

6TH GRADE LIGHT GREEN BELT

WON HYO

TECHNIQUE

STANCE

Closed ready position A

1. Left square block	Right back
2. Right reverse knifehand strike	
3. Left middle side punch	Middle
4. Right square block	Left back
5. Left reverse knifehand strike	
6. Right middle side punch	Middle
7. Left double outer forearm block	Closed
8. Left side kick	
9. Left double knifehand block	Right back
10. Right double knifehand block	Left back
11. Left double knifehand block	Right back
12. Right middle spearhand strike (kihap)	Right front
13. Left square block	Right back
14. Right reverse knifehand strike	
15. Left middle punch	Middle
16. Right square block	Left back
17. Left reverse knifehand strike	
18. Right middle side punch	Middle
19. Right reverse inner forearm block	Left front
20. Right front kick	
21. Left reverse middle punch	Right front
22. Left reverse inner forearm block	
23. Left front kick	
24. Right reverse middle punch	Left front
25. Right double outer forearm block	One leg
26. Right side kick (kihap)	
27. Left double outer forearm block	Right back
28. Right double outer forearm block	Left back

Move right foot back to ready position