

WON-HYO (Right foot returns, 28 moves)

GREEN / SENIOR GREEN
CLOSED READY STANCE "A"

1	L	SQUARE BLOCK	R	BACK	H	
2	R	INWARD KNIFE HAND		SAME	H	
3	L	SIDE PUNCH		SITTING	M	
4	R	SQUARE BLOCK	L	BACK	H	
5	L	INWARD KNIFE HAND		SAME	H	
6	R	SIDE PUNCH		SITTING	M	
7	L	DOUBLE OUTER FOREARM BLOCK		CLOSED	M	
8	L	FORWARD LEG SIDE KICK			M	
9	L	DOUBLE KNIFE HAND BLOCK	R	BACK	M	
10	R	DOUBLE KNIFE HAND BLOCK	L	BACK	M	
11	L	DOUBLE KNIFE HAND BLOCK	R	BACK	M	
KiHap	12	R	SPEAR HAND	R	FRONT	M
	13	L	SQUARE BLOCK	R	BACK	H
	14	R	INWARD KNIFE HAND		SAME	H
	15	L	SIDE PUNCH		SITTING	M
	16	R	SQUARE BLOCK	L	BACK	H
	17	L	INWARD KNIFE HAND		SAME	H
	18	R	SIDE PUNCH		SITTING	M
	19	R	SCOOPING BLOCK	L	FRONT	M
	20	R	TURNING FRONT KICK			M
	21	L	REVERSE PUNCH	R	FRONT	M
	22	L	SCOOPING BLOCK		SAME	M
	23	L	TURNING FRONT KICK			M
	24	R	REVERSE PUNCH	L	FRONT	M
	25	R	DOUBLE OUTER FOREARM BLOCK		CLOSED	M
	26	R	SIDE KICK			M
	27	L	DOUBLE OUTER FOREARM BLOCK	R	BACK	H
KiHap	28	R	DOUBLE OUTER FOREARM BLOCK	R	BACK	H

FORM MEANING: Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.