

# In Wha #2

## “Unbroken Glory”

### NEW BLOCKS:

Low X-Block  
 Ridgehand Block  
 Knifehand Square Block  
 Side High/Low Block

### NEW STRIKES:

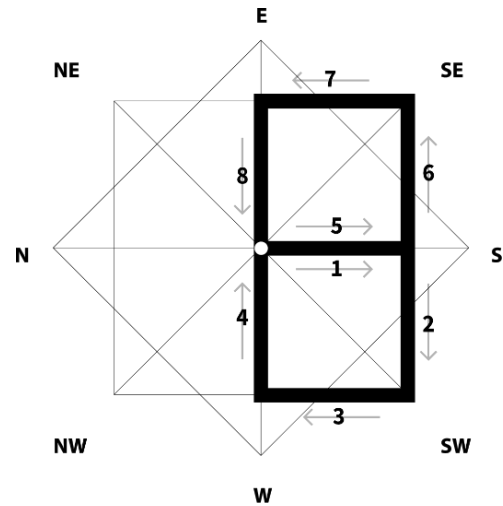
Twin Upset Punch  
 Reverse Upward Elbow  
 Upset Knifehand (Palm Upward)

### NEW KICKS: *(all kicks are mid or high section)*

#1 Jump Front Kick  
 #3 Hook Kick  
 #1 Side Kick

### NEW TECHNIQUE:

Head Grab  
 Knee Strike



### 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**

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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**

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SEGMENT	TECHNIQUE	STANCE	SECTION
<i>Segment One</i>			
1. B	Low X-Block	Front	Low
2. B	Twin Upset Punch	Front	Mid
3. R	#1 Jump Front Kick	----	Mid or High
4. L	Upward Elbow Strike	Front	High
5. R	Punch	Front	High
<i>Segment Two</i>			
6. L	Ridgehand Block	Middle	High
7. L	Knifehand Low Block	Middle	Low
8. L	#3 Hook Kick	----	Mid or High
9. L	Round Kick	----	Mid or High
10. L	Backfist Strike	Middle	Mid
11. L	Knifehand Strike	Middle	High
<i>Segment Three</i>			
12. B	Low X-Block	Front	Low
13. B	Twin Upset Punch- <b>KI-HAP</b>	Front	Mid
14. L	#1 Jump Front Kick	----	Mid or High
15. R	Upward Elbow Strike	Front	High
16. L	Punch	Front	High
<i>Segment Four</i>			
17. R	Ridgehand Block	Middle	High
18. R	Knifehand Low Block	Middle	Low
19. R	#3 Hook Kick	----	Mid or High
20. R	Round Kick	----	Mid or High
21. R	Backfist	Middle	Mid
22. R	Knifehand Strike	Middle	High
<i>Segment Five</i>			
23. L	Knifehand Low Block- <b>KI-HAP</b>	Closed	Low
24. L	#1 Side Kick	----	Mid or High
25. L	#3 Hook Kick	----	Mid or High
26. L	Double Knifehand Block	Back	High
<i>Segment Six</i>			
27. R	Knifehand Square Block	Back	High
28. L	Upset Knifehand Strike	Back	High
29. R	Punch	Back	Mid
30. B	Head Grab	Front	High
31. L	Knee Strike	----	Mid
32. R	High/Low Block	Middle	H/L

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SEGMENT	TECHNIQUE	STANCE	SECTION
<i>Segment Seven</i>			
33. R	Knifehand Low Block- <i><b>KI-HAP</b></i>	Closed	Low
34. R	#1 Side Kick	-----	Mid or High
35. R	#3 Hook Kick	-----	Mid or High
36. R	Double Knifehand Block	Back	High
<i>Segment Eight</i>			
37. L	Knifehand Square Block	Back	High
38. R	Upset Knifehand Strike	Back	High
39. L	Punch	Back	Mid
40. B	Head Grab	Front	High
41. R	Knee Strike	-----	Mid
42. L	High/Low Block	Middle	H/L