

6th Kup

FWD

First two moves of Won Hyo

BWD

Walking stance, low block, rising block, reverse punch

FWD

Kicking off the rear leg, front kick, side kick, turning kick (alternating legs)
land L stance, knife hand guarding block

BWD

Fixed stance, side punch

FWD

Bending stance, side kick, land L stance, knife hand guarding block (28)

BWD

L stance, inward middle palm pushing block

FWD

Walking stance, straight fingertip thrust, release, spin, walking stance,
high back fist strike (24)

BWD

Walking stance, circular block

PATTERNS

Examiner's choice

Won Hyo

Sparring

3 step sparring 8-10

3 step semi free sparring (Basic)