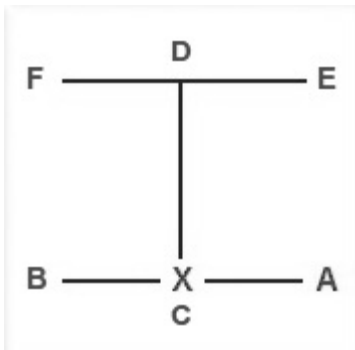


WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.



WON-HYO

Movements - 28

Ready Posture - CLOSED READY STANCE A

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 knifehand, 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 towards 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 knifehand, 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 left foot towards A.
7. Bring the right foot to the left foot, and then turn to face D while forming a right bending ready stance (A) towards 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 towards D, while executing a middle knifehand-guarding block to D.
10. Move the right foot to D, forming a left L-Stance towards D, while executing a middle knifehand-guarding block to D.
11. Move the left foot to D, forming a right L-Stance towards D, while executing a middle knifehand-guarding block to D.
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 fingertips.
13. Move the left foot to E, turning anticlockwise to form a right L-Stance towards E, at the same time executing a twin forearm block.
14. Execute a high inward strike to E with the right knifehand, 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 towards 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 knifehand, 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 left foot towards F.
- 19.** Bring the right foot to the left foot (maintaining the punch with the right hand), lift the left foot off the ground (about 1 inch), at the same time extend the left arm towards AD. Move the left foot to C, forming a left walking stance towards 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 towards C, while executing a middle punch to C with the left fist (foot and fist finishing at the same time).
- 22.** Execute a circular block to CE with the left inner forearm while maintaining a right walking stance towards 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 towards C, while executing a middle punch to C with the right fist (foot and fist finishing at the same time).
- 25.** Turn and face towards C forming a left bending ready stance (A) towards C.
- 26.** Execute a middle side piercing kick to C with the right foot.
- 27.** Lower the right foot on line CF (one foot distance behind the front foot), 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 forearm guarding block to B.
- 28.** Bring the left foot to the right foot, and then move the right foot to A, forming a left L-Stance towards A while executing a middle forearm guarding block to A.

END: Bring the right foot back to Closed Ready Stance A.