

## WON-HYO ONE-STEPS

1. Left foot steps forward into right back stance, left double outer forearm block. Left backfist to high section. Left foot steps into left front stance, right reverse punch to mid section. Left foot steps back counter clockwise into side middle stance, right #1 side kick. Right foot steps down into side parallel stance, right #1 jump side kick. Right foot steps to left foot. Left foot steps back into left back stance, right double knifehand block. **KIHAP**
2. Right foot steps to right 45 degrees into right front stance, Left reverse double knifehand block. Left #2 round kick. Left foot steps down into right back stance, left knifehand strike to high section. Left foot steps clockwise to right foot with your back to opponent. Right reverse side kick, stepping down to left foot. Left foot steps back 45 degrees into left back stance, right double knifehand block. **KIHAP**
3. Left foot steps left 45 degrees into left front stance, right reverse circular inner forearm block. Right #2 side kick, stepping down counter clockwise to left foot with your back to opponent. Left reverse side kick. Left foot steps down into right back stance, left backfist to high section. Left foot steps to right foot. Right foot steps back 45 degrees into right back stance, left double knifehand block. **KIHAP**