

Won-Hyo Pattern

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

Closed Ready Position A

1. Step the left foot 90 degrees to the left and square block in a left back stance.
2. Right inverted knife hand strike.
3. Shift the left foot into a middle stance and left side punch.
4. Step the left foot to the right, step out with the right foot into a right back stance, and square block.
5. Left inverted knife hand strike
6. Shift the right foot to a middle stance and right side punch.
7. Step the right foot to the left and left double guarding block in a closed stance to the front of the room.
8. Left leg side kick.
9. Land in a left back stance and double knife hand block.
10. Step forward to right back stance and double knife hand block.
11. Step forward to left back stance and double knife hand block.
12. Step forward into a right front stance and right spear hand. **KI-HAP**
13. Turn the left foot 270 degrees to your behind and square block in a left back stance.
14. Right inverted knife hand strike.
15. Shift the left foot into a middle stance and left side punch.
16. Step the left foot to the right, step out with the right foot into a right back stance, and square block.
17. Left inverted knife hand strike.
18. Shift the right foot to a middle stance and right side punch.
19. Step the left foot forward directly to the rear of the room and right scoop block in a left front stance.
20. Right front snap kick.
21. Land in a right front stance and left punch.
22. Without stepping, left scoop block.
23. Left front snap kick.
24. Land in a left front stance and right punch.
25. Right turning side kick.
26. Land in a closed stance facing the front, chambering for the next move.
27. Step the left foot into a left back stance and double guarding block.
28. Step the left foot to the right and step 180 degrees into a right back stance and double guarding block. **KI-HAP**

Right foot returns