

## Won-Hyo

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Feet together	Left hand covering right fist and chin level
2	Left square block with yell	W	Step out into a left back stance	Left square block
3	Right knife-hand strike	W	Don't move feet.	Right knife-hand strike
4	Left lunge punch	W	Step out with left foot into a left fixed stance	Left lunge punch
5	Right square block	E	Step back with left foot to right and step out with right foot into a right back stance.	Right square block
6	Left knife-hand strike	E	Don't move feet.	Left knife-hand strike
7	Right lunge punch	E	Step out with Right foot into a Right fixed stance	Right lunge punch
8	Left leg side-kick	N	Step back with right foot to left	Right hand at rib cage and left hand a fist on top of right.
9	Left knife-hand guarding block	N	After the Side kick re-chamber and then step out into a left back stance.	Left Knife-hand guarding block
10	Right knife-hand guarding block	N	Step foreword into a right back stance	Right Knife-hand guarding block
11	Left knife-hand guarding block	N	Step foreword into a left back stance	Left Knife-hand guarding block
12	Right spear-finger strike with yell	N	Step foreword into a right front stance	Right spear-finger strike
13	Left square block	E	Move left foot and rotate 270 degrees to the left. Pivot on right foot into a left back stance.	Left square block
14	Right knife-hand strike	E	Don't move feet.	Right knife-hand strike
15	Left lunge punch	E	Step out with left foot into a left fixed stance	Left lunge punch
16	Right square block	W	Step back with left foot to right and step out with right foot into a right back stance.	Right square block
17	Left knife-hand strike	W	Don't move feet.	Left knife-hand strike
18	Right lunge punch	W	Step out with Right foot into a Right fixed stance	Right lunge punch
19	Right circle outside block	S	Step back with right foot to the left foot. Step out with left foot into left front stance.	Right circle outside block
20	Right leg front kick	S	Stand up and kick with right leg. Land in a right front stance	Hands don't move
21	Left reverse punch	S	Right front stance	Aim with the right and left reverse punch
22	Left circle outside block	S	Don't move feet.	Left circle outside block
23	Left leg front kick	S	Stand up and kick with left leg. Land in a left front stance	Hands don't move
24	Right reverse punch	S	Left front stance	
25	Right leg side kick	S	Move right foot to left foot, standing position. After kick re-chamber and set right foot back beside left foot.	Left hand by ribs, Right hand fist on top of left.
26	Left guarding stance	W	Step out with left foot into a left back stance	Left guarding stance
27	Right guarding stance with yell	E	Step back with left foot to right foot. Step out with right foot into a right back stance.	Right guarding stance