

InWha 1

“Coming to the mountain, the path becomes steep.”

1. Step to the left into a *back stance*, (reach both arms behind right side) double knife hand block (left arm).
2. Pull that front arm out (hand open), right reverse elbow strike (hit right elbow on left hand, land in a *Front Stance*). Step back into a *back stance*.
3. Right inner crescent kick (foot lands in front).
4. Look over your left shoulder, left reverse sidekick, land in a *back stance* (majority weight on kicking leg).
5. Left back elbow strike (behind you).
6. Look over your right shoulder, turn to your right (*Sparring Stance*), reach behind you, and right double outer forearm block.
7. Back (left) leg round kick (don't set it down)
8. Left round kick again (set it down in front, in a *sparring stance*).
9. Reach both arms behind your right side, double outer forearm block (left arm).
10. Look over right shoulder and turn (reach both arms behind left side, land in a *back stance*) double knife hand block (right arm).
11. Pull that front arm out (hand open), left reverse elbow strike (hit left elbow on right hand) Land in a *Front stance*, then back into a *back stance*.
12. left inner crescent kick (foot lands in front).
13. Look over your right shoulder, right reverse sidekick, land in a *back stance* (majority weight on kicking leg).
14. Right back elbow strike (behind you). **KI-HAP!**
15. Step left foot forward into a *sparring stance*; reach both arms behind your right side, and double outer forearm block.
16. Back (right) leg round kick (don't set it down)
17. Right round kick again (set it down in front).
18. Reach both arms behind your left side, double outer forearm block *Sparring stance* (right arm).

*****2nd Half*****

19. Left foot steps up to right foot, (chamber right arm across your chest and left arm by your side) turn over right shoulder 180°, Step to your right (with your right foot into *back stance*, and square block (left arm over head, right outer forearm block).
20. Back (left) leg front kick (don't set it down)
21. Left leg side kick (set kicking leg down behind you in a *front stance*)!
22. Chamber right arm out, left vertical punch.
23. Right vertical punch (don't step).
24. Step forward with left leg into a *back stance*, left step and punch. **KI-HAP!**
25. Give yourself a hug, left knife hand strike.
26. Chamber that knife hand high, right foot steps to left into a *closed stance*, turn left 180°, and high/low block.
27. The hand that's high steps backwards (right leg into a *back stance*) double knife hand block (left arm).
28. Right reverse spear hand (don't step).
29. Look over your left shoulder, left outer crescent kick (land in *middle stance*).
30. Give yourself a hug, and right knife hand outer forearm block.
31. Pull that arm down, left reverse punch (don't step).
32. Put the punching arm on shoulder and the other arm on your side, step right foot up to left, turn 360° over left shoulder land in a *back stance*, and square block (right hand should over head, and left outer forearm block).
33. Back (right) leg front kick (don't set it down).
34. Right leg side kick (set kicking foot down behind you in a *front stance*)! **KI-HAP!**
35. Chamber left arm out, right vertical punch.
36. Left vertical punch.

37. Right step and punch.
38. Give yourself a hug, right knife hand strike.
39. Knife hand chambers high, step left foot to right foot into a *closed stance*, high/low block.
40. The hand that's high steps backwards into a *back stance* (left leg) double knife hand block (right arm).
41. Left reverse spear hand.
42. Look over your right shoulder, right outer crescent kick (land in *middle stance*).
43. Give yourself a hug, left knife hand outer forearm block.
44. Pull that arm down, right reverse punch.

InWha 1 Form Map



