



IN WHA #1 – BLOCK 2

Testing Requirements

Form.....Red Stripe
Self-Defense.....Yellow Stripe
Sparring Drills....Green Stripe

Form (2nd Half)

26. R Front High/Low Block
27. L Double Knifehand Block
28. R Horizontal Reverse Spearhand
29. L Outer Crescent Kick
30. R Knifehand Block
31. L Punch
32. L Square Block
33. R #2 Front Kick
34. R Side Kick (Ki-hap)
35. R Reverse Vertical Punch
36. L Vertical Punch
37. R Punch
38. R Knifehand Strike
39. L Front High/Low Block
40. R Double Knifehand Block
41. L Horizontal Reverse Spearhand
42. R Outer Crescent Kick
43. L Knifehand Block
44. R Punch

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

Sparring Drills

1. Attack – #3 Repeat Round Kick (*closed position*)
Counter – Block, Front Punch, Back Punch, #2 Inner Crescent Kick
2. Attack – #2 Front Kick (*closed position*)
Counter – Block, Front Punch, Back Punch, #2 Outer Crescent Kick