



In Wha 1 Basics



(Purple Belt)

1. Closed Stance – *left leg moves in*
2. Front High/Low Block – *left hand starts high*
3. Square Block – *block towards right in a middle stance*
4. Knifehand Block – *right hand blocks*
5. Vertical Punch – *left hand strikes*
6. Front Elbow Strike – *adjust into left front stance and strike with right elbow*
7. Back Elbow Strike – *right elbow strikes and adjust right leg into back stance*
8. #2 Inner Crescent Kick – *right leg kicks and land in front*
9. #3 Hook Kick – *right leg kicks*