

Won Hyo

Is the name of the monk who brought Buddhism to Korea. There are 23 movements in the form. The kihap points are at #11 and #22. The form is in the shape of "I".

1. From Won Hyo ready stance, turn left into a left back stance double forearm block.
2. Bring left hand toward the body, chop at your wrist with the right hand.
3. Bring left leg back to center, step out in the same direction into a left fixed stance and left body punch.
4. Bring left leg to center, turn right into a right back stance, double forearm block.
5. Bring the right hand back towards the body, chop at your wrist with your left hand.
6. Bring right hand back to center, step out in the same direction into a right fixed stance and right body punch.
7. Bring right leg back to center, left kicking stance.
8. Left side kick, and land into a left back stance double knife hand block.
9. Going forward, right back stance, double knife.
10. Going forward, left back stance, double knife.
11. Right front stance, right body thrust. (**KIHAP**)
12. Three wall turn to the left and into a left back stance double forearm block.
13. Bring left hand toward the body, chop at your wrist with the right hand.
14. Bring left leg back to center, step out in the same direction into a left fixed stance and left body punch.
15. Bring left leg to center, turn right into a right back stance, double forearm block.
16. Bring the right hand back towards the body, chop at your wrist with your left hand.
17. Bring right hand back to center, step out in the same direction into a right fixed stance and right body punch.
18. Bring right foot to center, turn into left front stance, right scoop block.
19. Right front kick into a right front stance, left body punch.
20. Without moving, left scoop block.
21. Left front kick into a left front stance, right body punch.
22. Right side kick. (**KIHAP**). Put right foot right next to left foot. Turn three walls to left and left back stance, guarding block.
23. Turn to the open belt side and move to the other side into a right back stance, guarding block. Back to center and into Won Hyo ready stance.