

# Sequence Summary

## In Wha Ee-Jahng # 2



	SEGMENT	TECHNIQUE	STANCE	SECTION
	<b>SEGMENT ONE</b>			
<b>PHASE A</b>	1.	B X-Block	Front	Low
	2.	B Twin Upset Punch	Front	Middle
	3.	R Jump Front Kick		Mid or High
	4.	L Reverse Upward Elbow Strike	Front	High
	5.	R Punch	Front	High
	<b>SEGMENT TWO</b>			
<b>PHASE B</b>	6.	L Ridgehand Block	Middle	High
	7.	L Knifehand Low Block	Middle	Low
	8.	L #3 Hook Kick		Mid or High
	9.	L Round Kick		Mid or High
	10.	L Backfist	Middle	Middle
	11.	L Knifehand Strike	Middle	High
	<b>SEGMENT THREE</b>			
<b>PHASE A Opp.</b>	12.	B X-Block	Front	Low
	13.	B Twin Upset Punch - KIHAP	Front	Middle
	14.	L Jump Front Kick		Mid or High
	15.	R Reverse Upward Elbow Strike	Front	High
	16.	L Punch	Front	High
	<b>SEGMENT FOUR</b>			
<b>PHASE B Opp.</b>	17.	R Ridgehand Block	Middle	High
	18.	R Knifehand Low Block	Middle	Low
	19.	R #3 Hook Kick		Mid or High
	20.	R Round Kick		Mid or High
	21.	R Backfist	Middle	Middle
	22.	R Knifehand Strike	Middle	High
	<b>SEGMENT FIVE</b>			
<b>PHASE C</b>	23.	L Knifehand Low Block - KIHAP	Closed	Low
	24.	L #1 Side Kick	Middle	Mid or High
	25.	L #3 Hook Kick		Mid or High
	26.	L Double Knifehand Block	Back	High
	<b>SEGMENT SIX</b>			
<b>PHASE D</b>	27.	R Knifehand Square Block	Back	High
	28.	L Reverse Upset Knifehand Strike	Back	High
	29.	R Punch	Back	Middle
	30.	B Head Grab	Front	High
	31.	L Knee Strike		Middle
	32.	R Side High-Low Block	Middle	Low & High
	<b>SEGMENT SEVEN</b>			
<b>PHASE C Opp.</b>	33.	R Knifehand Low Block - KIHAP	Closed	Low
	34.	R #1 Side Kick	Middle	Mid or High
	35.	R #3 Hook Kick		Mid or High
	36.	R Double Knifehand Block	Back	High
	<b>SEGMENT EIGHT</b>			
<b>PHASE D Opp.</b>	37.	L Knifehand Square Block	Back	High
	38.	R Reverse Upset Knifehand Strike	Back	High
	39.	L Punch	Back	Middle
	40.	B Head Grab	Front	High
	41.	R Knee Strike		Middle
	42.	L Side High-Low Block	Middle	Low & High

Note: All forms begin facing East.



## Sequence Description



### *In Wha Ee-Jahng # 2*

**NEW BLOCKS:** Low X-Block w/Fists, Ridgehand Block, Knifehand Square Block, Side High-Low Block

**NEW STRIKES:** Twin Upset Punch, Reverse Vertical Elbow Strike, Upset Knifehand (Palm upward), Knee Strike

**NEW KICKS:** #1 Jump Front Kick, #3 Hook Kick, #1 Side Kick

**NEW TECHNIQUE:** Twin Palm Head Grab

**TYPE OF MOVEMENT:** Strong, Fast, Individual Techniques; Fast Combination Techniques

**READY POSITION:** Right Regular Ready Position

#### SEGMENT ONE

1. Step Right Foot to the right forming Right Front Stance; Low X-Block with fists.
2. No step. Twin Upset Punch to middle section.
3. Step Left Foot forward to Parallel Stance (feet shoulder width apart); Right Jump Front Kick to South.
4. Land in Right Front Stance; Left Vertical Elbow Strike. And...
5. In a continuous motion, Right Punch to high section.

#### SEGMENT TWO

6. Right Foot moves East one shoulder width, then Left Foot steps counterclockwise 90 degrees to Middle Stance to North, turn to West; Left Ridgehand Block to side (high section). And...
7. In a continuous motion, Left Knifehand Low Block.
8. #3 Left Hook Kick. And...
9. In a continuous motion, Left Round Kick.
10. Land in Middle Stance; Left Backfist to side middle section. And...
11. In a continuous motion, Left Knifehand Strike to side high section.

#### SEGMENT THREE

12. Double Step (Right Foot steps to Closed Stance to North, Left Foot steps North) to Left Front Stance; Low X-Block with fists.
13. No step. Twin Upset Punch to middle section. KIHAP.
14. Right Foot steps forward to Parallel Stance (Feet shoulder width apart); Left Jump Front Kick to North.
15. Land in Left Front Stance; Right Vertical Elbow Strike. And...
16. In a continuous motion, Left Punch to high section.

#### SEGMENT FOUR

17. Left Foot steps over East a shoulder width, then move Right Foot to Middle Stance to North, turn to East; Right Ridgehand Block to side (high section). And...
18. In a continuous motion, no step Right Knifehand Low Block.
19. #3 Right Hook Kick. And...
20. In a continuous motion, Right Round Kick.
21. Land in Middle Stance; Right Backfist to side middle section. And...
22. In a continuous motion, Right Knifehand Strike to side high section.

#### SEGMENT FIVE

23. Move Left Foot to Closed Stance, turning counterclockwise to West, turn to South Left Knifehand Low Block to side. KIHAP.

24. #1 Left Side Kick. Land in Middle Stance. And...
25. In a continuous motion, #3 Left Hook Kick. Land in Right Back Stance. And...

26. In a continuous motion, Double Knifehand Block.

#### SEGMENT SIX

27. Right Foot moves 90 degrees clockwise to Left Back Stance pointing East; Knifehand Square Block.
28. Turn to North, Left Upset Knifehand Strike to North high section. And...
29. In a continuous motion, turn to East, Right Punch to East middle section.
30. Shift Right Foot to a Right Front Stance to East; Twin Palm Head Grab with hands held vertically.
31. Left Knee Kick through hands.
32. Put Left Foot down to Parallel Stance to East. Right Foot steps forward (East) to Middle Stance; turn to West, Right High Inner Forearm Block/Left Low Block to sides.

#### SEGMENT SEVEN

33. Turn to North, move Left Foot to Closed Stance, turning counterclockwise to West; Right Knifehand Low Block to side. KIHAP.
34. #1 Right Side Kick. Land in Middle Stance. And...
35. In a continuous motion, #3 Right Hook Kick. Land in Left Back Stance. And...
36. In a continuous motion, Double Knifehand Block.

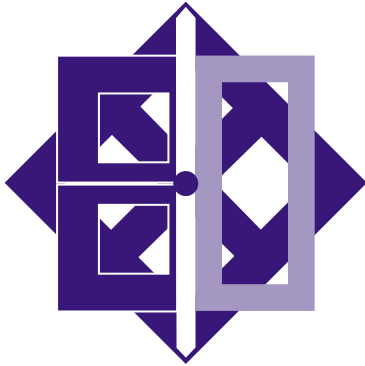
#### SEGMENT EIGHT

37. Left Foot moves 90 degrees West to Right Back Stance pointing West; Knifehand Square Block.
38. Turn to North, Right Upset Knifehand Strike to North high section. And...
39. In a continuous motion, turn to West; Twin Palm Head Grab with hands held vertically.
40. Shift Left Foot to Left Front Stance to West; Twin Palm Head Grab with hands held vertically.
41. Right Knee Kick through hands.
42. Put Right Foot down next to Parallel Stance to West. Left Foot steps forward (West) to Middle Stance. Turn to East, Left High Inner Forearm Block/Right Low Block to sides.

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

# Memorization Diagram

## In Wha Ee-Jahng # 2



The location of In Wha Ee-Jahng #2 is the **light blue rectangle** right of the West to East center line, forming the southeast and southwest points on the Songahm Star. This is the same area as Songahm Sahm-Jahng #3, but In Wha Ee-Jahng #2 implements advanced techniques in a “figure eight” design (the “infinity” symbol).

Although the techniques are somewhat more difficult, the pattern is easy to follow because the form repeats itself on the opposite side of each square. It is imperative that you understand the directions to turn and the steps to take on each corner.

In Wha Ee-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.”

