

# **PATTERN WON-HYO**

*(WON-HYO TUL)*

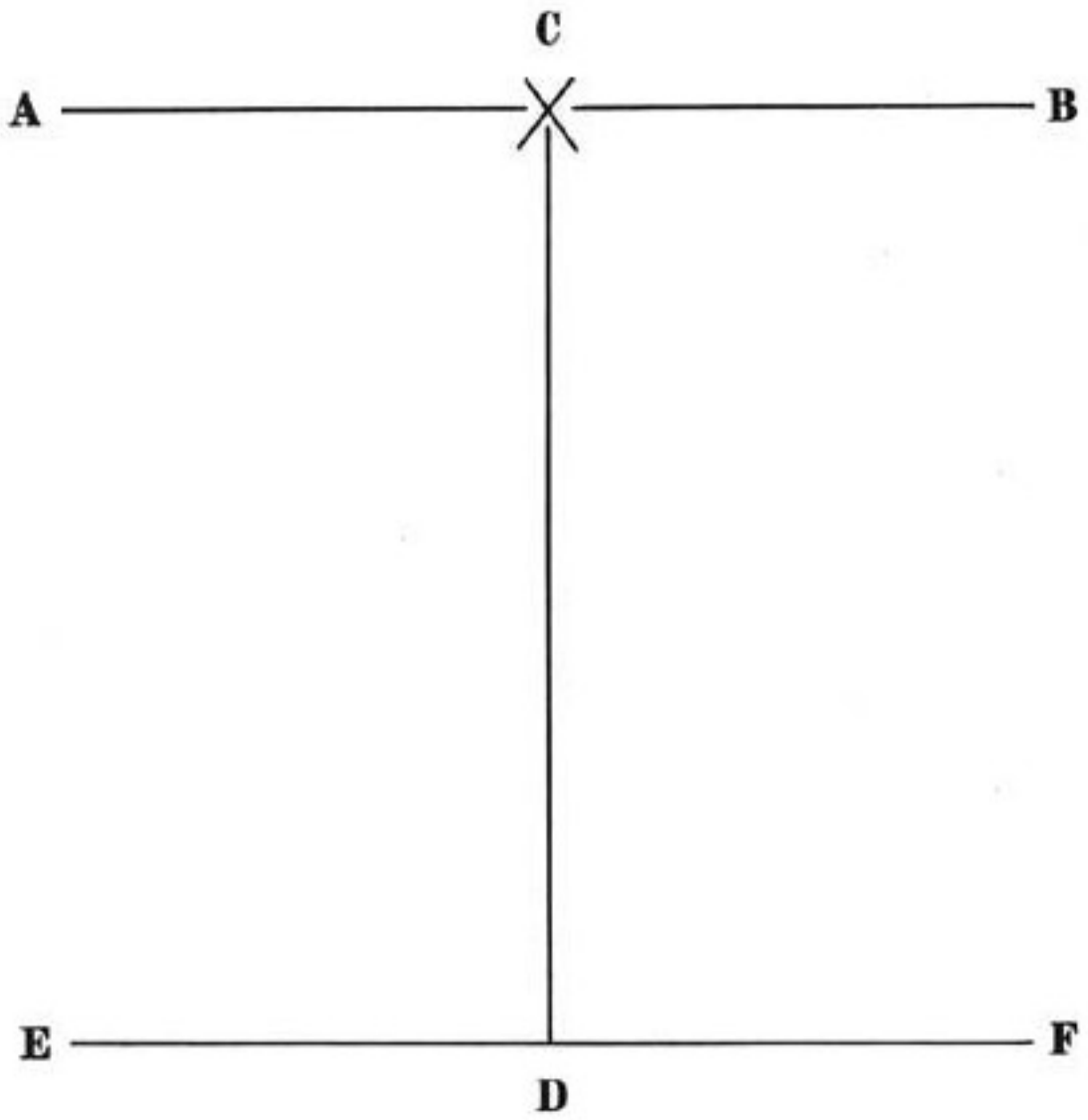
This pattern is practised by the 6th grade holder and above.

DIAGRAM: I

MOVEMENTS: 28

READY POSTURE: CLOSE READY STANCE A

**DIAGRAM** (*Yon Moo Son*)



**Ready Posture (*Junbi Jase*)**

**Close ready stance A toward D.**

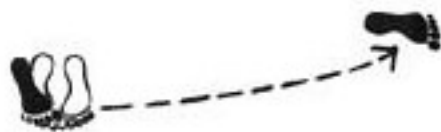


**1.**

**Move the left foot to B, forming a right L-stance toward B while executing a twin forearm block.**



**Right L-stance twin forearm  
block toward B.**



Keep forearms crossed at the center of the chest, placing the side blocking one inside of the other with both under forearms facing the defender.

### Ready Posture



### Application



2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder.



Right L-stance knife-hand high inward strike toward B.



**Previous Posture**

**Raise the body slightly.**

**Knife-hand reaches the same level as the neck artery of the attacker.**



**Top View**



**Application**

- 3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.**

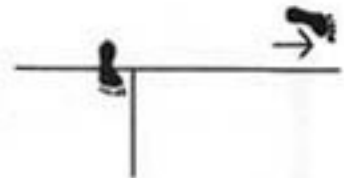


**Left fixed stance middle punch toward B.**





### Previous Posture



### Application



**Previous Posture**

4. Bring the left foot to the right foot, and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.



**Left L-stance twin forearm block toward A.**



Keep the left heel slightly off the ground.



Application



Side View

5. Execute a high inward strike to A with a left knife-hand while bringing the right side fist in front of the left shoulder.



Left L-stance knife-hand high inward strike toward A.



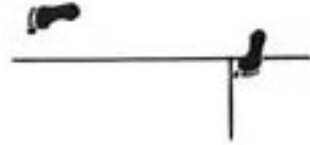
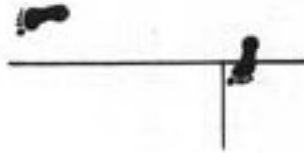
**Previous Posture**



**Raise the body slightly.**



**Knife-hand reaches the same level as the neck artery of the attacker.**

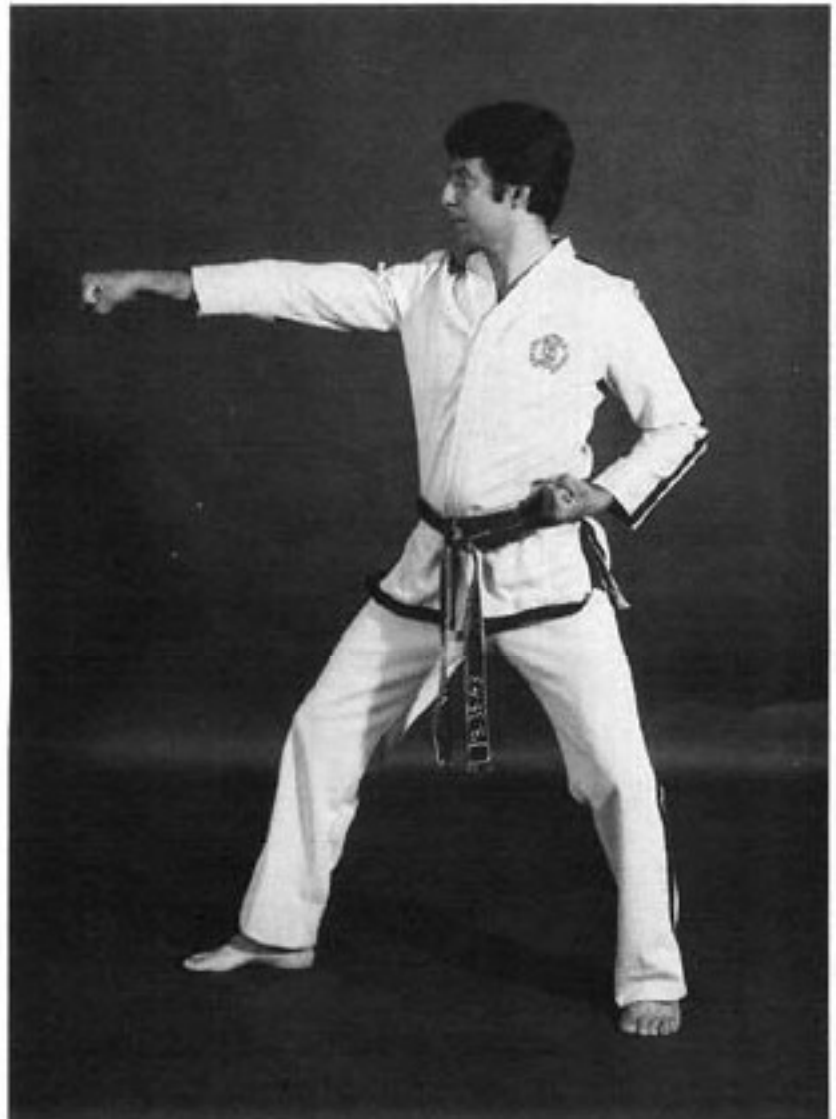


**Application**

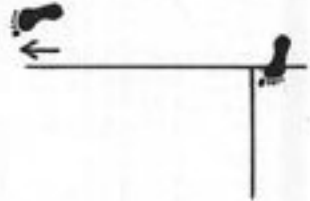
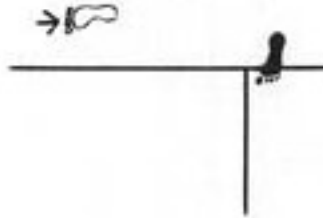
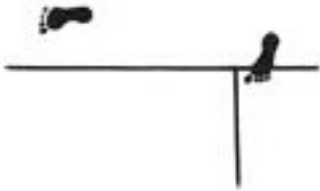


6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.

Right fixed stance middle punch toward A.



**Previous Posture**



**Application**



**Previous Posture**



- 7. Bring the right foot to the left foot, and then turn the face toward D while forming a right bending ready stance A toward D.**



**Right bending ready stance A toward D.**

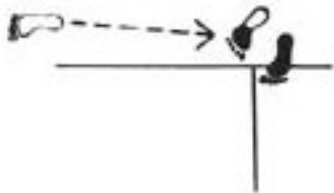




**Side View**



**Keep the right heel slightly off the ground.**



**8. Execute a middle side piercing kick to D with the left foot.**



**Middle side piercing kick to D with the left foot.**



**Application**

**Previous Posture**



**Side View**



**Side View**



**Side View**

- 9. Lower the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.**



**Right L-stance knife-hand middle guarding block toward D.**

**Application**

**Previous Posture**



**Side View**



**Side View**



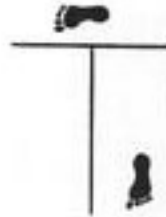
**Side View**

10. Move the right foot to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.



Left L-stance knife-hand middle guarding block toward D.

Previous Posture



Application



Side View



11. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



Right L-stance knife-hand middle guarding block toward D.





**Previous Posture**



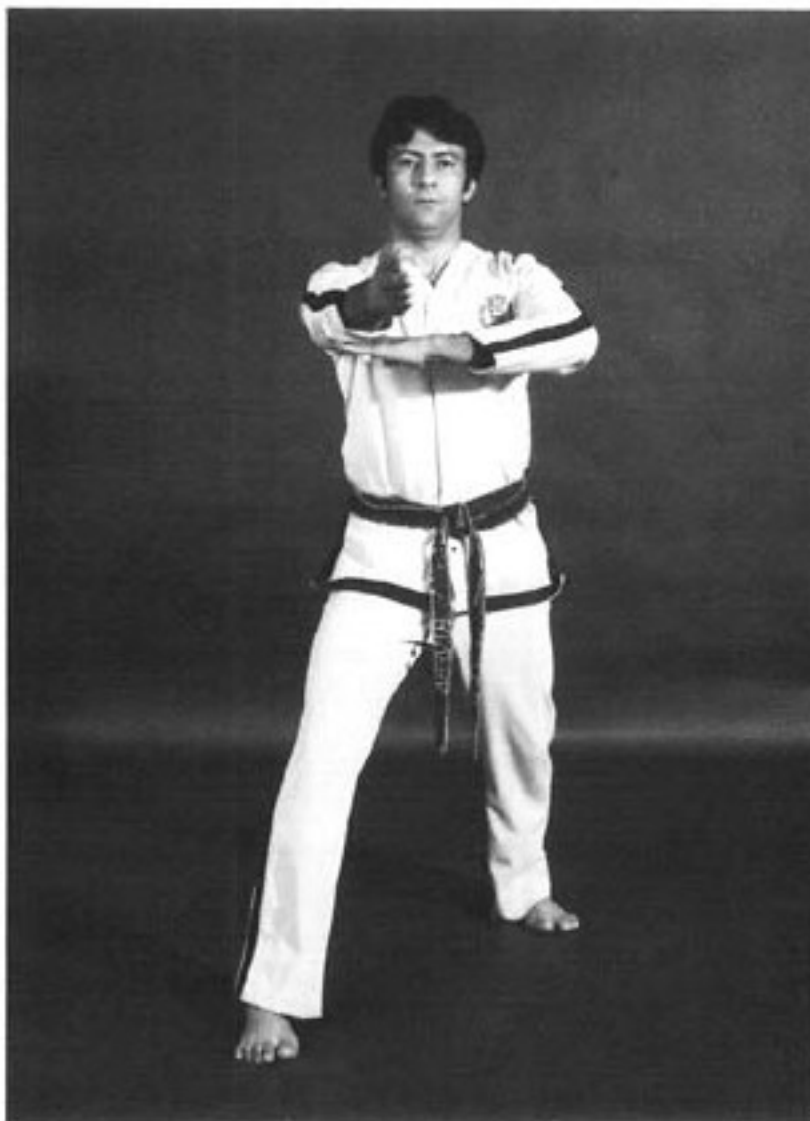
**Application**



**Side View**



12. Move the right foot to D, forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.



Right walking stance straight fingertip thrust toward D.

Previous Posture



Top View



Application



Side View

13. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.



Right L-stance twin forearm block toward E.



Other View



Previous Posture



14. Execute a high inward strike to E with the right knife-hand, at the same time bringing the left side fist in front of the right shoulder.



Right L-stance knife-hand  
high inward strike toward E.



**Application**



**Previous Posture**

**Raise the body slightly.**



**Top View**



**Application**

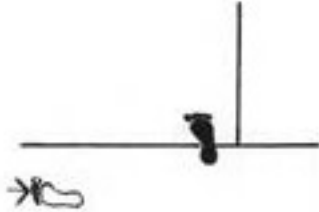
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.

Left fixed stance middle punch toward E.





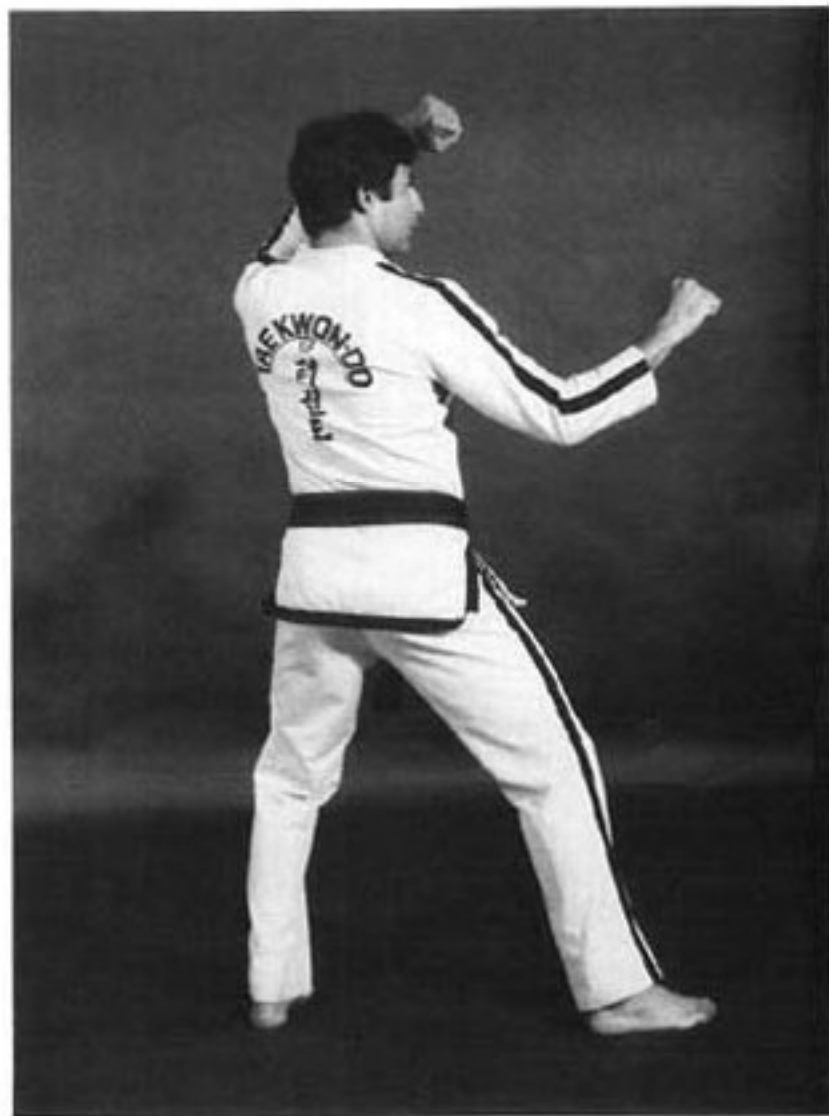
**Previous Posture**



**Application**



16. Bring the left foot to the right foot, and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.



Previous Posture



Left L-stance twin forearm block toward F.



**Other View**



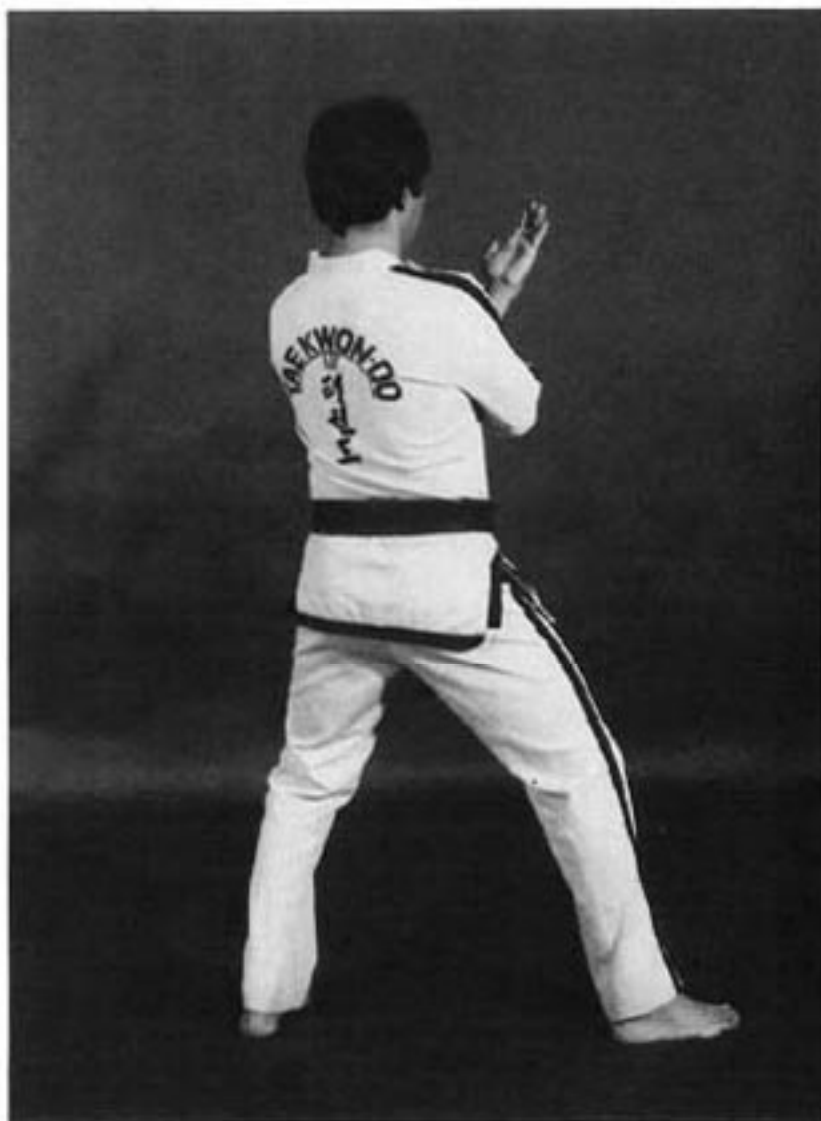
Keep the left heel slightly off the ground.



**Application**



17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder.



Left L-stance knife-hand high inward strike toward F.



Raise the body slightly.

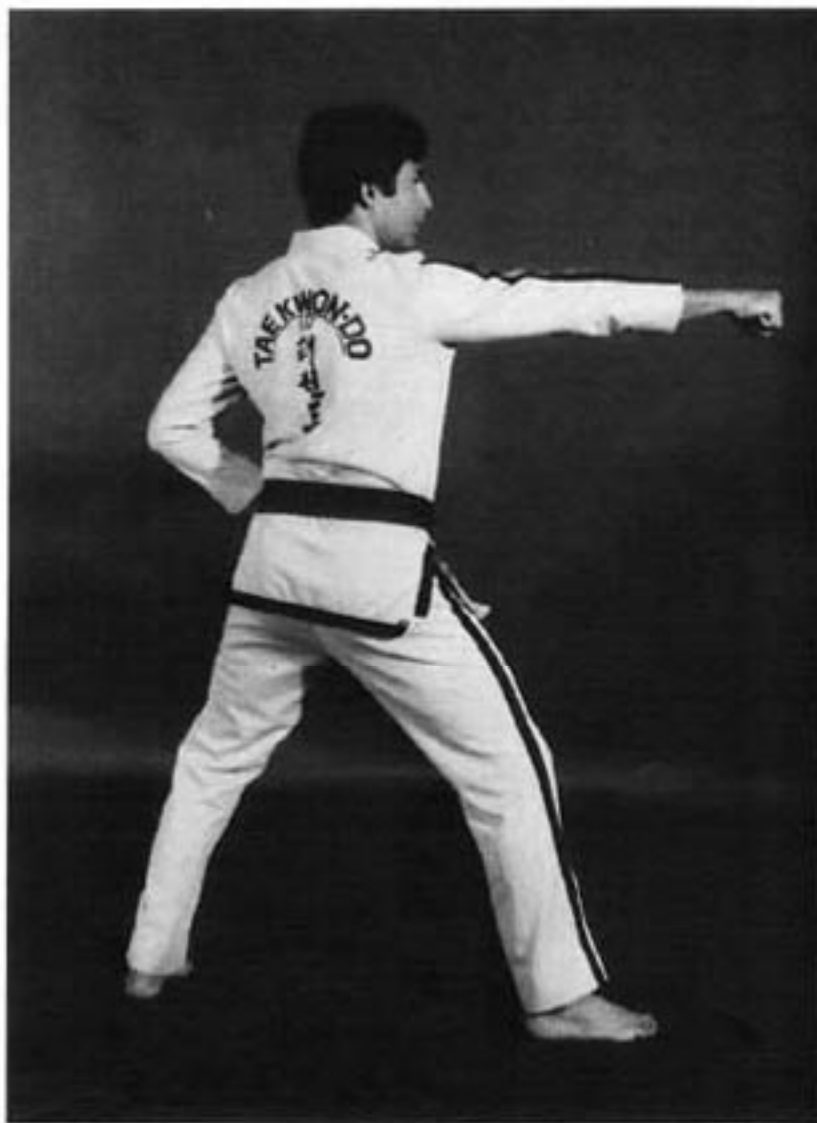
Other View



Previous Posture



18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.



Right fixed stance middle punch toward F.



**Previous Posture**

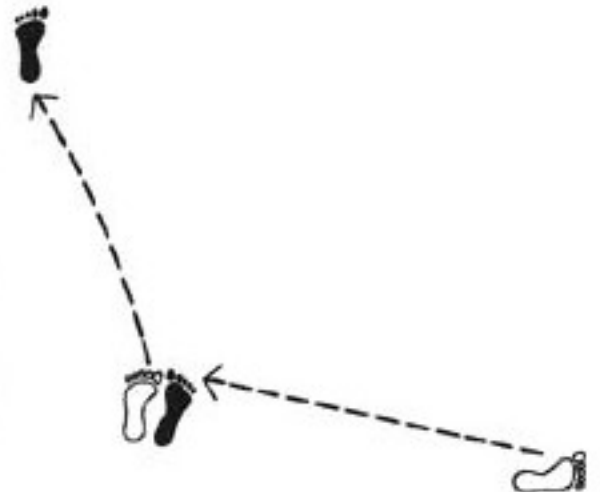


**Application**

Previous Posture

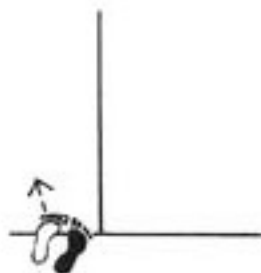


19. Bring the right foot to the left foot, and then move the left foot to C, forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.



Left walking stance toward C with the inner forearm circular block to CE.





Keep the right heel slightly off the ground.



Side View

**Top View**



**Keep the right heel slightly off the ground.**



Side View



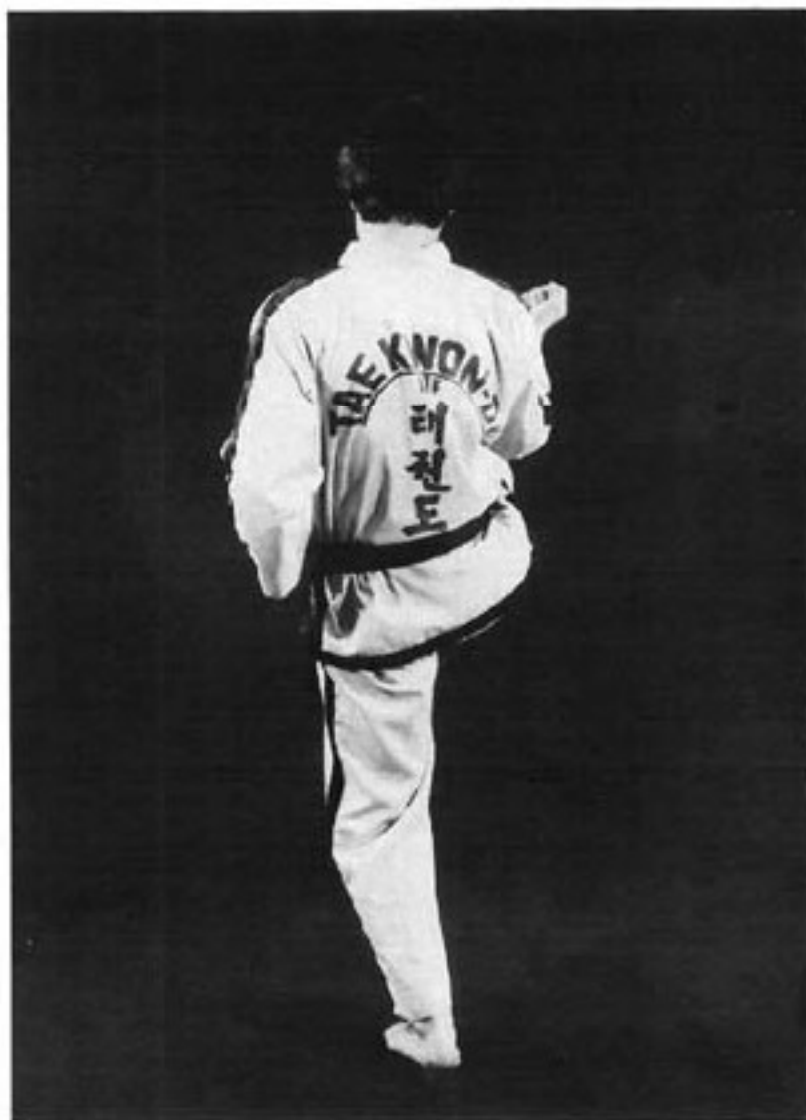
Application of No. 19



**Previous Posture**



20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.



**Low front snap kick to C with the right foot.**



**Application**



**Side View**

- 21. Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist.**



**Right walking stance middle punch toward C.**

**Application**



**Side View**

**Previous Posture**



**Side View**



- 22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.**



**Right walking stance toward C with inner forearm circular block to CE.**



**Previous Posture**



**Side View**



**Keep the left heel slightly off the ground.**



Previous Posture



23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.



Low front snap kick to C with the left foot.

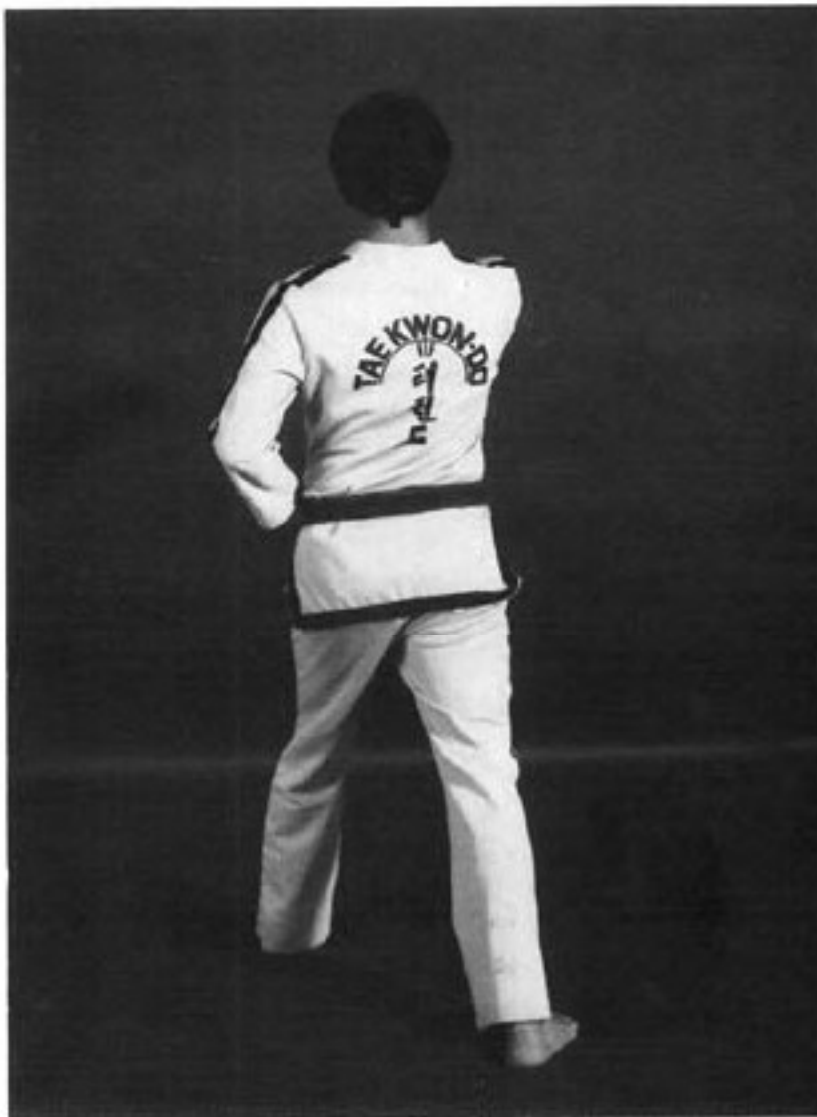
Application



Side View



**24. Lower the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the right fist.**



**Left walking stance middle punch toward C.**

**Application**



**Side View**

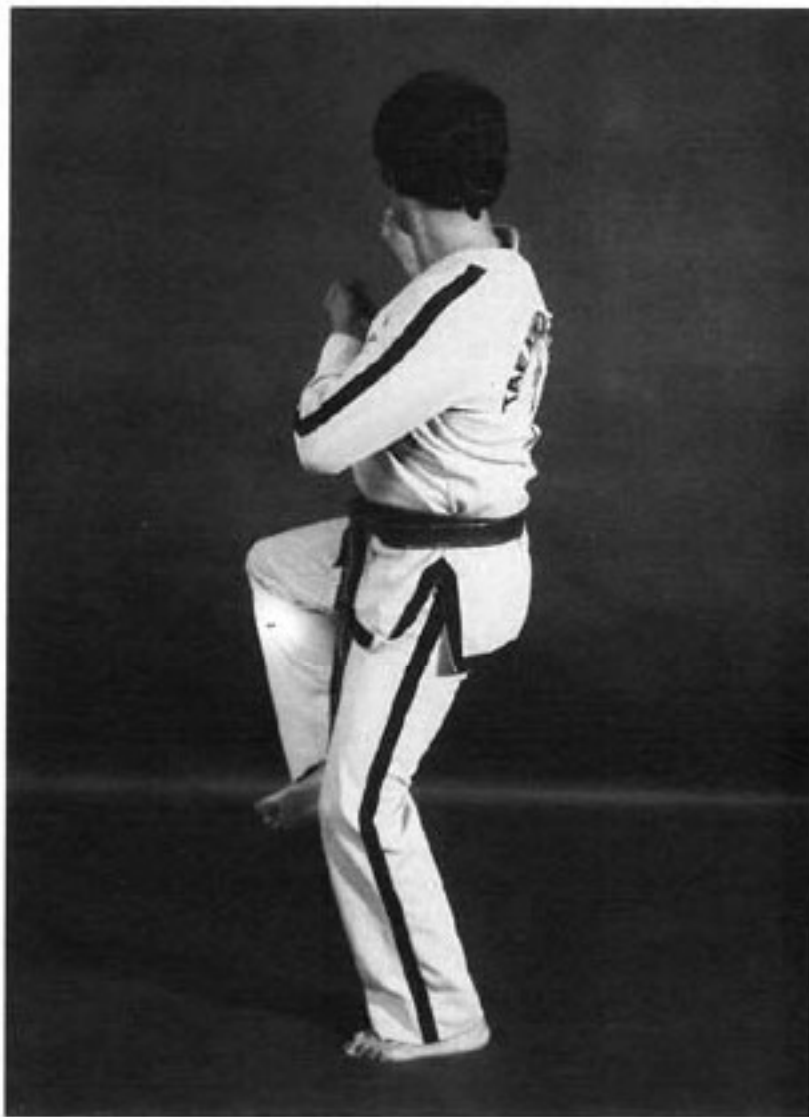
**Previous Posture**



**Side View**



**25. Turn the face toward C, forming a left bending ready stance A toward C.**



**Left bending ready stance A toward C.**

### Previous Posture



### Top View



**Previous Posture**



**26. Execute a middle side piercing kick to C with the right foot.**

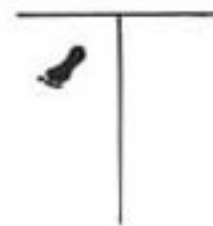
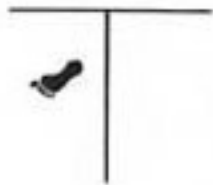


**Middle side piercing kick to C with the right foot.**





Side View



**Application of No. 26**

**Side View**



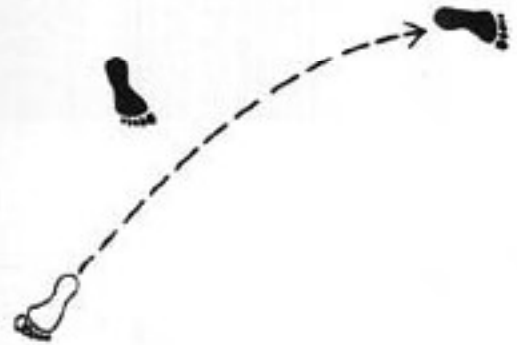
**Side View**



**Side View**



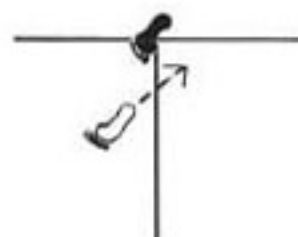
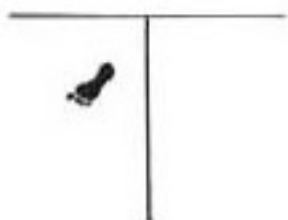
27. Lower the right foot on line CD, and then move the left foot to B, turning counter-clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.



Right L-stance forearm middle guarding block toward B.

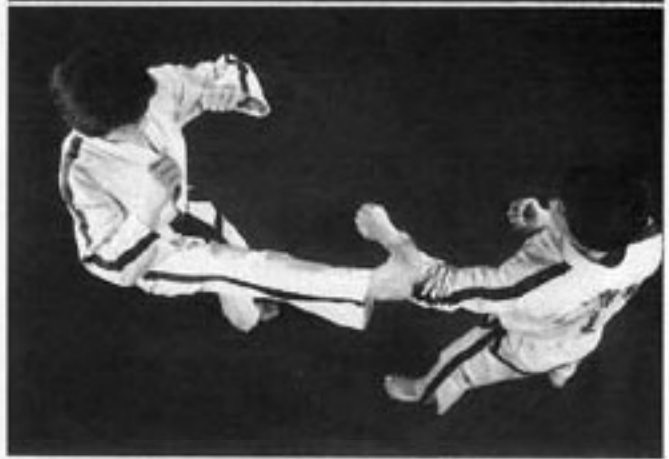
**Previous Posture**

**Keep the right heel slightly  
off the ground.**



**Top View**

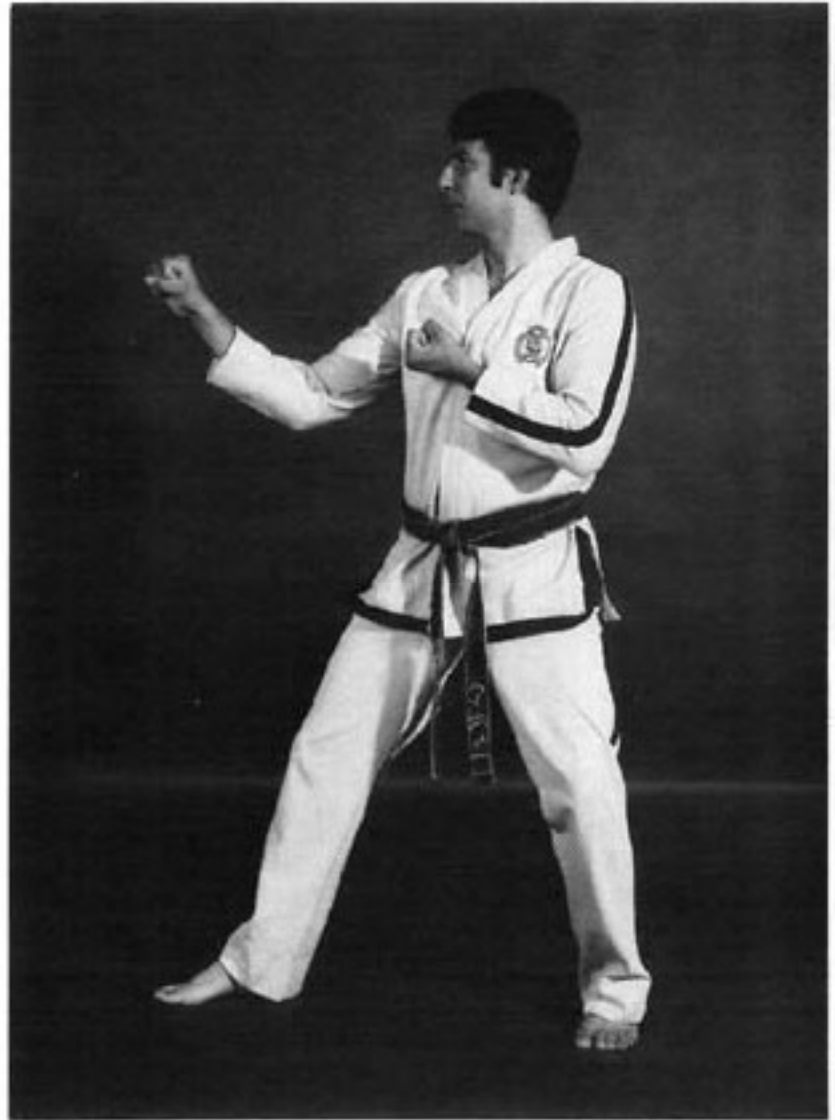
**Application**



**Application**



- 28. Bring the left foot to the right foot, and then move the right foot to A, forming a left L-stance toward A while executing a middle guarding block to A with the forearm.**

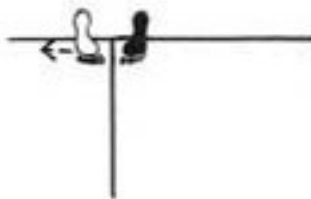
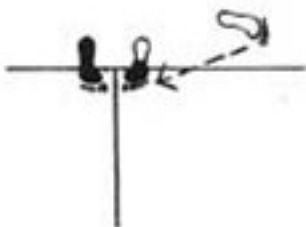


**Left L-stance forearm middle guarding block toward A.**



## Application

## Previous Posture



**END. Bring the right foot back to a ready posture.**

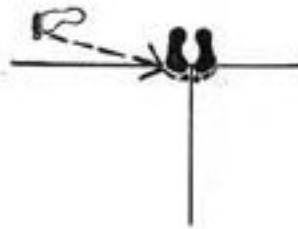


**Close ready stance  
A toward D.**





**Previous Posture**



**Top View**



**Side View**

