

Won-Hyo

27 movements

History: Won-Hyo was the noted monk who introduced Buddhism to the Silla dynasty in the year 686 AD.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Closed ready position A (high) facing North		
1. Step left foot to W, square block to W	W	RB
2. Right upset knife-hand strike to W, pull left fist to right shoulder		
3. Left punch to middle section		
4. Step left foot to right then right foot to E, square block E		LB
5. Left upset knife-hand strike to E, pull right fist to left shoulder		
6. Right punch to middle section		
7. Slide right foot to left, double outer forearm block	N	C
8. Left #1 side kick to N middle section		
9. Reverse side kick	N	RB
10. Right #1 side kick (hands up in guard position)	N	LB
11. Reverse side kick	N	RB
12. Step forward, right reinforced vertical spear hand KIHAP	N	RF
13. Turn CCW 270°, square block	E	RB
14. Right upset knife-hand strike to E, pull left fist to right shoulder		
15. Left punch to middle section		
16. Step left foot to right then right foot to W, square block to W	W	LB
17. Left upset knife-hand strike to W, pull right fist to left shoulder		
18. Right punch to middle section		
19. Step right foot to left, the step left foot to S	S	LF
20. Right reverse circular inner forearm block (scooping block)	S	LF
21. Right #2 front kick		
22. Left reverse punch	S	RF
23. Left circular reverse inner forearm block		
24. Left #2 side kick to S		
25. Reverse side kick to S, set foot down in closed stance KIHAP		
26. Turn CCW, double outer forearm block	W	RB
27. Step left foot to right, then right foot to E, double outer forearm block	W	LB

Right foot returns to ready position

Form Related Self Defense Combos and Sparring Segment (hands in guard position):

(1a) SD: (Form combo 1 – 3) Outer Forearm block (front hand), Upset knife hand strike pulling in with other hand on back of neck, Sweep take-down (slide in) and Punch.

(1b) SS: #1 Front kick, Jab, Cross, and “angry step” Reverse side kick.

(2a) SD: Step back Inner Forearm block (back hand), Jab, #1 Side kick, Reverse Side kick (Jump Optional)

(2b) SS: Other side.