

Pattern Won-Hyo

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D. (28 movements).

Starting position	1.Turn left	2.Don't step
Close ready stance A	L-stance	R inward direction
Moa chunbi sogi A	twin outer forearm block	knife hand strike
		
3.Step front foot forward	4.Step left foot to right foot	5.Don't step
fixed stance	Step right foot:L-stance	L inward direction
L side punch	twin forearm block	knife hand strike
		

6.Step front foot forward	7.Step right foot to left	8.Left leg middle
fixed stance	lift left leg into	side kick
R side punch	bending ready stance	
		
9.Step left foot into	10.Step right foot forward	11.Step left foot forward
L-stance	L-stance	L-stance
knife hand guarding block	knife hand guarding block	knife hand guarding block
		
12.Step right foot forward	13.Turn 270 degrees	14.Don't step
walking stance	L-stance	R inward direction
R fingertip thrust	twin forearm block	knife hand strike
		

15.Step left foot forward	16.Step left foot to right foot	17.Don't step
fixed stance	Step right foot:L-stance	L inward direction
side punch	twin forearm block	knife hand strike
		
18.Step front foot forward	19.Step right foot to left foot	20.Right leg
fixed stance	step left foot forward: WS	middle front kick
R side punch	R circular block	
		
21.Right foot lands to form	22.Don't step	23.Left leg
walking stance	L circular block	middle front kick
L reverse punch		
		

24.Left foot lands to form	25.Lift right leg	26.Right leg
walking stance	bending ready stance	middle side kick
R reverse punch		
		
27.Right foot to left foot	28.step left foot to right foot	Step right foot to left
turn 270 degrees: LS	turn 180 degrees: LS	ready position A
forearm guarding block	forearm guarding block	
		