a straight line (l).