



## **In Wha 2: "An Unbroken Glory"**

1. Right foot steps right into a front stance, LOW X BLOCK
2. TWIN UPSET PUNCH (don't step)
3. Left leg steps up to right leg, jump up with both feet, right JUMP FRONT KICK (kicking leg lands in front).
4. (Front stance), chamber right arm out, left UPWARD ELBOW STRIKE.
5. Pull left arm down, right PUNCH (don't step).
6. Right foot moves towards left, left foot steps back into middle stance, give yourself a hug, RIDGE HAND BLOCK.
7. Give yourself a hug, left KNIFEHAND LOW BLOCK.
8. Right foot steps up to left foot, left HOOK KICK (don't set it down).
9. Left ROUND KICK (land in middle stance).
10. Give yourself a hug, left BACK FIST.
11. Give yourself a hug, left KNIFE HAND STRIKE.
12. Right foot steps up to left, left foot steps forward into front stance, LOW X BLOCK.
13. TWIN UPSET PUNCH (don't step).
14. Right foot steps up to left leg, jump up with both feet, left JUMP FRONT KICK (kicking leg lands in front).
15. (Front stance), chamber right arm out, right UPWARD ELBOW STRIKE.
16. Pull right arm down in front of you, left PUNCH (don't step).
17. Left leg moves across your right, right foot steps out into a middle stance, right RIDGE HAND BLOCK.
18. Chamber, right KNIFEHAND LOW BLOCK.
19. Left foot steps up to right foot, right HOOK KICK (don't set it down).
20. Right ROUND KICK (land in middle stance).
21. Give yourself a hug, right BACK FIST.
22. Give yourself a hug, right KNIFEHAND STRIKE.
23. Left foot steps to the right into a closed stance, turn left (90), left KNIFEHAND LOW BLOCK.
24. Left SIDE KICK (set it down into a middle stance).
25. Right foot steps up to left foot, left HOOK KICK (land in a back stance).
26. Reach both arms behind right side, DOUBLE KNIFE HAND BLOCK.
27. Right foot steps backwards (90) into a back stance (weight on left leg), chamber right arm on left, KNIFEHAND SQUARE BLOCK.
28. Reach your right arm out like you're grabbing something, left UPSET KNIFEHAND STRIKE.
29. Chamber your left arm out, right PUNCH.
30. Right leg picks up and moves forward into a front stance, HEAD GRAB (your head height).
31. Left KNEE STRIKE (put your left foot down so your left leg crosses your right leg).
32. Chamber left hand high and right low, right foot steps forward into a middle stance, HIGH/LOW BLOCK.
33. Left foot steps up to right into a closed stance turn backwards (90), right KNIFEHAND LOW BLOCK.
34. Right SIDE KICK (kicking leg lands in a middle stance).
35. Left foot steps up to right foot, right HOOK KICK (kicking leg lands forward).
36. (Back stance), reach both arms behind left side, DOUBLE KNIFEHAND BLOCK.
37. Left foot steps forward into a back stance (weight on right leg), chamber left arm on right shoulder, right hand on side, KNIFE HAND SQUARE BLOCK (right hand is the high one).
38. Reach your left arm out in front like you're grabbing something, right UPSET KNIFEHAND STRIKE.
39. Chamber your right arm out, left PUNCH.
40. Left leg picks up and moves forward into a front stance, HEAD GRAB (your head height).
41. Right KNEE STRIKE (put your right foot down so your right leg crosses your left leg).
42. Chamber right hand high and left low, left foot steps forward into a middle stance, HIGH/LOW BLOCK.