

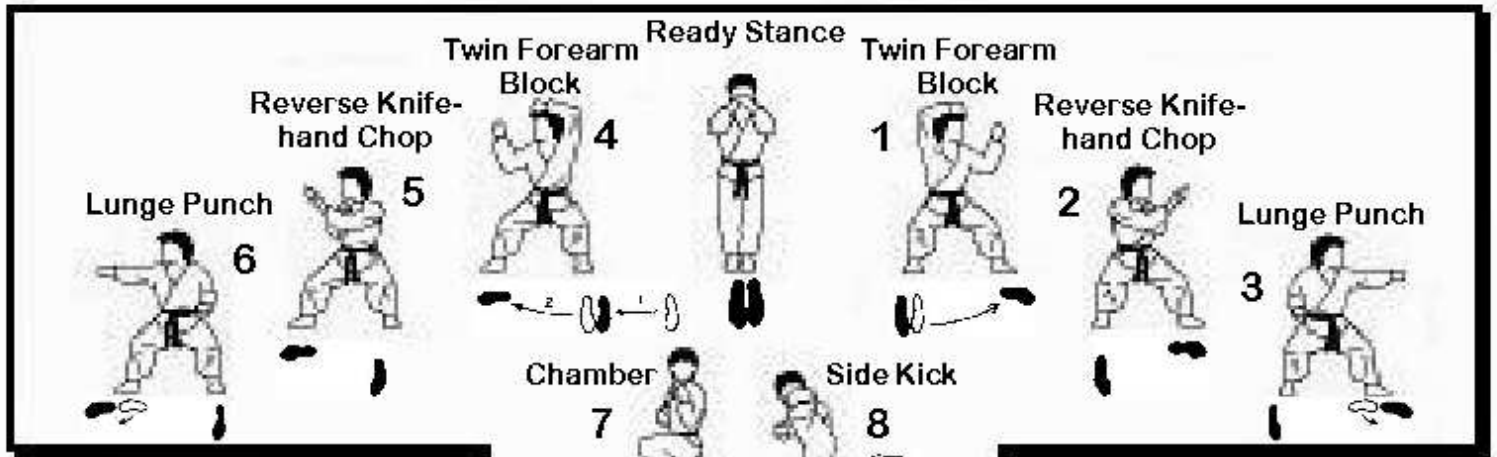
# Green Stripe To Green Belt





**Self Defense**  
**(Green Stripe to Green Belt)**

- 21) Arm Lock Against Wall: Stomp to foot; step back and bump with shoulder; twist wrist free; elbow to head; wrap around elbow; step back and pull attacker into wall.**
- 22) Front Bear Hug (Arms Free): Double bear hand to ears; knee to groin. (Done at the same time).**
- 23) Rear Bear Hug (Arms Free): Stomp to foot or kick to knee; rear head smash; break fingers.**
- 24) Half Nelson and Arm Lock: Stomp to instep; circular elbow to head; step to front stance; grab and knee to chest.**
- 25) Front One Hand Punch To Shoulder: Palm strike to head; rear horizontal hammer fist; knee to groin; elbow to face.**



# Won-hyo

# 28 Movements



Twin Knife-hand Block



Twin Knife-hand Block



Twin Knife-hand Block



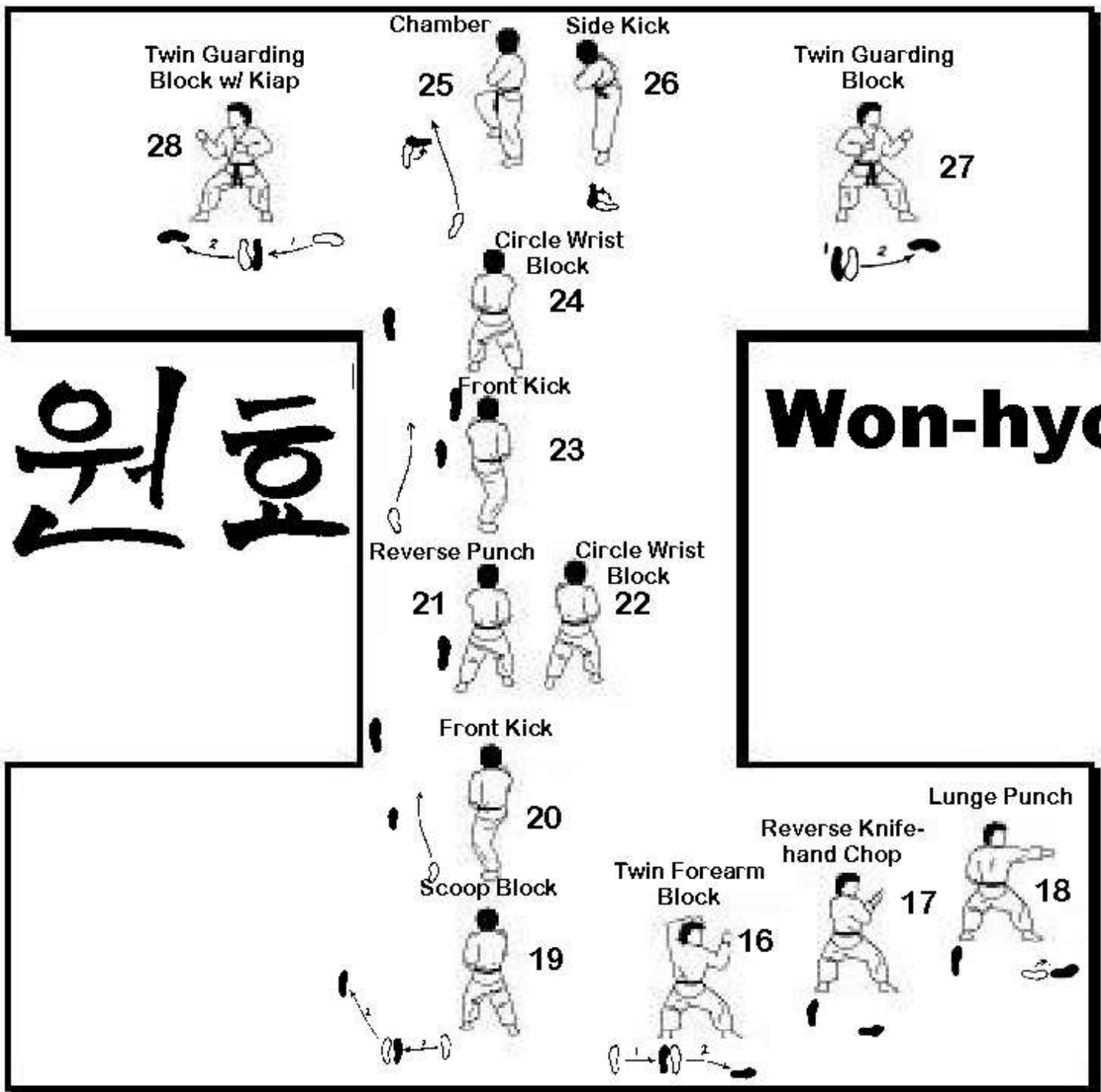
Lunge Spear w/ Kiap



Twin Forearm Block

Lunge Spear w/ Kiap

Won Hyo was the most renowned monk of the Silla Dynasty. He was recognized as a great scholar and was highly respected by the Korean people. He established his own system of ideology in which conflicts between various religious groups could be reconciled.



Won Hyo reached the highest position possible as a scholar and a monk. Although his most remarkable achievements were in relieving the poverty and suffering of ordinary people. Won Hyo left the monastery to travel the country and teach Buddhism to the Korean people, as an example of how he lived by his preachings.

