

Won-Hyo

Green Belt

Closed Ready Stance A

Techniques			Stance	Target
1	Left	Square block	Back I	High
2	Right	Inverted knifehand strike	Same	Middle
3	Left	Side punch	Middle	Middle
4	Right	Square block	Back L	High
5	Left	Inverted knifehand strike	Same	Middle
6	Right	Side punch	Middle	Middle
7	Left	Double outer forearm block	Closed	Middle
8	Left	Forward leg side kick		Middle
9	Left	Double knifehand block	Back L	Middle
10	Right	Double knifehand block	Back L	Middle
11	Left	Double knifehand block	Back L	Middle
12	Right	Spear hand (Kihan)	Front	Middle
13	Left	Square block	Back L	High
14	Right	Inverted knifehand strike	Same	Middle
15	Left	Side punch	Middle	Middle
16	Right	Square block	Back L	High
17	Left	Inverted knifehand strike	Same	Middle
18	Right	Side punch	Middle	Middle
19	Right	Scooping block	Front	Middle
20	Right	Turning front kick		Middle
21	Left	Reverse punch	Front	Middle
22	Left	Scooping block	Same	Middle
23	Left	Turning front kick		Middle
24	Right	Reverse punch	Front	Middle

Techniques			Stance	Target
25	Right	Turning side kick		Middle
26	Left	Double outer forearm block	Back L	Middle
27	Right	Double outer forearm block (Kihap)	Back L	Middle
***28 moves. Right Foot Returns				

*** One move omitted for CTF training.

Won Hyo: (28 moves) was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 AD (Right Foot Returns)