

Won-Hyo

Punches Low

Closed Ready Stance

<u>#</u>	<u>Technique</u>	<u>Stance</u>
1	Left Square Block	Left Backstance
2	Right Inverted Knifehand Strike	Left Backstance
3	Left Lunge Punch	Left Fixed Backstance
4	Right Square Block	Right Backstance
5	Left Inverted Knifehand Strike	Right Backstance
6	Right Lunge Punch	Right Fixed Backstance
7	Left Double Fist Block	Closed Stance
8	Left #1 Side Kick	
9	Left Double Knifehand	Left Backstance
10	Right Double Knifehand	Right Backstance
11	Left Double Knifehand	Left Backstance
12	<u>Right Spearhand</u>	Right Frontstance
13	Left Square Block	Left Backstance
14	Right Inverted Knifehand Strike	Left Backstance
15	Left Lunge Punch	Left Fixed Backstance
16	Right Square Block	Right Backstance
17	Left Inverted Knifehand Strike	Right Backstance
18	Right Lunge Punch	Right Fixed Backstance
19	Right Reverse Innerforearm Block	Left Frontstance
20	Right #2 Front Kick	
21	Left Reverse Punch	Right Frontstance
22	Left Reverse Innerforearm Block	Right Frontstance
23	Left #2 Front Kick	
24	Right Reverse Punch	Left Frontstance
25	Transition Move	
26	<u>Right #2 Side Kick</u>	
27	Left Double Fist Block	Left Backstance
28	Right Double Fist Block	Right Backstance

Won-Hyo (28 movements): Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.