



West Coast Taekwondo

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Green Senior 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
13	Left Square Block	Left Back Stance
14	Right Reverse Outside Knifehand Strike High	Left Back Stance
15	Left Punch Middle	Left Fixed Stance
16	Right Square Block	Right Back Stance
17	Left Reverse Outside Knifehand Strike High	Right Back Stance
18	Right Punch Middle	Right Fixed Stance
19	Right Reverse Inner Forearm Block	Left Front Stance
20	Right #2 Front Kick	
21	Left Reverse Punch Middle	Right Front Stance
22	Left Reverse Inner Forearm Block	Right Front Stance
23	Left #2 Front Kick	
24	Right Reverse Punch Middle	Left Front Stance
25	Right #2 Side Kick (Yell)	
26	Left Double Fist Block	Left Back Stance
27	Right Double Fist Block	Right Back Stance

STRIPES:

Black	I Wills (for Junior Students)
Yellow	Dan-Gun
Green	#1 Jump Hook, #2 Lunge Front Kick, #1 Hook/#3 Jump Hook Combo
Blue	Won-Hyo Full Form, Name of Form, Number of Moves & Meaning
Red	Free Spar with Belt Rank Kicks