

WON-HYO Hyung

4th Form

2/1/2015

* = left hand over right fist HTFB = high twin forearm block HIKS = high inward knife-hand strike √ = pull other fist in front of opposite shoulder
MLGP = middle lunge punch MSTK = middle side thrusting kick MGKB = middle guarding knife-hand block MSPS = middle spear-hand strike
MCFB = middle circular inner forearm block LFSK = low front snap kick MGDB = middle guarding block
 BRSA = #7 & 25 bending ready stance A (side kick chamber with guarding fists) ♣ = move right foot left to END
 ○ From #2 to #3; #5 to #6; #14 to #15 and #17 to #18 you are going from a back stance to a fixed stance as you punch. ★ = Kiai

