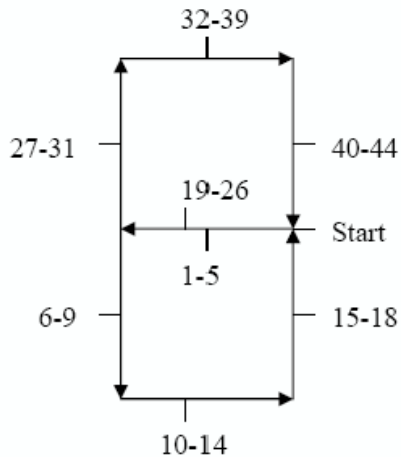


American Taekwondo Association™

In-Wha – Korean Translation "An Unbroken Glory."



Basics

- Sparring Stance, Square Block, Knife Hand Block
- Front High Low Block, Vertical Punch
- Reverse Horizontal Elbow, Back Elbow Strike
- Horizontal Spear Hand Strike, #1-4 Hook Kicks
- #1-4 Jump Crescent Kicks, #1-4 Jump Round Kicks
- #2 Inner Crescent Kicks, Reverse Side Kick
- Reverse Hook Kick, Step Reverse Hook Kick
- Spin Hook Kick, Step Spin Hook Kick

Once you earn Three Stripes on your belt, you earn permission to test for you next belt rank.

In Wha One

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

Self Defense

- 1.) **Attacker** - Lapel Grab & Punch.
Defender - Block & Secure Arm, Radial Strike, Knee To Common Peroneal, Elbow Strike.
- 2.) **Attacker** - Lapel Grab & Punch.
Defender - Block, Lock Up, Jugular Notch, Palm Heel Strike, Wrist Lock/ Inverted Finger Lock Take Down.



"A Martial Art That Trains People Physically And Mentally!"