



**IN WHA #2 – BLOCK 2**

**Testing Requirements**

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

**Form (2<sup>nd</sup> Half)**

- 23. L Knifehand Low Block (Ki-hap)
- 24. L #1 Side Kick
- 25. L #3 Hook Kick
- 26. L Double Knifehand Block
- 27. R Knifehand Square Block
- 28. L Reverse Upset Knifehand Strike
- 29. R Punch
- 30. B Head Grab
- 31. L Knee Strike
- 32. R Side High/Low Block
- 33. R Knifehand Low Block (Ki-hap)
- 34. R #1 Side Kick
- 35. R #3 Hook Kick
- 36. R Double Knifehand Block
- 37. L Knifehand Square Block
- 38. R Reverse Upset Knifehand Strike
- 39. L Punch
- 40. B Head Grab
- 41. R Knee Strike
- 42. L Side High/Low Block

**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**

#3 Side Kick

**Sparring Drills**

- 1. Attack – #3 Side Kick (*open position*)  
Counter – Side Step to Open Side, #1 Hook/Round Kick, Reverse Side Kick
- 2. Attack – #3 Side Kick (*open position*)  
Counter – Side Step to Closed Side, #1 Hook Kick, Reverse Hook Kick