**Quan Li K’an Kata: Won Yio (High Green)**

From Jhoon Bi (Barrel style of Jhoon Bi)

1) Back stance towards left side, square block

2) Left hand grabs pulls to right shoulder, right hand knife hand strike to your mid chest (still in back stance)

3) Grab and Punch with left hand

4) Turn 180 degrees into back stance square block

5) Right hand grabs pulls to left shoulder, left hand knife hand strike (still in back stance)

6) Punch with right hand.

7) Step forward with weight on right foot raise left foot, double knife hand sidekick with left foot. Step into back stance left foot forward

8) Step forward into back stance double knife hand block (right foot forward)

9) Step forward into back stance double knife hand block (left foot forward)

10) Step forward into front stance Quan So (spear hand strike) with right hand (left hand supports at the elbow)

11) 270 degree turn (counterclockwise) into back stance square block.

12) Left hand grabs pulls to right shoulder, right hand knife hand strike to your mid chest (still in back stance)

13) Grab and Punch with left hand

14) Turn 180 degrees into back stance square block

15) Right hand grabs pulls to left shoulder, left hand knife hand strike (still in back stance)

16) Pull right foot back to center. Step out into front stance left foot forward - fore arm block with right arm

17) Front kick off back (right) leg - left hand punch (reverse punch) to as step down into front stance.

18) Forearm block with left arm.

19) Front kick off back (left) leg - right hand punch to mid section as step down.

20) Back leg side kick with right leg, (step down feet apart not together) as step down execute 270 degree turn to the left into back stance-fighting position.

21) 180 degree turn (clockwise) into back stance fighting position.

22 ) Return to ready stance