

Sequence Summary

In Wha Il-Jahng # 1



	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 Strike	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	High
	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.



Sequence Description

In Wha Il-Jahng # 1



- BLOCKS:** Square Block, Front High-Low Block, Knifehand Block
STRIKES: Reverse Horizontal Elbow Strike (Strike into opposite palm)
 Back Elbow Strike (*Opposite palm, hand in knifehand form, pushes fist*)
 Vertical Punch
KICKS: #4 Inner Crescent Kick (*Striking with inner edge of foot*)
 #1 Outer Reverse Crescent Kick (*Striking with outer edge of foot*)
STANCES: Closed Stance, Back Stance, Front Stance, Middle Stance
TYPE OF MOVEMENT: Strong, Fast, Individual Techniques; Fast Combination Techniques;
 Repeat or Continuous Double Kick
READY POSITION: Left Regular Ready Position

SEGMENT ONE

1. Step Left Foot to the left forming a Right Back Stance. Double Knifehand Block.
2. Shift Left Foot to Left Front Stance; Right Horizontal Elbow Strike to left palm.
3. Left Foot shifts over South-North line to #2 Right Inner Crescent Kick. Land with Right Foot next to Left Foot. And...
4. In a continuous motion, Left Reverse Side Kick. And...
5. In a continuous motion, Left Leg lands forward in Left Back Stance, Left Back Elbow Strike to North (facing North). (Right Knifehand palm pushes left fist in Back Elbow Strike.)

SEGMENT TWO

6. Move Right Foot 90 degrees clockwise to Right Sparring Stance facing West; Double Outer Forearm Block.
7. #2 Left Round Kick to low sections. And...
8. In a continuous motion, Left Repeat Round Kick to high section.
9. Land in Left Sparring Stance, Double Outer Forearm Block.

SEGMENT THREE

10. Right Foot steps clockwise 90 degrees to Left Back Stance. Double Knifehand Block.
11. Shift Right Foot to Right Front Stance; Left Horizontal Elbow Strike to right palm.
12. Right Foot shifts over North-South line then #2 Left Inner Crescent Kick. Land with Left Foot next to Right Foot. And...
13. In a continuous motion, Right Side Kick. And...
14. In a continuous motion, Right Leg lands forward in Right Back Stance, Right Back Elbow Strike to South (facing South). KIHAP. (Left Knifehand palm pushes right fist in Back Elbow Strike.)

SEGMENT FOUR

15. Step Left Foot clockwise 90 degrees to form Left Sparring Stance; Double Outer Forearm Block.
16. #2 Right Round Kick to low section. And...
17. In a continuous motion, Right Repeat Round Kick to high section.
18. Land in Right Sparring Stance, Double Outer Forearm Block.

SEGMENT FIVE

19. Step Left Foot up to Right Foot; Right Foot steps 270 degrees clockwise to form Left Back Stance; Square Block with fists (facing North).
20. #2 Left Front Kick to North. And...

21. In a continuous motion without lowering the Left Leg, Left Side Kick to West. And...
22. In a continuous motion, step back to a Right Front Stance, Left Vertical Punch to midsection.
23. No step. Right Vertical Punch to high section.
24. Step Left Foot forward to Right Back Stance; Left Punch to middle section. KIHAP.
25. No step. Left Knifehand Strike to high section.

SEGMENT SIX

26. Right Foot moves to left, pivot on left counterclockwise 90 degrees to Closed Stance facing West. Right High Inner Forearm Block/Left Low Block with fist to front.
27. Step back with Right Foot to Right Back Stance. Double Knifehand Block.
28. No step. Right Horizontal Spearhand Strike to high section.
29. Left Outer Reverse Crescent Kick (180 degrees, facing South) to Middle Stance.
30. No step. Right Outward Knifehand Block to South.
31. No step. Left Punch to middle section.

SEGMENT SEVEN

32. Step Right Foot to Left Foot; Left Foot steps 270 degrees counterclockwise to form Right Back Stance; Square Block with fists (facing South).
33. #2 Right Front Kick to South. And...
34. In a continuous motion without lowering Right Leg, Right Side Kick to West. KIHAP. And...
35. In a continuous motion, step back to Left Front Stance; Right Vertical Punch to midsection.
36. No step. Left Vertical Punch to high section.
37. Step Right Foot forward to Left Back Stance; Right Punch to middle section.
38. No step. Right Knifehand Strike to high section.

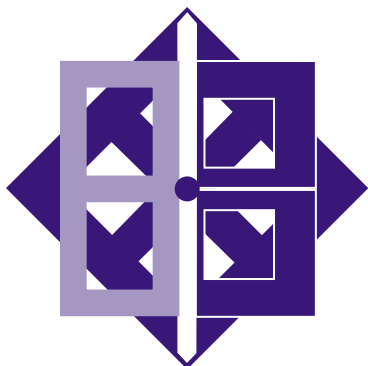
SEGMENT EIGHT

39. Move Left Foot to right, pivoting 90 degrees to form Closed Stance facing East. Left High Inner Forearm Block; Right Low Block with fists to front.
40. Step back with Left Foot to Left Back Stance. Double Knifehand Block.
41. No step. Left Horizontal Spearhand Strike to high section.
42. Right Outer Reverse Crescent Kick (180 degrees facing South) to Middle Stance.
43. No step. Left Outward Knifehand Block to South.
44. No step. Right Punch to midsection.

Bahroh - Left Foot steps forward to Parallel Stance, Regular Ready Position.

Memorization Diagram

In Wha Il-Jahng # 1



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. However, this form implements more advanced techniques in a “figure eight” design (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.”

