**WON HYO**

Green Belt Form

Meaning: Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

Shape: I

Number of movements: 28

Kihap Points: 12 & 26

Begin at Ready Stance A (Cover right fist with left hand, hold at the same level as your nose, feet together):

1. Step to left in back stance, twin forearm block
2. Chop with right hand as left fist comes to the right shoulder
3. Slide out to fix stance and punch (mid-level)
4. Left foot moves to meet right foot, slide out into back stance with right foot, twin forearm block
5. Chop with right hand as left fist comes to the right shoulder
6. Slide out to fix stance and punch (mid-level)
7. Step back with right foot, into knee-bending stance
8. Left side kick
9. As you land with left foot, form left back stance, double knife hand block
10. Step forward into right back stance with double knife hand block
11. Step forward into left back stance with double knife hand block
12. Mid-section spear hand (also known as body thrust) with right hand, KIHAP
13. Turn 270 degrees to left in back stance, twin forearm block
14. Chop with right hand as left fist comes to the right shoulder
15. Slide out to fix stance and punch (mid-level)
16. Left foot moves to right foot, slide out into back stance with right foot, twin forearm block
17. Chop with left hand as right fist comes to the left shoulder
18. Slide out to fix stance and punch (mid-level)
19. Right foot moves to meet left foot. Step out with left foot into front stance, circular block
20. Front kick with right foot
21. As you land kick, land in front stance, punch (mid-level)
22. Using right arm, circular block
23. Front kick with left foot
24. As you land kick, land in front stance, punch (mid-level)
25. Right foot moves to left foot, into knee-bending stance
26. Right side kick, KIHAP
27. Pivot 270 degrees counter clockwise into front stance with guarding block
28. Left foot moves to right foot, right foot moves to back stance with guarding block