

Great Southern Tae Kwon-Do

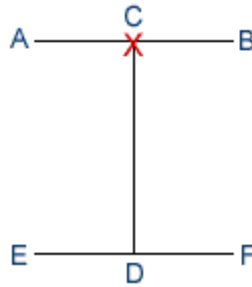
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Won-Hyo



WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.



WON-HYO

Movements - 28

Ready Posture - CLOSED READY STANCE A

Note: The illustrations for this pattern assume that the student is standing on line AB and facing D

1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm 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, maintaining a right L-stance toward B.
 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 left L-stance toward A while executing a twin forearm 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, maintaining a left L-stance toward A.
 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 A 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-stance toward D while executing a middle guarding block to D with a knife-hand.
 10. Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand.
 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.
 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 finger tip.
 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.
 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, maintaining a right L-stance toward E.
 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 left L-stance toward F while executing a twin forearm 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, maintaining a left L-stance toward F.
 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 stance toward C while executing a circular 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 stance toward C while executing a middle punch to C with the left fist.
 22. Execute a circular block to CE with the left inner forearm while maintaining a right walking 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 left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
 25. Turn the face toward C forming a left bending ready stance A 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 counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.
 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.
- END:** Bring the right foot back to a ready posture.