

Pad work:

Turning kick 360 turning kick	X1
Side kick + back kick	X1
Upward kick bicycle	X1

Self-defence:

Release + counters from wrist holds/lapel holds (single and twin)
Blocking 10 various attacks with sticks (juniors)

Pre-set:

2 step sparring 1-3 (seniors)

Freestyle sparring:

Free sparring 1v1

Destruction:

Elbow strike	X1
Fore fist punch	X1
Back kick	X1

**This is a guide and the order and content can change on the day*.*

Theory-Questions for green belt students:

What is the pattern name? = **Won Hyo**

How many movements? = **28**

Ready Position? = **Closed Ready Stance 'A'**

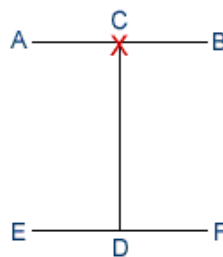
What does Won Hyo mean? **Was the noted monk**

What is the diagram? = **Capital i (I)**

Green belt means? = **Signifies the plant's growth as Taekwondo skills begin to develop**

Won Hyo was **the noted monk** who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

Diagram



The illustrations for this pattern assume that the student is standing on line AB facing D.

1.

Move the left foot to B forming a right L-stance toward B while executing a twin forearm block.

2.

Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.

3.

Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.

4.

Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.

5.

Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.

6.

Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.

7.
Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.

8.
Execute a middle side piercing kick to D with the left foot.

9.
Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

10.
Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand.

11.
Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

12.
Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight finger tip.

13.
Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.

14.
Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.

15.
Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.

16.
Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.

17.
Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F.

18.
Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.

19.
Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.

20.
Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.

21.
Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.

22.
Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.

23.
Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22

24.
Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.

25.
Turn the face toward C forming a left bending ready stance A toward C.

26.
Execute a middle side piercing kick to C with the right foot.

27.
Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.

28.
Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with the forearm.

End. Bring the right foot back to a ready posture.