

REVISION NOTES

1. GENERAL TERMS

Back DWIT

2. PARTS OF THE BODY

Foot parts HABANSIN
 Hand parts SANGBANSIN
 Back sole DWIT KUMCHI
 Back heel DWIT CHOOK

3. STANCES

Vertical stance SOOJIK SOGI
 Closed stance MOA SOGI
 Bending ready stance GOBURYO CHUNBI SOGI

4. BASIC MOVEMENTS**1. DEFENSIVE**

Circular block DOLLYMIO MAKGI
 Hooking block GOLCHO MAKGI
 Waist block HORI MAKGI

2. OFFENSIVE

Vertical punch SEWO JIRUGI
 Side punch YOP JIRUGI
 Reverse turning kick BANDAE DOLLYO CHAGI

5. PATTERN (TUL)

WON HYO 28 MOVES

6. SPARRING (MATSOKI)

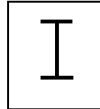
Two step sparring IBO MATSOKI

REVISION NOTES

PATTERN WON HYO

NUMBER OF MOVEMENTS 28

DIAGRAM



STEP MOVE		STANCE	TECHNIQUE
			START IN MOA CHUNBI SOGI A
1	To Left	R Niunja	Sang Palmok Makgi
2	-	R Niunja	Nopunde Anuro Sonkal Taerigi
3	Slip Forward	L Gojong	Kaunde Yop Jirugi
4	Bring L To R	L Niunja	Sang Palmok Makgi
5	-	L Niunja	Nopunde Anuro Sonkal Taerigi
6	Slip Forward	R Gojong	Kaunde Yop Jirugi
7	R To L	R Guburyo	Palmok Daebi Makgi
8	-	-	Kaunde Wen Yop Cha Jirugi
9	Land In	R Niunja	Kaunde Sonkal Daebi Makgi
10	Forward	L Niunja	Kaunde Sonkal Daebi Makgi
11	Forward	R Niunja	Kaunde Sonkal Daebi Makgi
12	Forward	R Gunnun	Kaunde Son Sonkut Tulgi
13	Turn 270	R Niunja	Sang Palmok Makgi
14	-	R Niunja	Nopunde Anuro Sonkal Taerigi
15	Slip Forward	L Gojong	Kaunde Yop Jirugi
16	Bring L To R	L Niunja	Sang Palmok Makgi
17	-	L Niunja	Nopunde Anuro Sonkal Taerigi
18	Slip Forward	R Gojong	Kaunde Yop Jirugi
19	R To L & Forward	L Gunnun	Dollymio Makgi
20	Forward	-	Najunde Ap Cha Busigi
21	Land In	R Gunnun	Kaunde Bandae Jirugi
22	-	R Gunnun	Dollymio Makgi
23	-	-	Najunde Ap Cha Busigi
24	Land In	L Gunnun	Kaunde Bandae Jirugi
25	R Up To	L Guburyo	Palmok Daebi Makgi
26	-	-	Kaunde Orun Yop Cha Jirugi
27	Land Feet Apart & Turn 270	R Niunja	Kaunde Palmok Daebi Makgi
28	L To R	L Niunja	Kaunde Palmok Daebi Makgi

THREE STEP SEMI-FREE SPARRING

Basic

Attacker starts with right leg back guarding stance then steps forward front kick then side kick then turning kick in that order.

Defender starts in ready stance and steps back on each kick using waist block. The counter is a reverse punch.

Intermediate

Attacker starts with right leg back guarding stance then steps forward kicking three times. They can choose from front kick, side kick, turning kick, Reverse side kick.

Defender starts in ready stance and steps back on each kick using waist block. The counter is any single hand technique

Advanced

Stepping forward three times can do any kick or hand technique (mid or high section).

Attacker can start with any leg back.

Counter is any single hand and foot technique.

