

Won Hyo

Stand at attention (Cheryet) Bow (Kyung Ye) June Bi (Place both feet together, slightly bend the knees and place the right fist in front of you, held by the left hand. This is Ready Stance A.

1. Put your right fist on top of your left, both palms facing up. Look left and step out into an L Shaped Stance and as you shift back, do a twin forearm block.
2. After the block is complete, open the right hand in a Knifehand and raise it to your right ear. Execute a Knifehand Arm Trap by drawing the left fist to your back shoulder, while striking with the right Knifehand.
3. Place your left fist on your belt and slide your front foot forward into a Fixed Stance and do a Middle Punch.
4. Put your left fist on top of your right fist and look right. Move the left foot to the right foot. Step out to the right into an L Shaped Stance. Lean back into a Back Stance, as you execute a Twin Forearm Block.
5. Open the left hand and make a Knifehand and place it near your left ear. Pull the front fist to your back shoulder as you strike with the left Knifehand (Knifehand Trap).
6. Place your right fist on your belt and slide your front foot forward to a Fixed Stance and do a Middle Punch.
7. Look Left. Slide the right foot back so both feet are side by side. Raise the left leg to a Sidekick Chamber (Crane Stance) and hold this position. Do a Guarding Block.
8. Do a Lead Leg Side Kick using your left leg and rechamber the kick.
9. As you lower your leg, raise both hands in a Knifehand Guarding Block position. Land and do a Knifehand Guarding Block in a Back Stance.
10. Step forward and do a Knifehand Guarding Block in a Back Stance.
11. Step forward and do a Knifehand Guarding Block in a Back Stance.
12. Step forward into a Front Stance and do a Pressing Block, Spearhand Strike.
13. Put the right fist over the left. Look over your left shoulder and raising your back foot swing 270 degrees to the left, landing in an L Shaped Stance. Lean back as you do a Twin Forearm Block in a Back Stance.
14. Knifehand Arm Trap. (Same move done earlier, facing the other way.)
15. Put the left fist on your belt and slide the front foot forward into a Fixed Stance and do a Middle Punch.
16. Look right and place your left fist on top of the right fist. Bring the left foot to the right. Step out into an L Shaped Stance and do a Twin Forearm Block as you shift into a Back Stance.
17. Knifehand Arm Trap.
18. Slide forward into a Fixed Stance and do a Middle Punch with your right hand.
19. Bring the right foot to the left foot. Put your left arm out to your side and your right arm up on the other side and then step forward into a Front Stance. Do a right Reverse Circular Block, chambering with the left hand. Turn your upper body to the left as you block.
20. Do a right Reverse Front Kick, landing in a Front Stance.
21. Left Reverse Middle Punch.
22. Use the punching hand to do a left Reverse Circular Block, turning the upper body so the block is in

line with your shoulder

23. Left Reverse Front Kick, landing in a Front Stance.

24. Right Reverse Middle Punch.

25. Bring your back (right) foot up to a Crane Stance for a Reverse Side Kick. Do a Guarding Block in a Back Stance.

26. Ride Side Kick.

27. Bring foot back to chamber and lower beside your left foot. Step left and do a Guarding Block in a Back Stance.

28. Look right and bring your left foot to the right and step out into an L Shaped Stance and do a Guarding Block.

Kiap on the last move and say "Won Hyo" in a firm voice.

On the command "Baro" bring the right foot to Ready Stance A with your right fist held by your left hand. The same position your started with.

Diagram I (Captial i)

28 Moves