



# In Wha One

## Basics & Kicks

1. Square block, Front high/low block, Knifehand block, Reverse horizontal elbow strike, Back elbow strike, Vertical punch
2. #1, #2, #3, #4 Hook kick, Reverse hook kick, Step reverse hook kick, Spin hook kick, Step spin hook kick, #1, #2, #3, #4 Jump crescent kicks, #1, #2, #3, #4 Jump round kicks

## Form: IN WHA IL- JAHNG (#1)

		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	<b>Punch - Ki-hap</b>	<b>B</b>	<b>M</b>
3.	R	#2 Inner Crescent Kick	-	M/H	25.	L	Knifehand Strike	B	H
4.	L	Reverse Side Kick	-	M	26.	R	Front High/Low Block	C	H&L
5.	L	Vertical Back Elbow Block	B	H	27.	L	Double Knifehand Block	B	H
6.	R	Double Outer Forearm Block	S	H	28.	R	Reverse Horizontal Spearhand	B	H
7.	L	# 2 Round Kick (in continuous motion)	L	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 (in continuous motion)	M/H	
12.	L	#2 Inner Crescent Kick	-	M/H	34.	R	<b>Side Kick - Ki-hap</b>	-	<b>M/H</b>
13.	R	Reverse Side Kick	-	M	35.	L	Reverse Vertical Punch	F	M
14.	R	<b>Vertical Back Elbow Block-Ki-hap</b>	<b>B</b>	<b>H</b>	36.	R	Vertical Punch	F	H
15.	L	Double Outer Forearm Block	S	H	37.	R	Punch	B	M
16.	R	# 2 Round Kick (in continuous motion)	L	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	Reverse Horizontal Spearhand	B	H
20.	L	#2 Front Kick (in continuous motion)	-	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

## Sparring Segments (Step back with Right Foot)

### Segment 1

- L Sparring Stance
- L Back Fist
- R Reverse Punch
- R #2 Round Kick
- L Reverse Hook Kick
- R Reverse Punch

### Segment 2

- L Sparring Stance
- L Back Fist
- R Double Step & Reverse Punch
- L Step Jump Reverse Outer Crescent Kick
- R Reverse Punch

### Segment 3

- L Sparring Stance
- L Back Fist
- L #3 Hook Kick
- R Reverse Outer Crescent Kick
- L #2 Jump Round Kick
- R Reverse Punch

## Self-Defense Techniques

### (A) Attacker (D) Defender

1. (A) Grab with *punch*.  
(D) *Secure arm Radial strike, Knee to Common Peroneal, Elbow strike.*
2. (A) Grab with *punch*.  
(D) *Lockup, Jugular notch, Palm heel, Wrist lock/inverted finger lock to take down.*



### **Form Meaning**

The name of your form is IN WHA which means: “An unbroken glory.”

### **Color Belt Philosophy**

The philosophical interpretation of the Purple Belt is:

“Coming to the mountain. The tree is in mid-growth and now the path becomes steep.”

The student has crossed over into a higher level of Songahm Taekwondo. The techniques, forms, and level of sparring become more difficult, creating a “mountain” that must be overcome.

### **Form – Individual action**

Speed will be developed only after you strengthen your muscles. A Ply-O-Metrics workout will be excellent for explosive and dynamic movements. Consult with your instructor on this matter. Relaxation is also a key to speed during motion. Don't have tension all of the time. The only time you should tighten your muscles is right before reaching your target.

Segments break down: 5-4-5-4-7-6-7-6

In Wha Il Jahng (1) has 44 movements and its Ki-haps are on the 14<sup>th</sup> movement (right back elbow strike), the 24<sup>th</sup> movement (left punch), and the 34<sup>th</sup> movement (right side kick).

### **Board Breaking—Evidence of Power**

Purple belts will break 1 station and only 1 board regardless of age or gender. Board sizes will be the same as prescribed in the Instructor manual.

### **Technique Requirements**

1. Knifehand strike
2. Elbow Strike
3. Palm Heel Strike

### **Promotion Requirements**

1. Know and perform your form
2. Do required Sparring Segments
3. Do required Board Breaks
4. Do required Self Defense Techniques & Weapons (Black Belt & Master Club Only)
5. Attend 3 Sparring and Sparring Segment Classes in testing cycle—Held Every Friday, check the schedule for your class time. (Black Belt and Master Club Only)
6. Must have Instructor's Permission