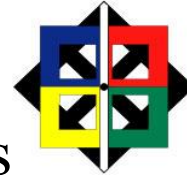




In Wha 2 Basics



(Blue Belt)

1. Closed Stance – *right foot steps in*
2. Knifehand Square Block – *block to right, into right back stance*
3. Upset Ridgehand Block – *right hand blocks towards right*
4. Low X Block - *right leg adjusts back into left front stance*
5. Side High/Low Block – *left arm starts high and right leg adjusts into middle stance*
6. Upset Knifehand Strike – *left leg adjust into front stance and right hand strikes*
7. Palm Heel Strike – *left hand strikes*
8. Upward Elbow Strike – *right elbow strikes*
9. Twin Upset Punch
10. Head Grab/Knee Strike - *right knee strikes*
11. #3 Hook Kick/Round Kick – *left leg slides to right leg and right leg kicks*
12. Step Jump Spin Outer Crescent Kick – *right leg kicks*