

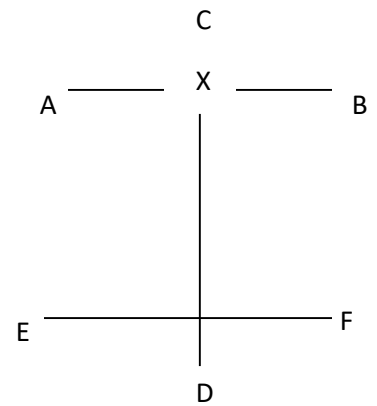


**Won-Hyo- 28 Moves- Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.**

Practiced by Green Belts

Start from ready stance A

1. Move your left foot to B forming a left leg forward back stance towards B while executing a twin forearm block.
2. Execute a high inward strike to B with a right inverted chop while bring the left side fist in front of the right shoulder.
3. Bring left foot to right foot, aiming right hand for a punch, step out towards B with left hand middle punch in a back stance.
4. Bring your left foot to right foot, and then move the right foot towards A, forming a right leg forward back stance towards A while executing a twin forearm block.
5. Execute a high inward strike to A with a left inverted chop while bringing the right side fist in front of the right shoulder.
6. Bring the right foot to left foot, aiming left hand for a punch, step out towards A with right hand middle front punch in a back stance.
7. Bring the right foot to the left foot, and turn to face towards D chambering for a left leg side kick.
8. Execute a left leg side kick.
9. Lower the left foot towards D, forming a left leg forward back stance while executing a knifehand guarding block.
10. Come forward with right leg forming a right leg forward back stance while executing a knife-hand guarding block.
11. Come forward with left leg forming a left leg forward back stance while executing a knife-hand guarding block.
12. Come forward in a right leg forward front stance, executing a right hand low spear finger.
13. Bring left foot up to right foot; turn to the left towards E in a left leg forward back stance executing a twin forearm block.
14. Execute a high inward strike to E with a right inverted chop while bringing the left side fist in front of the right shoulder.



15. Bring left foot to right foot, aiming right hand for a punch, step out towards E with left hand front punch in a back stance.
16. Bring left foot to right foot, and then move the right foot to F, forming a right leg forwards back stance towards F while executing a twin forearm block.
17. Execute a high inward strike to F with a left inverted chop while bringing the right side fist in front of the right shoulder.
18. Bring the right foot to left foot, aiming left hand for a punch, step out to F with right hand front punch in back stance.
19. Bring right foot to left foot; step out with left foot towards C in left foot forward front stance, aiming with left hand. Execute a reverse inner forearm block with right arm.
20. Execute a back leg snap kick with right leg, keeping the position of the hands as they were in 19.
21. Lower the right foot forming a right leg forward front stance and aiming with right hand, execute a reverse middle punch with left hand.
22. Bring left hand out to left side and aiming with right hand, execute a reverse inner forearm block.
23. Execute a back leg snap kick with the left leg, keeping the position of the hands as they were in 22.
24. Lower the left foot forming a left leg forward front stance and aiming with left hand. Execute a reverse middle punch with right hand.
25. Chamber right leg towards C for a side kick.
26. Execute a right leg side kick.
27. Lower right leg down, turn to the left towards B forming a left leg forward back stance while executing a fist guarding block.
28. Bring left foot to the right foot, move right foot towards A forming a right foot forwards back stance. Execute a fist guarding block.

Bring right foot back to left in ready stance A

Return to Chumbi