

In Wha #1

“Unbroken Glory”

NEW BLOCKS:

- Square Block
- High/Low Block (to front)
- Outer Knifehand Block

NEW STRIKES:

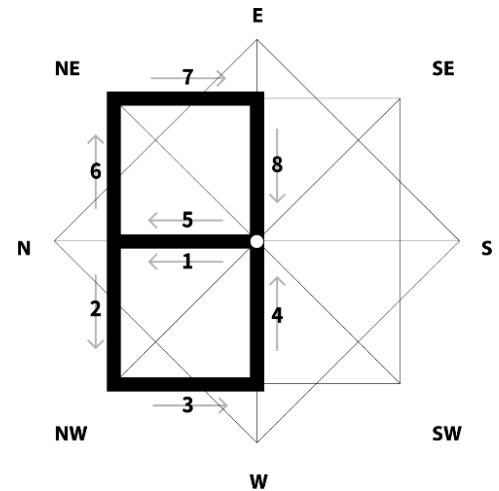
- Reverse Horizontal Elbow
- Vertical Back Elbow Strike
- Vertical Punch

NEW KICKS: (all kicks are middle or high section)

- #2 Inner Crescent Kick
- #1 Outer Crescent Kick

NEW STANCE:

- Closed Stance



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, mid-section (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, mid-section (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**

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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**

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SEGMENT	TECHNIQUE	STANCE	SECTION
<i>Segment One</i>			
1. L	Double Knifehand Block	Back	High
2. R	Reverse Horizontal Elbow Strike	Front	Mid
3. R	#2 Inner Crescent Kick	----	High
4. L	Reverse Side kick	----	Mid or High
5. L	Vertical Back Elbow Strike	Back	Mid
<i>Segment Two</i>			
6. R	Double Outer Forearm Block	Sparring	High
7. L	#2 Round Kick	----	Mid or High
8. L	Repeat Round Kick	----	Mid or High
9. L	Double Outer Forearm Block	Sparring	High
<i>Segment Three</i>			
10. R	Double Knifehand Block	Back	High
11. L	Reverse Horizontal Elbow Strike	Front	Mid
12. L	#2 Inner Crescent Kick	----	High
13. R	Reverse Side Kick	----	Mid or High
14. R	Vertical Back Elbow Strike- KI-HAP	Middle	Mid
<i>Segment Four</i>			
15. L	Double Outer Forearm Block	Sparring	High
16. R	#2 Round Kick	----	Mid or High
17. R	Repeat Round Kick	----	Mid or High
18. R	Double Outer Forearm Block	Sparring	High
<i>Segment Five</i>			
19. R	Square Block	Back	High
20. L	#2 Front Kick	----	Mid or High
21. L	Side Kick	----	Mid or High
22. L	Reverse Vertical Punch	Front	Mid
23. R	Vertical Punch	Front	High
24. L	Punch- KI-HAP	Back	Mid
25. L	Knifehand Strike	Back	High
<i>Segment Six</i>			
26. R	High/Low Block	Closed	High/Low
27. L	Double Knifehand Block	Back	High
28. R	Reverse Horizontal Spearhand Strike	Back	High
29. L	#1 Outer Crescent Kick	----	High
30. R	Outer Knifehand Block	Middle	High
31. L	Punch	Middle	Mid
<i>Segment Seven</i>			
32. L	Square Block	Back	High
33. L	#2 Front Kick	----	Mid or High
34. R	Side Kick- KI-HAP	----	Mid or High

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35. R	Reverse Vertical Punch	Front	Mid
SEGMENT	TECHNIQUE	STANCE	SECTION
<i>Segment Seven Continued</i>			
36. L	Vertical Punch	Front	High
37. R	Punch	Back	Mid
38. R	Knifehand Strike	Back	High
<i>Segment Eight</i>			
39. L	High/Low Block	Closed	High/Low
40. R	Double Knifehand Block	Back	High
41. L	Reverse Horizontal Spearhand Strike	Back	High
42. R	#1 Outer Crescent Kick	-----	Mid or High
43. L	Outer Knifehand Block	Middle	High
44. R	Punch	Middle	High