

InWha 2

“The tree reaches toward the sky toward new heights.”

1. Right foot steps right into a front stance low X-block.
2. Twin upset punch (don't step)
3. Left leg steps up to right leg, jump up with both feet, and right jump front kick (kicking leg lands in front)
4. (Should be in a front stance), chamber your right arm out in front of you, left upward elbow strike
5. Pull left arm down in front of you, right punch (don't step)
6. Right foot moves towards left side; left foot steps backwards into a middle stance, give yourself a hug, ridge-hand block.
7. Give yourself another hug, left knifehand low block
8. Right foot steps up to left foot, and left hook kick (don't set it down)
9. Round kick(with same leg) (land in middle stance)
10. Give yourself a hug, left back fist
11. Hug yourself again, left knifehand strike
12. Right foot steps up to left, left foot steps forward into a front stance, low X-block
13. Twin upset punch (don't step) KI-HAP!
14. Right foot steps up to left leg, jump up with both feet, and left jump front kick (kicking leg lands in front)
15. (Should be in a front stance), chamber your right arm out in front of you, right upward elbow strike
16. Pull that right arm down in front of you, left punch (don't step)
17. Left leg moves across your right, right foot steps out to side into a middle stance, right ridgehand block
18. Chamber for a low block right knifehand low block
19. Left foot steps up to right foot, right hook kick (don't set it down)
20. Round kick (with same leg) (land in middle stance)
21. Hug yourself, right back fist
22. Hug yourself again, right knifehand strike

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

23. Left foot steps to the right into a closed stance, turn left 90 left knifehand low block KI-HAP!
24. Left side kick, (set it down into a middle stance)
25. Right foot steps up to left foot, left hook kick (land in a back stance)
26. Reach both arms behind your right side, left double knifehand block
27. Right foot steps backwards 90 into a back stance (weight on left leg), (chamber right arm on left) knifehand square block
28. (Reach your right arm out in front like your grabbing something) Left upset knifehand strike
29. Chamber your left arm out in front of you, right punch
30. Right leg picks up and moves forward into a front stance, head grab (your head height)
31. Left knee strike (put your left foot down so your left leg crosses your right leg)
32. Chamber your left hand high and right low, right foot steps forward into a middle stance, and high/low inner forearm block
33. Left foot steps up to the right into a closed stance turn backwards 90 right knifehand low block KI-HAP!
34. Right side kick (kicking leg lands in a middle stance)
35. Left foot steps up to right foot, right hook kick (kicking leg lands forward).
36. (Should be in a back stance) reach both arms behind your left side, right double knifehand block
37. Left foot steps forward into a back stance (weight should be on right leg now) chamber your left arm on your right shoulder, right hand on your ribs, and knifehand square block (right hand is the high one)
38. (Reach your left arm out in front like your grabbing something) right upset knifehand block
39. Chamber your right arm out in front of you, left punch
40. Left leg picks up and moves forward into a front stance, head grab (your head height)
41. Right knee strike (put your right foot down so your right leg crosses your left leg)
42. Chamber your right hand high and left low, left foot steps forward into a middle stance, and high/low inner forearm block (left hand should be the high one)

InWha 2 Form Map



