

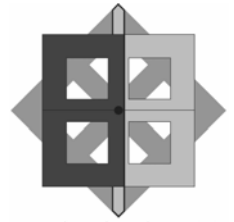
In Wha #1

(She'll Be Coming Around the Mountain)

In Wha Il-Jahng (1)

Oh, Double Knifehand Block – Back Stance.	- L	Double Knifehand Block
Bug on the hand so Slap it as you dance.	- R	Reverse Horizontal Elbow Strike
Step across and Kick around the moon,	- R	Inner Crescent Kick
Look behind and Kick so soon	- L	Reverse Side Kick
Elbow to the rib cage of this tune!	- L	Vertical Back Elbow Strike
Sparring Stance we close our hands and Block.	- R	Double Outer Forearm Block
Round Kick, Round Kick with a smelly sock.	- L	Round Kick, Repeat Round Kick
Set down into a Sparring Stance,		
Double Block with stretch pants,	- L	Double Outer Forearm Block
Here they come and now it's time to rock.		
Oh, Double Knifehand Block – Back Stance.	- R	Double Knifehand Block
Bug on the hand so Slap it as you dance.	- L	Reverse Horizontal Elbow Strike
Step across and Kick around the moon,	- L	Inner Crescent Kick
Look behind and Kick so soon	- R	Reverse Side Kick
Elbow to the rib cage of this tune! (KIHAP)	- R	Vertical Back Elbow Strike (KIHAP)
Sparring Stance we close our hands and Block.	- L	Double Outer Forearm Block
Round Kick, Round Kick with a smelly sock.	- R	Round Kick, Repeat Round Kick
Set down into a Sparring Stance,		
Double Block with stretch pants,	- R	Double Outer Forearm Block
Here they come and now it's time to rock.		
Oh, step and turn around Square Block.	- R	Square Block
Front Kick, Side Kick, step back then we Knock,	- L	Front Kick, Side Kick
With our back hand then our front hand,	- L, -R	Reverse Vertical Punch, Vertical Punch
Step up and try again. (KIHAP)	- L	Punch (KIHAP)
No answer, Tomahawk the door!	- L	Knifehand Strike
Oh, High-low Block takes them to the floor.	- R	Front High/Low Block
Double Knifehand, oh they want some more!	- L	Double Knifehand Block
So we Spearhand to the guts.	- R	Horizontal Reverse Spearhand
Kick across the moon with our foots.	- L	Outer Cresecent Kick
Knifehand Block and Punch them to the door.	- R, -L	Knifehand Block, Punch
Oh, step and turn around Square Block.	- L	Square Block
Front Kick, Side Kick, step back then we Knock, (KIHAP)	- R	Front Kick, Side Kick (KIHAP)
With our back hand then our front hand,	- R, -L	Reverse Vertical Punch, Vertical Punch
Step up and try again.	- R	Punch
No answer, Tomahawk the door!	- R	Knifehand Strike
Oh, High-low Block takes them to the floor.	- L	Front High/Low Block
Double Knifehand, oh they want some more!	- R	Double Knifehand Block
So we Spearhand to the guts.	- L	Horizontal Reverse Spearhand
Kick across the moon with our foots.	- R	Outer Cresecent Kick
Knifehand Block and Punch them to the door.	- L, -R	Knifehand Block, Punch

(L = Left, R = Right, B = Both)



In Wha Il-Jahng (1)

Form

The name of your form is IN WHA which means: "An unbroken glory."

In Wha Il Jahng (1) has 44 movements and its Ki-haps are on the 14th movement (right back elbow strike), the 24th movement (left punch), and the 34th movement (right side kick).

Additional Detail

1.	L	Double Knifehand Block	B	H	23.	R	Vertical Punch	F	H
2.	R	Reverse Horizontal Elbow Strike	F	M	24.	L	Punch - Ki-hap	B	M
3.	R	#2 Inner Crescent Kick	--	H	25.	L	Knifehand Strike	B	H
4.	L	Reverse Side Kick	--	M/H	26.	R	Front High/Low Block	C	H&L
5.	L	Vertical Back Elbow Strike	B	M	27.	L	Double Knifehand Block	B	H
6.	R	Double Outer Forearm Block	S	H	28.	R	Horizontal Reverse Spearhand	B	H
7.	L	#2 Round Kick	--	L	29.	L	Outer Crescent Kick	--	M/H
8.	L	Repeat Round Kick	--	H	30.	R	Knifehand Block	M	H
9.	L	Double Outer Forearm Block	S	H	31.	L	Punch	M	M
10.	R	Double Knifehand Block	B	H	32.	L	Square Block	B	H
11.	L	Reverse Horizontal Elbow Strike	F	M	33.	R	#2 Front Kick	--	M/H
12.	L	#2 Inner Crescent Kick	--	H	34.	R	Side Kick - Ki-hap	--	M/H
13.	R	Reverse Side Kick	--	M/H	35.	R	Reverse Vertical Punch	F	M
14.	R	Vertical Back Elbow Strike - Ki-hap	B	M	36.	L	Vertical Punch	F	H
15.	L	Double Outer Forearm Block	S	H	37.	R	Punch	B	M
16.	R	#2 Round Kick	--	L	38.	R	Knifehand Strike	B	H
17.	R	Repeat Round Kick	--	H	39.	L	Front High/Low Block	C	H&L
18.	R	Double Outer Forearm Block	S	H	40.	R	Double Knifehand Block	B	H
19.	R	Square Block	B	H	41.	L	Horizontal Reverse Spearhand	B	H
20.	L	#2 Front Kick	--	M/H	42.	R	Outer Crescent Kick	--	M/H
21.	L	Side Kick	--	M/H	43.	L	Knifehand Block	M	H
22.	L	Reverse Vertical Punch	F	M	44.	R	Punch	M	M

Self Defense Techniques

- 1. (A) Grab with punch
(D) Secure Arm, Radial strike, Knee to Common Peroneal, Elbow strike.
- 2. (A) Grab with punch
(D) Lock up, Jugular notch, Palm heel, Wrist lock/inverted finger lock to take down.

Sparring Segments (Not Required for Testing)

Segment #1

- L Sparring stance
- L Outer forearm block H
- L #1 hook kick H
- R Reverse punch M
- R #2 Jump round kick H
- R Knifehand strike H
- L Ridgehand M

Segment #2

- R Sparring stance
- R #1 Jump round kick H
- L Low block L
- L #2 Round kick H
- L Backfist H
- R Reverse punch M
- L Punch H
- L Right foot step forward
- Reverse hook/round kick H

Segment #3

- L Sparring stance
- R #4 Hook kick H
- R Outer forearm block H
- R Reverse punch H
- L Low block L
- L Outer forearm block