

# American Taekwondo Association™

In Wha Two - BBC & Leadership Color Belts

## Testing Requirements

- 1st Stripe - First Half Of Form For In Wha 2
- 2nd Stripe - In Wha 2
- 3rd Stripe - Self Defense & Board Breaking

## Basics

- Closed Stance, Low X Block, Ridge Hand Block
- Knifehand Square Block, Side High Low Block
- Twin Upset Punch, Reverse Upward Elbow
- Upset Knifehand Strike, Head Grab, Knee Strike
- #1-4 Jump Round Kick,
- Reverse Round Kick, Reverse Round Kick
- Jump Reverse Crescent Kick, Jump Spin Crescent Kick
- Step Jump Reverse Crescent Kick
- Step Jump Spin Crescent Kick

**In Wha** – Korean Translation “An Unbroken Glory.”

### Philosophies

- **White Belt** - “Pure and with out the knowledge of Songahm Taekwondo.”
- **Orange Belt** - “The sun is beginning to rise. As with the morning’s dawn, only the beauty of the sunrise is seen rather than the immense power.”
- **Yellow Belt** - “The Seed Is Beginning To See The Sun light.”
- **Camouflage Belt** - “The Sapling Is Hidden Amongst The Taller Pines & Must Now Fight Its Way Upwards.”
- **Green Belt** - “The Pine Tree Is Beginning To Develop & Grow In Strength.”
- **Purple Belt** – “Coming To The Mountain. The Tree Is In Mid Growth And Now The Path Becomes Steep.”
- **Blue Belt** – “The Tree Reaches For The Sky Toward New Heights.”
- **Brown Belt** – “The Tree is Firmly Rooted In The Earth.”
- **Red Belt** – “The Sun Is Setting, The First Phase Of Growth Has Been Accomplished.”
- **Rec. Black Belt** – “The Dawn Of A New Day. The Sun Breaks Through The Darkness.”
- **Black Belt** – “Plant Seeds For The Future!”

**Once you earn Three Stripes on your belt, you earn permission to test for you next belt rank.**

## In Wha Two

Move	Side	Technique	Stance	Height
1.	B	X-Block	F	L
2.	B	Twin Upset Punch	F	M
3.	R	Jump Front Kick		M/H
4.	L	Reverse Upward Elbow Strike	F	H
5.	R	Punch	F	H
6.	L	Ridge Hand Block	M	H
7.	L	Knifehand Low Block	M	L
8.	L	#3 Hook Kick		M/H
9.	L	Round Kick		M/H
10.	L	Back Fist	M	M
11.	L	Knifehand Strike	M	H
12.	B	X-Block	F	L
13.	B	Twin Upset Punch (KIHAP)	F	M
14.	L	Jump Front Kick		M/H
15.	R	Reverse Upward Elbow Strike	F	H
16.	L	Punch	F	H
17.	R	Ridge Hand Block	M	H
18.	R	Knifehand Low Block	M	L
19.	R	#3 Hook Kick		M/H
20.	R	Round Kick		M/H
21.	R	Back Fist	M	M
22.	R	Knifehand Strike	M	H
23.	L	Knifehand Low Block (KIHAP)	C	L
24.	L	#1 Side Kick		M/H
25.	L	#3 Hook Kick		M/H
26.	L	Double Knifehand Block	B	H
27.	R	Knifehand Square Block	B	H
28.	L	Upset Knifehand Strike	B	H
29.	R	Punch	B	M
30.	B	Head Grab	F	H
31.	L	Knee Strike		M
32.	R	Side High/Low Block	M	H&L
33.	R	Knifehand Low Block (KIHAP)	C	L

34.	R	#1 Side Kick	M	M/H
35.	R	#3 Hook Kick		M/H
36.	R	Double Knifehand Block	B	H
37.	L	Knifehand Square Block	B	H
38.	R	Reverse Upset Knifehand Strike	B	H
39.	L	Punch	B	M
40.	B	Head Grab	F	H
41.	R	Knee Strike		M
42.	L	Side High/Low Block	M	H&L

### Self Defense

- Attacker** - One Arm Shoulder Grab From Behind.  
**Defender** - Spin Strong Side, Lock Up, Knee To Common Peroneal, Arm Bar, Takedown.
- Attacker** - One Arm Shoulder Grab From Behind.  
**Defender** - Spin Off Side, Lock Up, Palm Heel Stun To Brachial Plexus, Head Grab, Knee Strike, Thumb Stun.



**“A Martial Art That Trains People Physically And Mentally!”**