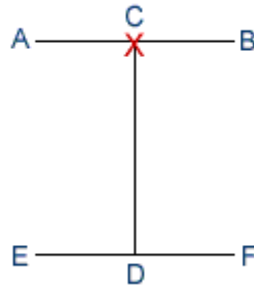


WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

Movements - 28



Starting Position - CLOSED READY STANCE A

The illustration for this pattern assumes that the student is standing on the X 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 right knife-hand strike to B while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.
3. Execute a middle left fist punch to B 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 left knife-hand strike to A while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle right fist punch to A 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 left foot middle side piercing kick to D.
9. Lower the left foot to D forming a right L-stance toward D while executing a middle knife-hand guarding block to D.
10. Move the right foot to D forming a left L-stance toward D while executing a middle knife-hand guarding block to D.
11. Move the left foot to D forming a right L-stance toward D while executing a middle knife-hand guarding block to D.
12. Move the right foot to D forming a right walking stance toward D while executing a right middle straight finger tip thrust to D.
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 right knife-hand strike to E while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.



15. Execute a middle left fist punch to E 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 left knife-hand strike to F while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F.
18. Execute a middle right fist punch to F 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 right inner forearm circular block to CF.
20. Execute a right foot low front snap kick to C, 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 left fist punch to C.
22. Execute a left inner forearm circular block to CE while maintaining a right walking stance toward C.
23. Execute a left foot low front snap kick to C, 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 right fist punch to C.
25. Turn the face toward C forming a left bending ready stance A toward C.
26. Execute a right foot middle side piercing kick to C.
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 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 toward A while executing a middle forearm guarding clock to A.

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