

# Lt. Green Belt / Won-Hyo

**Form Name: Won-Hyo** (pronounced: Won Yoe)  
 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.

## Technique

1. Left square block -----
2. Right upset Knifehand strike ----
3. Left side punch -----
4. Right square block -----
5. Left upset Knifehand strike ----
6. Right side punch -----
7. Lt. Double outer forearm block--
8. Left sidekick -----
9. Lt. Double Knifehand block -----
10. Rt. Double Knifehand block ----
11. Left double Knifehand block ----
12. Right spearhand strike **(kihap)**--
13. Left square block -----
14. Right upset Knifehand strike ----
15. Left side punch -----
16. Right square block -----
17. Left upset Knifehand strike ----
18. Right side punch -----
19. Right inner forearm block-----
20. Right front kick-----
21. Left middle punch-----
22. Left inner forearm block-----
23. Left front kick-----
24. Right middle punch-----
25. Rt. Double outer forearm block-
26. Right sidekick-----**(kihap)**----
27. Lt. Double outer forearm block-
28. Rt. Double outer forearm block-

## Stance

1. Right Back
2. --
3. Middle
4. Left Back
5. --
6. Middle
7. Closed
8. --
9. Right Back
10. Left Back
11. Right Back
12. Right Front
13. Right Back
14. --
15. Middle
16. Left Back
17. --
18. Middle
19. Left Front
20. --
21. Right Front
22. --
23. --
24. Left Front
25. One Legged
26. --
27. Right Back
28. Left Back

*Right footsteps back to ready position.*

## One Steps

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

