



WON HYO

Close Ready Stance A-Start on facing D

1. Move left foot to B right L-stance twin forearm block.
2. High inward strike with right knifehand bringing left fist to front right shoulder.
 3. Middle punch to B with left fist while slipping left foot into fixed stance.
 4. Move left foot to right foot, right foot to A left L-stance twin forearm block.
 5. High inward strike with left knifehand bringing fist to front of left shoulder.
 6. Middle punch to A with right fist while slipping right foot into fixed stance.
 7. Move right foot to left foot, turn to face D forming bending ready stance A.
 8. Middle side piercing kick to D with left foot.
 9. Lower left foot to D right L-stance middle guarding block with knifehand.
 10. Move right foot to D left L-stance middle guarding block with knifehand.
 11. Move left foot to D right L-stance middle guarding block with knifehand.
 12. Move right foot to D right walking stance straight fingertip thrust.
 13. Move left foot to E right L-stance twin forearm block.
14. High inward strike with knifehand bringing left fist to front of right shoulder.
 15. Middle punch to E with left fist while slipping left foot into fixed stance.
 16. Move left foot to right foot, right foot to left L-stance twin forearm block.
17. High inward strike with left knifehand bringing right fist to front of left shoulder.
 18. Middle punch to F with right fist while slipping right foot into fixed stance.

19. Move right foot to left foot, left foot to C left walking stance inner forearm circular block.
 20. Low front snap kick to C with right foot keeping hands as they are.
 21. Lower right foot to right walking stance middle reverse punch.
 22. Circular block with left inner forearm.
 23. Low front snap kick to C with foot keeping hands where they are.
 24. Lower left foot to left walking stance middle reverse punch.
 25. Turn the face towards C forming a left bending ready stance A.
 26. Middle side piercing kick to C with right foot.
 27. Lower right foot to line CD left foot to B right L-stance forearm middle guarding block.
 28. Move left foot to right foot right foot to A left L-stance forearm middle guarding block.
- END - Bring right foot back to Close Ready Stance A

