



# West Coast Taekwondo

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## Green Belt Pattern WON-HYO (27 movements)

Was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

	Ready Stance B	
1	Left Square Block	Left Back Stance
2	Right Reverse Outside Knifehand Strike High	Left Back Stance
3	Left Punch Middle	Left Fixed Stance
4	Right Square Block	Right Back Stance
5	Left Reverse Outside Knifehand Strike High	Right Back Stance
6	Right Punch Middle	Right Fixed Stance
7	Left Double Fist Block	Closed Stance
8	Left #1 Side Kick	
9	Left Double Knifehand Block	Left Back Stance
10	Right Double Knifehand Block	Right Back Stance
11	Left Double Knifehand Block	Left Back Stance
12	Right Spearhand Middle (Yell)	Right Front Stance

### STRIPES:

Black	I Wills (for Junior Students)
Yellow	Ki-Bon
Green	#1 Hook Kick, #2 Axe Kick, #2 Triple Round Combo
Blue	Won-Hyo Half Form, Name of Form, Number of Moves & Meaning
Red	Free Spar with Belt Rank Kicks