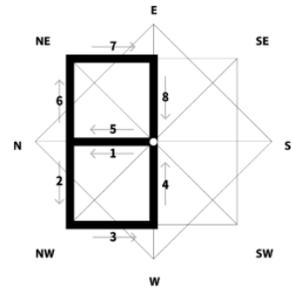


In Wha #1 - Purple Belt

In Wha - Unbroken Glory

“Coming to the mountain. The tree is in mid-growth and now the path becomes steep”



READY POSITION: Left foot steps to parallel stance, Traditional Ready Position

1. Left foot steps north to right back stance, Left Double Knifehand Block to north
2. Left foot steps west to left front stance, Right Reverse Horizontal Elbow Strike to left palm, mid-section
3. Left foot steps east one shoulder width, Right #2 Inner Crescent Kick (land with right foot next to left foot)
4. In continuous motion, Left Reverse Side Kick mid or high section to north
5. Land in left back stance, Left Vertical Back Elbow Strike to north, looking north, midsection (right knifehand palm pushes left fist)
6. Right foot steps clockwise to right sparring stance facing west, Right Double Outer Forearm Block to west
7. Left #2 Round Kick mid or high section
8. In continuous motion without lowering left leg, Left Repeat Round Kick mid or high section
9. Land in left sparring stance, Left Double Outer Forearm Block
10. Right foot steps clockwise to left back stance to south, Right Double Knifehand Block to south
11. Right foot steps west to right front stance, Left Reverse Horizontal Elbow Strike to right palm, mid-section
12. Right foot steps one shoulder width to east, Left #2 Inner Crescent Kick (land with left foot next to right foot)
13. In continuous motion, Right Reverse Side Kick mid or high section to south
14. Land in right back stance, Right Vertical Back Elbow Strike to south, looking south, midsection (left knifehand palm pushes right fist). **KI-HAP**
15. Left foot steps east into left sparring stance, Left Double Outer Forearm Block to east
16. Right #2 Round Kick mid or high section
17. In continuous motion without lowering right leg, Right Repeat Round Kick mid or high section
18. Land in right sparring stance, Right Double Outer Forearm Block
19. Left foot up steps to right foot, turning 270 degrees clockwise to left back stance, Square Block (facing north)
20. Left #2 Front Kick mid or high section to north

21. In continuous motion without lowering left leg, Left Side Kick mid or high section to west
22. Land with left foot back in right front stance, Left Reverse Vertical Punch mid-section to north

23. No step, Right Vertical Punch high section

24. Left foot steps forward to right back stance, Left Punch mid-section to north. **KI-HAP**

25. No step, Left Knifehand Strike high section

26. Right foot steps to left, turning counterclockwise to closed stance facing west, Right High/Low Block (to front)

27. Right foot steps back to right back stance, Left Double Knifehand Block to west

28. No step, Right Reverse Horizontal Spearhand Strike high section to west

29. Left #1 Outer Crescent Kick to south (turn 180 degrees counterclockwise) landing in middle stance, facing south

30. No step, Right Outer Knifehand Block to south

31. No step, Left Punch to mid-section

32. Right foot steps to left foot, turning 270 degrees counterclockwise to form right back stance, Square Block (facing south)

33. Right #2 Front Kick mid or high section to south

34. In continuous motion without lowering right leg, Right Side Kick mid or high section to west. **KI-HAP**

35. Land right foot back in left front stance, Right Reverse Vertical Punch mid-section to south

36. No step, Left Vertical Punch high section

37. Step right foot forward to left back stance, Right Punch mid-section to south

38. No step, Right Knifehand Strike high section

39. Left foot steps to right, to closed stance facing east, Left High/Low Block (to front)

40. Left foot steps back to left back stance, Right Double Knifehand Block

41. No step, Left Reverse Horizontal Spearhand Strike high section to east

42. Right #1 Outer Crescent Kick to south (turn 180 degrees clockwise) landing in middle stance, facing south

43. No step, Left Outer Knifehand Block to south

44. No step, Right Punch to mid-section.

Bah Ro – Left foot steps back to parallel stance, Traditional Ready Position