

Light Green Belt

Form Name: Won-Hyo (*Pronounced: Won-Hyo*)

Won-Hyo was the noted monk who introduced

Buddhism to the Silla Dynasty in 686 A.D.

28 Movements 2 Yells

The light green belt represents a young plant.

Like a plant, the student is starting to grow.

ONE-STEPS

1. Left downward arm block. Right ridgehand strike. Right roundhouse kick.
2. Left spinning crescent kick. Right roundhouse kick. Double outer forearm block.
3. Left side punch. Right punch, left punch, right punch. Right hand grab.
4. Right round kick, right front kick, right round kick, double outer forearm block.
5. Right inner crescent kick. Left spinning side kick. Right high punch.
6. Left high punch. Right jumping front kick. Double outer forearm block.

FORM

TECHNIQUE	STANCE
1. Left Square Block	Right Back
2. Right Upset Knifehand Strike	Middle
3. Left Side Punch	Left Back
4. Right Square Block	Middle
5. Left Upset Knifehand Strike	Closed Stance
6. Right Side Punch	Right Back
7. L Double Outer Forearm Block	Left Back
8. Left Side Kick	Middle
9. Left Double Knifehand Block	Left Back
10. Right Double Knifehand Block	Right Back
11. Left Double Knifehand Block	Right Front
12. Right Spearhand Strike (<i>Kihap!</i>)	Right Back
13. Left Square Block	Middle
14. Right Upset Knifehand Strike	Left Back
15. Left Side Punch	Middle
16. Right Square Block	Left Front
17. Left Upset Knifehand Strike	Right Front
18. Right Side Punch	Left Front
19. Right Inner Forearm Block	Right Front
20. Right Front Kick	Left Front
21. Left Middle Punch	Right Front
22. Left Inner Forearm Block	Left Front
23. Left Front Kick	One-legged
24. Right Middle Punch	Right Back
25. R Double Outer Forearm Block	Left Back
26. Right Side Kick (<i>Kihap!</i>)	
27. L Double Outer Forearm Block	
28. R Double Outer Forearm Block	

Ba-reul! Right foot steps back to ready position

