



INWHA POOME-SAE #1

Intermediate Form: Camo, Green, Purple

New Techniques

Blocks:	Square Block, Front High/Low Block, Knifehand Block
Strikes:	Reverse Horizontal Elbow, Back Elbow Strike, Vertical Punch
Kicks:	#4 Inner Crescent Kick, #1 Outer Reverse Crescent Kick
Stances:	Closed Stance

Form

Ready Position: Left Regular Ready Position

1. Step left foot to left forming right back stance, double knifehand block.
2. Shift left foot to left front stance, right horizontal elbow strike to left palm.
3. #2 right inner crescent kick, land with right foot next to left foot, and ...
4. In continuous motion, left reverse side kick, and ...
5. In continuous motion, 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.
6. Move right foot 90 ° clockwise to right sparring stance facing west, double outer forearm block.
7. #2 left round kick to low section, and ...
8. In continuous motion, left repeat round kick to high section.
9. Land in left sparring stance, double outer forearm block.
10. Right foot steps clockwise 90 ° to left back stance, double knifehand block.
11. Shift right foot to right front stance, left horizontal elbow strike to right palm.
12. #2 left inner crescent kick, land with left foot next to right foot, and ...
13. In continuous motion, right side kick, and ...
14. In 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.
15. Step left foot clockwise 90 ° to form left sparring stance, double outer forearm block.
16. #2 right round kick to low section, and ...
17. In continuous motion, right repeat round kick to high section.
18. Land in right sparring stance, double outer forearm block.
19. Step left foot up to right foot, right foot steps 270 ° clockwise to form left back stance, square block with fists (facing north).
20. #2 left front kick to north, and ...
21. In continuous motion without lowering left leg, left side kick to west, and ...
22. In continuous motion, step back to 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.
26. Right foot moves to left, pivot on left counter clockwise 90 ° to closed stance facing west, right high inner forearm block/left low block with fists (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 ° facing south) to middle stance.

Form (cont'd)

30. No step, right outward knifehand block to south.
31. No step, left punch to middle section.
32. Step right foot to left foot, left foot steps 270 ° counter clockwise to form right back stance, square block with fists (facing south).
33. #2 right front kick to south, and ...
34. In continuous motion lowering right leg, right side kick to west, **Kihap**, and ...
35. In continuous motion, step back to left front stance, right vertical punch to middle section.
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.
39. Move left foot to right pivoting 90 ° 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 ° 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

Self-defense Techniques

1. Attacker grabs with punch
Defender secures arm, radial strike, Knee to Common Peroneal, Elbow strike
2. Attacker grabs with punch
Defender locks up, Jugular notch, Palm heel, wrist lock/inverted finger lock to take down