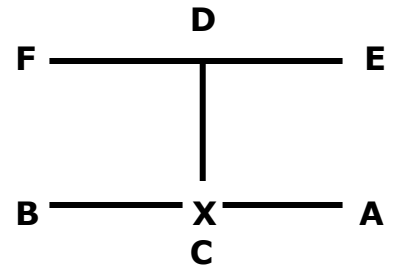


WON-HYO: 6<sup>TH</sup> GRADE LOW-GREEN BELT FORM

NEW BLOCKS: Double Outer Forearm Block,  
Reverse Circular Inner Forearm Block  
NEW STRIKES: Reverse Upset Knifehand Strike  
NEW KICKS: #1 Side Kick  
NEW STANCES: One-Leg Stance



READY STANCE: Closed Ready Stance A

1. Left foot steps to B into left right back stance, left square block.
2. No step. Right reverse upset knifehand strike to high section. At the same time, left fist pulls to right shoulder (palm in.)
3. No step. Left punch to mid section.
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4. Left foot steps to right foot. Right foot steps to A into left back stance, right square block.
5. No step. Left reverse upset knifehand strike to high section. At the same time, right fist pulls to left shoulder (palm in.)
6. No step. Right punch to mid section.
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7. Right foot steps to left foot. Pull left foot to right knee pivoting clockwise to D into one leg stance, left double outer forearm block.
8. Left #1 side kick.
9. Left foot steps down to D into right back stance, left double knifehand block.
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10. Right foot steps to D into left back stance, right double knifehand block.
11. Left foot steps to D into right back stance, left double knifehand block.
12. Right foot steps to D into right front stance, right vertical spearhand (back of left open hand is placed under right elbow) to mid section. **KIHAP**
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13. Left foot steps counter clockwise to E into right back stance, left square block.
14. No step. Right reverse upset knifehand strike to high section. At the same time, left fist pulls to right shoulder (palm in.)
15. No step. Left punch to mid section.
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16. Left foot steps to right foot. Right foot steps to F into left back stance, right square block.
17. No step. Left reverse upset knifehand strike to high section. At the same time, right fist pulls to left shoulder (palm in.)
18. No step. Right punch to mid section.

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19. Right foot steps to left foot. Left foot steps to C into left front stance, right reverse circular inner forearm block.
20. Right #2 front kick.
21. Right foot steps down to C into right front stance, left reverse punch to mid section.

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22. No step. Left reverse circular inner forearm block.
23. Left #2 front kick.
24. Left foot steps down to C into left front stance, right reverse punch to mid section.

### **KIHAP**

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25. Pull right foot to left knee pivoting counter clockwise to C into one leg stance, right double outer forearm block.
26. Right #1 side kick.
27. Right foot steps down to line CD (one stance length.) Left foot steps counter clockwise to B into right back stance, left double outer forearm block.
28. Left foot steps to right foot. Right foot steps to A into left back stance, right double outer forearm block.

END: Right foot steps back to ready stance.