

Martial Arts Carolina
Form and Rank Requirement Sheet

Won-Hyo: 27 movements

History: Won-Hyo was the noted monk who introduced Buddhism to the Silla dynasty in the year 686 AD.

Form:

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Closed ready position A (high) facing North		
1. Step left foot to W, square block to W	W	RB
2. Right upset knifehand strike to W, pull left fist to right shoulder		
3. Left punch to middle section		
4. Step left foot to right then right foot to E, square block	E	LB
5. Left upset knifehand strike to E, pull right fist to left shoulder		
6. Right punch to middle section		
7. Slide right foot to left, double outer forearm block	N	C
8. Left #1 side kick to N middle section		
9. Double knifehand block	N	RB
10. Step forward, double knifehand block	N	LB
11. Step forward, double knifehand block	N	RB
12. Step forward, right reinforced vertical spearhand KIHAP	N	RF <i>Halfway</i>
13. Turn CCW 270°, square block	E	RB
14. Right upset knifehand strike to E, pull left fist to right shoulder		
15. Left punch to middle section		
16. Step left foot to right then right foot to W, square block to W	W	LB
17. Left upset knifehand strike to W, pull right fist to left shoulder		
18. Right punch to middle section		
19. Step right foot to left, the step left foot to S	S	LF
20. Right reverse circular inner forearm block (scooping block)	S	LF
21. Right #2 front kick		
22. Left reverse punch	S	RF
23. Left circular reverse inner forearm block		
24. Left #2 side kick to S		
25. Right #2 side kick to S, set foot down in closed stance KIHAP		
26. Turn CCW, double outer forearm block	W	RB
27. Step left foot to right, then right foot to E, double outer forearm block	W	LB
Right foot returns to ready position		

Signature Techniques: 1 – 4 Ax Kicks, Rev. Side Kick, Back Fist Strike, Upset Knife-hand, Hook Punch, Jab Punch, Cross Punch, Knifehand Square Block, Double Knifehand Block, Inner-forearm Block, Passing Block, and Back Stance.

Self Defense Techniques (hands up touching cheeks, triangle, or at ears): (1) Passing Block, 2 Hook Punches, and Scissor Sweep Take Down, (2) Inner-forearm Block, Back Fist Strike, #1 Side Kick, and Rev. Side Kick. (3) *Adult add-on* Sweep From Mount (shutdown 1 arm... 1 leg... and hip (oompah) heist.).