



# HIAWATHA'S MARTIAL ARTS & FITNESS

## Hyung Sheet

(form)

### Won Hyo Hyung

### (White – Green Belts)

1. Ready Position
2. Block, Strike, Punch – middle –
3. Block, Strike, Punch – middle –
4. Sidekick, Sudo Makee  
Left Leg Kicks, Left leg out in front
5. Sudo Makee  
Right leg out front
6. Sudo Makee  
Left leg out front
7. Palm Block, Spear Finger Thrust – kiap-  
Right leg out front
8. Spin block, Strike, punch – middle-
9. Block, Strike, Punch
10. Step in  
Right leg in
11. Step out, Scoop block  
Left leg steps out, Right hand scoops
12. Front Snap kick, Reverse Punch  
Right leg kicks, Left hand punch
13. Scoop block  
Left hand
14. Front Snap kick, Reverse Punch  
Left leg kicks, Right hand punch
15. Sidekick -kiap- Fighting guard  
Right leg Kick, Right leg out in front
16. Spin fighting guard  
Left leg out in front
17. Shift, Fighting guard  
Right leg out front