



IN-WHA ONE

44 MOVES KI-HAP # 14, 24 & 34

			STANCE	SECTION					
1.	L	Double Knifehand Block	B	H	23.	R	Vertical Punch	F	H
2.	R	Reverse Horizontal Elbow Strike	F	M	24.	L	Punch - Ki-hap	B	M
3.	R	#2 Inner Crescent Kick	--	H	25.	L	Knifehand Strike	B	H
4.	L	Reverse Side Kick	--	M/H	26.	R	Front High/Low Block	C	H&L
5.	L	Vertical Back Elbow Strike	B	M	27.	L	Double Knifehand Block	B	H
6.	R	Double Outer Forearm Block	S	H	28.	R	Horizontal Reverse Spearhand	B	H
7.	L	#2 Round Kick	--	L	29.	L	Outer Crescent Kick	--	M/H
8.	L	Repeat Round Kick	--	H	30.	R	Knifehand Block	M	H
9.	L	Double Outer Forearm Block	S	H	31.	L	Punch	M	M
10.	R	Double Knifehand Block	B	H	32.	L	Square Block	B	H
11.	L	Reverse Horizontal Elbow Strike	F	M	33.	R	#2 Front Kick	--	M/H
12.	L	#2 Inner Crescent Kick	--	H	34.	R	Side Kick - Ki-hap	--	M/H
13.	R	Reverse Side Kick	--	M/H	35.	R	Reverse Vertical Punch	F	M
14.	R	Vertical Back Elbow Strike - Ki-hap	B	M	36.	L	Vertical Punch	F	H
15.	L	Double Outer Forearm Block	S	H	37.	R	Punch	B	M
16.	R	#2 Round Kick	--	L	38.	R	Knifehand Strike	B	H
17.	R	Repeat Round Kick	--	H	39.	L	Front High/Low Block	C	H&L
18.	R	Double Outer Forearm Block	S	H	40.	R	Double Knifehand Block	B	H
19.	R	Square Block	B	H	41.	L	Horizontal Reverse Spearhand	B	H
20.	L	#2 Front Kick	--	M/H	42.	R	Outer Crescent Kick	--	M/H
21.	L	Side Kick	--	M/H	43.	L	Knifehand Block	M	H
22.	L	Reverse Vertical Punch	F	M	44.	R	Punch	M	M

Camo Belt: The sapling is hidden amongst the taller pines, and must now fight its way upward.

Green Belt: The pine tree is beginning to develop and growth in strength.

Purple Belt: Coming to the mountain, the tree is in mid-growth, and the path is getting steep.

Board Break: 1 hand technique