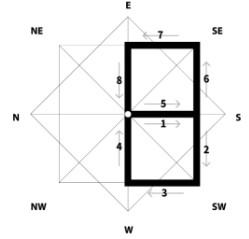


## In Wha #2 - Blue Belt

### In Wha - Unbroken Glory

“The tree reaches for the sky towards new heights”



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

1. Right foot steps to right front stance, Low X-Block to south
2. No step, Twin Upset Punch to mid-section
3. Step left foot forward to parallel stance, Right #1 Jump Front Kick mid or high section
4. Land in right front stance, Left Upward Elbow Strike
5. No step, Right Punch to high section
  
6. Right foot steps east one shoulder width to southeast point, then left foot steps counterclockwise to middle stance facing north, Left Ridgehand Block to west
7. No step, Left Knifehand Low Block
8. Left #3 Hook Kick mid or high section
9. In continuous motion without lowering left leg, Left Round Kick mid or high section
10. Land in middle stance, Left Back Fist Strike mid-section
11. No step, Left Knifehand Strike high section
  
12. Right foot steps to closed stance, left foot steps north to left front stance, Low X-Block to north
13. No step, Twin Upset Punch to mid-section. **KI-HAP**
14. Step right foot forward to parallel stance, Left #1 Jump Front Kick mid or high section
15. Land in left front stance. Right Upward Elbow Strike
16. No step, Left Punch to high section
  
17. Left foot steps east one shoulder width, then right foot steps east to middle stance facing north, Right Ridgehand Block to east
18. No step, Right Knifehand Low Block
19. Right #3 Hook Kick mid or high section
20. In continuous motion without lowering right leg, Right Round Kick mid or high section
21. Land in middle stance, Right Back Fist Strike mid-section
22. No step, Right Knifehand Strike high section
  
23. Step left foot to closed stance turning counterclockwise, body facing west, Left Knifehand Low Block to south. **KI-HAP**
24. Left #1 Side Kick mid or high section, land in a middle stance length facing west
25. Left #3 Hook Kick mid or high section
26. Land in right back stance, Left Double Knifehand Block
  
27. Right foot steps clockwise to east into left back stance, Knifehand Square Block
28. No step, Left Upset Knifehand Strike high section to north
29. No step, Right Punch mid-section to east

30. Right foot steps to right front stance, Head Grab with hands held vertically
31. Left Knee Strike through hands
32. Left foot steps down to parallel stance, right foot steps forward (east) to middle stance, body facing north, Right High/Low Block to sides (head looking west)
  
33. Step left foot to closed stance, turning counterclockwise, body facing west, Right Knifehand Low Block to north. **KI-HAP**
34. Right #1 Side Kick mid or high section, land in a middle stance length facing west
35. Right #3 Hook Kick mid or high section
36. Land in left back stance, Right Double Knifehand Block
  
37. Left foot steps west to right back stance, Knifehand Square Block
38. No step, Right Upset Knifehand Strike high section to north
39. No step, Left Punch mid-section to west
40. Left foot steps to left front stance, Head Grab with hands held vertically
41. Right Knee Strike through hands
42. Right foot steps down to parallel stance, Left foot steps forward (west) to middle stance, body facing north, Left High/Low Block to sides (head looking east)
  
- Bah Ro** – Right foot steps back to parallel stance, Traditional Ready Position

