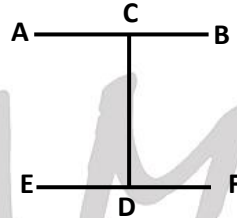


Won Hyo

Won Hyo: (28 movements) was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD. - I Pattern - This form begins and ends in a close ready stance A.



- You will start at C facing D

1. Move the left foot to B, forming a right L (back) stance toward B while executing a twin outer forearm block (C block).
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.
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.
4. Bring the left foot to the right foot and then move the right foot to A, forming a right L (back) stance toward A while executing a twin outer forearm block (C block).
5. Execute a high inward strike to A with the left knife hand while bringing the right side fist in front of the left shoulder.
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.
7. Bring the right foot to the left foot, and then turn the face toward D while forming a right bending ready stance (chambered side kick) toward D.
8. Execute a middle side piercing kick to D with the left foot.
9. Lower the left foot to D, forming a right L (back) stance toward D while executing a middle guarding block to D with knife hands (double knife hand guarding block).
10. Move the right foot to D, forming a left L (back) stance toward D while executing a middle guarding block to D with knife hands (double knife hand guarding block).
11. Move the left foot to D, forming a right L (back) stance toward D while executing a middle guarding block to D with knife hands (double knife hand guarding block).
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 (kwansu). **Kihap**
13. Move the left foot to E, turning counterclockwise to form a right L (back) stance toward E, at the same time executing a twin forearm block to E (C block).
14. Execute a high inward strike to E with the right knife hand while bringing the left side fist in front of the right shoulder.
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.
16. Bring the left foot to the right foot and then move the right foot to F, forming a right L (back) stance toward F while executing a twin outer forearm block (C block).
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.
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.

