



**IN WHA #2 – BLOCK 1**

**Testing Requirements**

*Form.....Red Stripe  
Self-Defense.....Yellow Stripe  
Weapons.....Green Stripe  
Board Break.....White Stripe*

**Form (1<sup>st</sup> Half)**

1. B Low X-Block
2. B Twin Upset Punch
3. R Jump Front Kick
4. L Reverse Upward Elbow Strike
5. R Punch
6. L Ridgehand Block
7. L Knifehand Low Block
8. L #3 Hook Kick
9. L Round Kick
10. L Back Fist
11. L Knifehand Strike
12. B Low X-Block
13. B Twin Upset Punch
14. L Jump Front Kick
15. R Reverse Upward Elbow Strike
16. L Punch
17. R Ridgehand Block
18. R Knifehand Low Block
19. R #3 Hook Kick
20. R Round Kick
21. R Back Fist
22. R Knifehand Strike

**Self-Defense**

1. Attack – One Hand Shoulder Grab From Behind  
Defense – Spin to Strong Side, Lock Up, Knee to Common Peroneal, Arm Bar, Takedown
2. Attack – One Hand Shoulder Grab From Behind  
Defense – Spin Off Side, Lock Up, Palm Heel, Stun to Brachial Plexus, Head Grab, Knee Strike, Thumb Stun

**Board Break**

Front Elbow Strike

**Ssahng Jeol Bong Drills**

1. Tornado Spin with Advanced Triangle
2. Lasso Combination
3. Over/Under Catch