



## In Wha #2 (Old MacDonald - 'E I E I O')

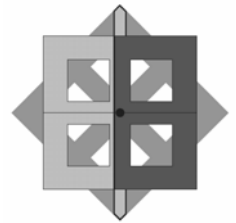
In Wha Ee-Jahng (2)

Low X-Block to Stop that Kick	- B	Low X-Block
Twin Upset Punch	- B	Twin Upset Punch
Step Up and Jump Kick	- R	#1 Jump Front Kick
Elbow Up and Punch	- L	Upward Elbow, Right Punch
with a Chop - Chop Here.	- L	Ridgehand Block, Knifehand Low Block
And a Kick - Kick there.	- L	Hook Kick, Continuous Round Kick
Here a fist,	- L	Backfist
There a Chop. Everywhere a Flop-Flop.	- L	Knifehand Strike
Low X-Block to Stop that Kick	- B	Low X-Block
Twin Upset Punch <b>(KIHAP)</b>	- B	Twin Upset Punch
Step Up and Jump Kick	- L	#1 Jump Front Kick
Elbow Up and Punch	- R	Upward Elbow, Left Punch
with a Chop - Chop Here.	- R	Ridgehand Block, Knifehand Low Block
And a Kick - Kick there.	- R	Hook Kick, Continuous Round Kick
Here a fist,	- R	Backfist
There a Chop. Everywhere a Flop-Flop.	- R	Knifehand Strike

Knifehand Low <b>(KIHAP)</b>	- L	Knifehand Low Block
Side Kick	- L	#1 Side Kick
Hook Kick	- L	#3 Hook Kick
Knifehand Block	- L	Double Knifehand Block
with a Square Block Here	- R	Knifehand Square Block
and a Chop	- L	Upset Knifehand Strike
Punch there.	- R	Punch
Here we grab,	- B	Head Grab
there we Bop,	- L	Knee Strike
everywhere a High Low Block	- B	(Left Low, Right Muscle)
Knifehand Low <b>(KIHAP)</b>	- R	Knifehand Low Block
Side Kick	- R	#1 Side Kick
Hook Kick	- R	#3 Hook Kick
Knifehand Block	- R	Double Knifehand Block
with a Square Block Here	- L	Knifehand Square Block
and a Chop	- R	Upset Knifehand Strike
Punch there,	- L	Punch
Here we Grab,	- B	Head Grab
there we Bop	- R	Knee Strike
Everywhere a High Low Block	- B	(Right Low, Left Muscle)

Now we're done with In Wha Two.  
Stand, Bow, Whew!

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



In Wha Ee-Jahng (2)

**Form**

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

In Wha Ee Jahng (2) has 42 movements and its Ki-haps are on the 13<sup>th</sup> movement (twin upset punch), the 23<sup>rd</sup> movement (left knifehand low block), and the 33<sup>rd</sup> movement (right knifehand low block).

**Additional Detail**

1.	B	X-Block	F	L	22.	R	Knifehand Strike	M	H
2.	B	Twin Upset Punch	F	M	23.	L	Knifehand Low Block - Ki-hap	C	L
3.	R	Jump Front Kick	--	M/H	24.	L	#1 Side Kick	--	M/H
4.	L	Reverse Upward Elbow Strike	F	H	25.	L	#3 Hook Kick	--	M/H
5.	R	Punch	F	H	26.	L	Double Knifehand Block	B	H
6.	L	Ridgehand Block	M	H	27.	R	Knifehand Square Block	B	H
7.	L	Knifehand Low Block	M	L	28.	L	Reverse Upset Knifehand Strike	B	H
8.	L	#3 Hook Kick	--	M/H	29.	R	Punch	B	M
9.	L	Round Kick	--	M/H	30.	B	Head Grab	F	H
10.	L	Back Fist	M	M	31.	L	Knee Strike	--	M
11.	L	Knifehand Strike	M	H	32.	R	Side High/Low Block	M	H&L
12.	B	X-Block	F	L	33.	R	Knifehand Low Block - Ki-hap	C	L
13.	B	Twin Upset Punch - Ki-hap	F	M	34.	R	#1 Side Kick	M	M/H
14.	L	Jump Front Kick	--	M/H	35.	R	#3 Hook Kick	--	M/H
15.	R	Reverse Upward Elbow Strike	F	H	36.	R	Double Knifehand Block	B	H
16.	L	Punch	F	H	37.	L	Knifehand Square Block	B	H
17.	R	Ridgehand Block	M	H	38.	R	Reverse Upset Knifehand Strike	B	H
18.	R	Knifehand Low Block	M	L	39.	L	Punch	B	M
19.	R	#3 Hook Kick	--	M/H	40.	B	Head Grab	F	H
20.	R	Round Kick	--	M/H	41.	R	Knee Strike	--	M
21.	R	Back Fist	M	M	42.	L	Side High/Low Block	M	H&L

**Self Defense Techniques**

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|---|---|
| <p>1. (A) One arm shoulder grab from behind.<br/> (D) Spin strong side, Lockup,<br/> Knee to common peroneal,<br/> Arm bar, Takedown.</p> | <p>2. (A) One arm shoulder grab from behind.<br/> (D) Spin off side, Lockup,<br/> Palm heel stun to Brachial Plexus, Head grab,<br/> Knee strike, Thumb stun.</p> |
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