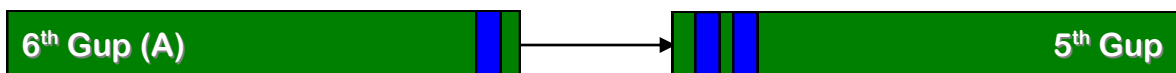


# PEEWEE DEVELOPMENT PROGRAMME



## TECHNIQUES

All techniques are done going forward 4 times and backward 4 times

1. L-Stance Twin Forearm Block, Inward Knife-hand Strike, Fixed Stance Obverse Punch

## PATTERN

(See website: <http://itkdc.com/patterns/won-hyo-tul/> for full pattern info)

1. Won-Hyo Tul
2. 4 Direction Front Snap Kick, Hook Kick

## LEG PLACEMENT

4 Direction

1. Turning Kick

## PAD WORK

1. Double Turning Kick, both feet
2. Hook Kick, Turning Kick, both feet

## SPARRING

1. Free Sparring, light contact

## QUESTIONS

1. What is “Hook Kick” in Korean ?
2. What is “Bending Ready Stance” in Korean ?
3. Can you show part of arm used for Circular Block ?
4. How many moves are in Won-Hyo ?
5. What does Won-Hyo Mean ?

Won-Hyo : Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

## ANSWERS

Golcho Chagi  
Guburyo Junbi Sogi  
Ask your Instructor(s)  
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