



IN WHA #1 – BLOCK 1

Testing Requirements

Form.....Red Stripe
Self-Defense.....Yellow Stripe
Weapons.....Green Stripe

Form (1st Half)

1. L Double Knifehand Block
2. R Reverse Horizontal Elbow Strike
3. R #2 Inner Crescent Kick
4. L Reverse Side Kick
5. L Vertical Back Elbow Strike
6. R Double Outer Forearm Block
7. L #2 Round Kick
8. L Repeat Round Kick
9. L Double Outer Forearm Block
10. R Double Knifehand Block
11. L Reverse Horizontal Elbow Strike
12. L #2 Inner Crescent Kick
13. R Reverse Side kick
14. R Vertical Back Elbow Strike (Ki-hap)
15. L Double Outer Forearm Block
16. R #2 Round Kick
17. R Repeat Round Kick
18. R Double Outer Forearm Block
19. R Square Block
20. L #2 Front Kick
21. L Side Kick
22. L Reverse Vertical Punch
23. R Vertical Punch
24. L Punch (Ki-hap)
25. L Knifehand Strike

Self-Defense

1. Attack – Grab with Punch
Defense – Secure Arm, Radial Strike, Knee to Common Peroneal, Elbow Strike
2. Attack – Grab with punch
Defense – Lock Up, Jugular Notch, Palm Heel, Wrist Lock / Inverted Finger Lock to Take Down

Ssahng Jeol Bong Drills

1. V-Strike
2. Behind Back Pass
3. Fake 360 Waist Spin