



In Wha 1

Step into a regular ready stance with your right foot.

<u>Side</u>	<u>Technique</u>	<u>Stance</u>	<u>Section</u>
1. Right	Low X block	Front	low
2. Right	Twin upset punch	Front	mid
3. Right	Parallel jump front kick	--	mid or high
4. Left	Reverse upward elbow strike	Front	high
5. Right	Punch	Front	high
6. Left	Ridgehand block	Middle	high
7. Left	Knifehand low block	Middle	low
8. Left	#3 Hook kick	--	mid or high
9. Left	Round kick	--	mid or high
10. Left	Backfist strike	Middle	mid
11. Left	Knifehand strike	Middle	high
12. Left	Low X block	Front	low
13. Left	Twin upset punch	Front	mid
14. Left	Parallel jump front kick	--	mid or high
15. Right	Reverse upward elbow strike	Front	high
16. Left	Punch	Front	high
17. Right	Ridgehand block	Middle	high
18. Right	Knifehand low block	Middle	low
19. Right	#3 Hook kick	--	mid or high
20. Right	Round kick	--	mid or high
21. Right	Backfist strike	Middle	mid
22. Right	Knifehand strike	Middle	high
23. Left	Knifehand low block	Closed	low
24. Left	#1 side kick	--	mid or high
25. Left	#3 Hook kick	--	mid or high
26. Left	Double knifehand block	Back	high
27. Right	Knifehand square block	Back	mid/high
28. Left	Upset knifehand strike	Back	high

Continued on back...



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Side	Technique	Stance	Section
29. Right	Punch	Back	mid
30. Right	Head grab	Front	high
31. Left	Knee strike	--	high
32. Left	Side high/low block	Middle	high/low
33. Right	Knifehand low block	Closed	low
34. Right	#1 side kick	--	mid or high
35. Right	#3 Hook kick	--	mid or high
36. Right	Double knifehand block	Back	high
37. Left	Knifehand square block	Back	mid/high
38. Right	Upset knifehand strike	Back	high
39. Left	Punch	Back	mid
40. Left	Head grab	Front	high
41. Right	Knee strike	--	high
42. Right	Side high/low block	Middle	high/low

Your right foot returns to a regular ready stance.