

in wha #1 - at-a-glance



	SEGMENT		TECHNIQUE	STANCE	SECTION
	SEGMENT ONE				
PHASE A	1.	L	Double Knifehand Block	Back	High
	2.	R	Reverse Horizontal Elbow Strike	Front	Middle
	3.	R	#2 Inner Crescent Kick		High
	4.	L	Reverse Side Kick		Mid or High
	5.	L	Vertical Back Elbow Strikea	Back	Middle
	SEGMENT TWO				
PHASE B	6.	R	Double Outer Forearm Block	Sparring	High
	7.	L	#2 Round Kick		Low
	8.	L	Repeat Round Kick		High
	9.	L	Double Outer Forearm Block	Sparring	High
	SEGMENT THREE				
PHASE A Opp.	10.	R	Double Knifehand Block	Back	High
	11.	L	Reverse Horizontal Elbow Strike	Front	Middle
	12.	L	#2 Inner Crescent Kick		High
	13.	R	Reverse Side Kick		Mid or High
	14.	R	Vertical Back Elbow Strike - KIHAP	Back	Middle
	SEGMENT FOUR				
PHASE B Opp.	15.	L	Double Outer Forearm Block	Sparring	High
	16.	R	#2 Round Kick		Low
	17.	R	Repeat Round Kick		High
	18.	R	Double Outer Forearm Block	Sparring	High
	SEGMENT FIVE				
PHASE C	19.	R	Square Block	Back	High
	20.	L	#2 Front Kick		Mid or High
	21.	L	Side Kick		Mid or High
	22.	L	Reverse Vertical Punch	Front	Middle
	23.	R	Vertical Punch	Front	High
	24.	L	Punch - KIHAP	Back	Middle
	25.	L	Knifehand Strike	Back	Hig
		SEGMENT SIX			
PHASE D	26.	R	Front High-Low Block	Closed	High & Low
	27.	L	Double Knifehand Block	Back	High
	28.	R	Horizontal Reverse Spearhand	Back	High
	29.	L	Outer Crescent Kick		Mid or High
	30.	R	Knifehand Block	Middle	High
	31.	L	Punch	Middle	Middle
	SEGMENT SEVEN				
PHASE C Opp.	32.	L	Square Block	Back	High
	33.	R	#2 Front Kick		Mid or High
	34.	R	Side Kick - KIHAP		Mid or High
	35.	R	Reverse Vertical Punch	Front	Middle
	36.	L	Vertical Punch	Front	High
	37.	R	Punch	Back	Middle
	38.	R	Knifehand Strike	Back	High
	SEGMENT EIGHT				
PHASE D Opp.	39.	L	Front High-Low Block	Closed	High & Low
	40.	R	Double Knifehand Block	Back	High
	41.	L	Horizontal Reverse Spearhead	Back	High
	42.	R	Outer Crescent Kick		Mid or High
	43.	L	Knifehand Block	Middle	High
	44.	R	Punch	Middle	Middle

NOTE: All forms begin facing East.



in wha #1 memorization diagram



The location of In Wha Il-Jahng #1 is the **light blue rectangle** that completes the same northern half of the Songahm Star as Songahm Ee-Jahng but does so much more advanced techniques in a "figure eight" design, or the "infinity" symbol.

As you learn this form you will make contact with the northeast and northwest points of the Songahm Star. Beginning with In Wha Il-Jahng, the patterns become much easier to follow although the techniques become somewhat more difficult. It is imperative that you understand the directions that you are to turn on each corner as this becomes complex in In Wha Il-Jahng.

In Wha Il-Jahng has eight (8) phases lettered A, B, C, D and opposite sides of each. When following this diagram, begin at the circle labeled "she-jahk" and follow the arrow counterclockwise around the square. When you have arrived back at the circle, begin to follow the second square beginning at the box labeled "bah-ro" and follow the arrow clockwise around the square until you return to the small square labeled "bah-ro."

