



In Wha Two

Basics & Kicks

1. Low X-block, Ridgehand block, Horizontal palm heel, Knifehand square block, Side high/low block, Twin upset punch, Reverse upward elbow, Upset knifehand, Head grab, Knee strike
2. Jump reverse crescent kick, Step jump reverse crescent kick, Spin jump crescent kick, Step jump spin crescent kick, Reverse round kick, Step forward reverse round kick

Form: IN WHA EE- JAHNG (#2)

Stance				Section					
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 (in continuous motion)-	-	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/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 (in continuous motion)-	-	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

Sparring Segments (Step back with Left Foot)

<u>Segment 1</u>		<u>Segment 2</u>		<u>Segment 3</u>	
R	Sparring Stance	R	Sparring Stance	R	Sparring Stance
R	Back Fist	R	Back Fist	R	Back Fist
L	Reverse Punch	L	Double Step & Reverse Punch	R	#3 Hook Kick
L	#2 Round Kick	R	Step Jump Reverse Outer Crescent Kick	L	Reverse Outer Crescent Kick
R	Reverse Hook Kick	L	Reverse Punch	R	#2 Jump Round Kick
L	Reverse Punch			L	Reverse Punch

Self-Defense Techniques

(A) Attacker (D) Defender

1. (A) One Hand Shoulder Grab (Behind).
(D) *Spin* Strong Side, *Lock-up*, *Knee* to Common Peroneal, *Arm Bar* takedown.
2. (A) One Hand Shoulder Grab (Behind).
(D) *Spin* Off Side, *Lock-up*, *Palmheel Stun* to Brachial Plexus, *Head Grab*, *Knee Strike*, *Thumb Stun* (**Yelling Get Back**).



Color Belt Philosophy

The philosophical interpretation of the Blue Belt is:

“The tree reaches for the sky towards new heights.”

Having passed the midway point, the student focuses his/her energy upwards toward Black Belt.

Form – Individual action

Power comes from many different sources. Distance, timing, speed, and body weight—shoulder and hips must set direction of strike. Remember, power is a combination of all basic skills. If you have a problem displaying power, check the following basics. Make sure you are performing your techniques correctly. Second, check your balance. And last, check with your instructor for more detailed guidelines.

Segments break down: 5-6-5-6-4-6-4-6

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

Board Breaking—Evidence of Power

Blue belts will break 1 station and only 1 board regardless of age or gender. Board sizes will be the same as prescribed in the Instructor manual.

Technique Requirements

4. Front Kick
5. Side Kick
6. Round Kick

Promotion Requirements

1. Know and perform your form
2. Do required Sparring Segments
3. Do required Board Breaks
4. Do required Self Defense Techniques & Weapons (Black Belt & Master Club Only)
5. Attend Three (3) Sparring and Sparring Segment Classes in testing cycle—Held Every Friday, check the schedule for your class time. (Black Belt and Master Club Only)
6. Must have Instructor's Permission