

Won-Hyo

27 Movements

"Was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D."

Ready Stance B

1. Left Square Block - Left Back Stance
2. Right Reverse Outside Knifehand Strike High - Left Back Stance
3. Left Punch Middle - Left Fixed Stance
4. Right Square Block - Right Back Stance
5. Left Reverse Outside Knifehand Strike High - Right Back Stance
6. Right Punch Middle - Right Fixed Stance
7. Left Double Fist Block - Closed Stance
8. Left Side Kick
9. Left Double Knifehand Block - Left Back Stance
10. Right Double Knifehand Block - Right Back Stance
11. Left Double Knifehand Block - Left Back Stance
12. Right Spearhand Middle - Right Front Stance
13. Left Square Block - Left Back Stance
14. Right Reverse Outside Knifehand Strike High - Left Back Stance
15. Left Punch Middle - Left Fixed Stance
16. Right Square Block - Right Back Stance
17. Left Reverse Outside Knifehand Strike High - Right Back Stance
18. Right Punch Middle - Right Fixed Stance
19. Right Reverse Inner Forearm Block - Left Front Stance
20. Right Front Kick
21. Left Reverse Punch Middle - Right Front Stance
22. Left Reverse Inner Forearm Block - Right Front Stance
23. Left Front Kick
24. Right Reverse Punch Middle - Left Front Stance
25. Right Side Kick
26. Left Double Fist Block - Left Back Stance
27. Right Double Fist Block - Right Back Stance