

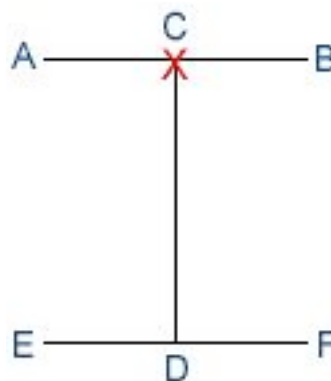


WON-HYO

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

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 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.

Ki-Hap.

태권도



KINETIC

TAE KWON-DO

A FOCUS MARTIAL ARTS SCHOOL

- 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.