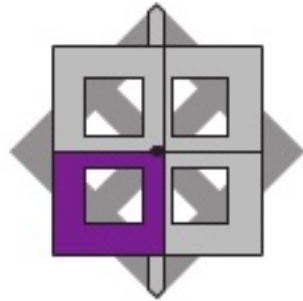


IN WHA POOMSE #1A

Moves 1-19



Segment #1

"Headless Horseman"

- | | |
|---------------------------------|--------------------------|
| 1. Left Double Knifehand Block | 4. Left Reverse Sidekick |
| 2. Right Reverse Foreward Elbow | 5. Left Low Back Elbow |
| 3. Right Inside Crescent Kick | |

Segment #2

"Double Stuff Oreo"

- 6. Right Outer Forearm Block
- 7. Left Low Roundkick
- 8. Left High Roundkick
- 9. Left Double Outer Forearm Block

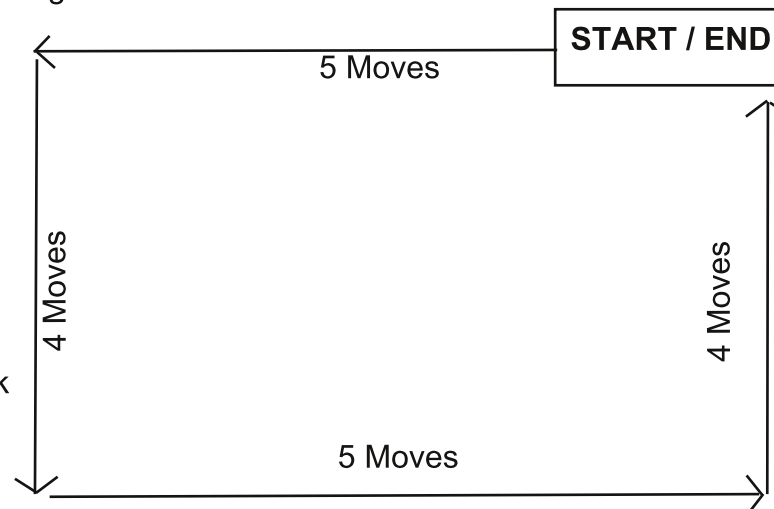
Training Tips:

1. Turn your whole body to the left in a back stance on your first move.
2. Only your front foot picks up when you switch to a front stance when you do your forward elbow strikes
3. Your low back elbows are in a back stance facing opposite of the way your strike is going.
4. The low roundkicks should be about your knee level, high kicks as high as you can without loosing balance.

Segment #4

"Double Stuff Oreo Opposite"

- 15. Left Outer Forearm Block
- 16. Right Low Roundkick
- 17. Right High Roundkick
- 19. Right Double Outer Forearm



Segment #3

"Headless Horseman Opposite"

- | | |
|----------------------------------|------------------------------------|
| 10. Right Double Knifehand Block | 13. Right Reverse Sidekick |
| 11. Left Reverse Foreward Elbow | 14. Riight Low Back Elbow & Ki-Hap |
| 12. Left Inside Crescent Kick | |