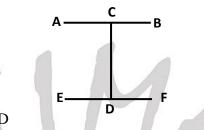
Won Hyo

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.

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

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

21. Lower the right foot to C, forming a right walking (front) stance toward C while executing a middle (reverse) punch to C with the left fist.

22. Execute a circular block (inside-outside block) to CE with the left inner forearm while maintaining a right walking (front) stance toward C.

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

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

25. Turn the face toward C, forming a left bending ready stance (chambered side kick) toward C.26. Execute a middle side piercing kick to C with the right foot.

27. Lower the right foot on line CD, and then move the left foot to B, turning counterclockwise to form a right L (back) stance toward B, at the same time executing a middle guarding block to B with both forearms.

28. Bring the left foot to the right foot, and then move the right foot to A, forming a left L (back) stance toward A while executing a middle guarding block to A with both forearms. Kihap

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