

Won-hyo

Lf = Left Foot, Rf = Right Foot, cw = clockwise, ccw = counter clockwise
Punches are middle section unless otherwise noted

1. Joombi
2. Won-hyo joombi. (Lf to Rf, arms rise overhead, right hand becomes fist at shoulder high, left hand wraps around right above head and lower together to in front of nose/mouth) (all on 5 count)
3. Lf 90° ccw back stance diamond block (Rt high, Lt outside forearm), Rt single knife hand strike (Lt fist to right ear), Lf draws in to cat stance, Lt hand chambered to waist, Lf steps back out to back stance, Lt punch
4. Lf matches to Rf, Rf 90° cw back stance diamond block (Lt high, Rt outside forearm), Lt single knife hand strike (Rt fist to left ear), Rf draws in to cat stance, Rt hand chambered to waist, Rf steps back out to back stance, Rt punch
5. Rf matches to Lf, pause with hands chambered on rt hip, Lf 90° ccw side kick, land back stance double knife hand block
6. Rf back stance double knife hand block
7. Lf back stance double knife hand block
8. Rf front stance rt spear hand strike. KIYAP!
9. Lf 270° ccw back stance diamond block (Rt high, Lt outside forearm), Rt single knife hand strike (Lt fist to right ear), Lf draws in to cat stance, Lt hand chambered to waist, Lf steps back out to back stance, Lt punch
10. Lf matches to Rf, Rf steps out 90° cw back stance diamond block (Lt high, Rt outside forearm), Lt single knife hand strike (Rt fist to left ear), Rf draws in to cat stance, Rt hand chambered to waist, Rf steps back out to back stance, Rt punch
11. Rf matches to Lf, Lf steps out front stance sweep block (rt arm)
12. Rf front snap kick, front stance Lt punch
13. In place, sweep block (lt arm)
14. Lf front snap kick, front stance rt punch
15. Rf side kick with rt hammer fist KIYAP!, match Rf to Lf, Lf 90° ccw back stance double guarding block
16. Lf matches to Rf, Rf steps out back stance double guarding block
17. Rf steps in. Won-hyo joombi (same as beginning of form)