

Won-Hyo (Volume 09 35 to 100)

(index)

PATTERN WON-HYO (WON-HYO TUL)

This pattern is practised by the 6th
grade holder and above.

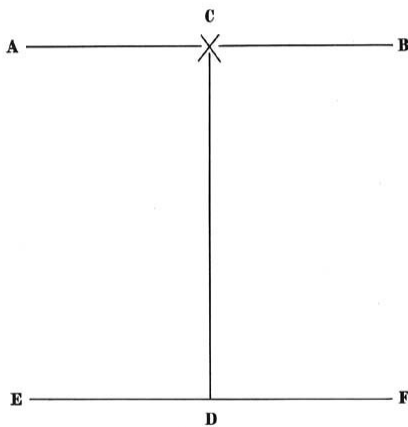
DIAGRAM: I

MOVEMENTS: 28

READY POSTURE: CLOSE READY STANCE A

35

DIAGRAM (Yon Moo Son)



36

Ready Posture (Junbi Jase)

Close ready stance A toward D.



37

1. Move the left foot to B, forming a right L-stance toward B while executing a twin forearm block.



Right L-stance twin forearm block toward B.



38

Keep forearms crossed at the center of the chest, placing the side blocking one inside of the other with both under forearms facing the defender.

Ready Posture



Application



39

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.



Right L-stance knife-hand high inward strike toward B.



40

Previous Posture



Raise the body slightly.



Knife-hand reaches the same level as the neck artery of the attacker.



Top View



Application

41

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.



Left fixed stance middle punch toward B.



42

Previous Posture



Application



43

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.



Left L-stance twin forearm block toward A.

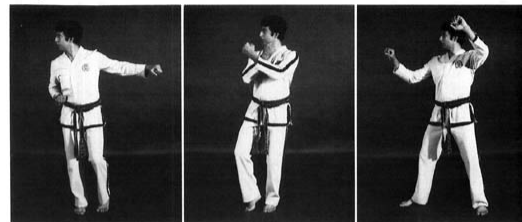


44

Previous Posture



Keep the left heel slightly off the ground.



Application



Side View

45

5. Execute a high inward strike to A with a left knife-hand while bringing the right side fist in front of the left shoulder.

Left L-stance knife-hand high inward strike toward A.



46

Previous Posture



Raise the body slightly.



Knife-hand reaches the same level as the neck artery of the attacker.



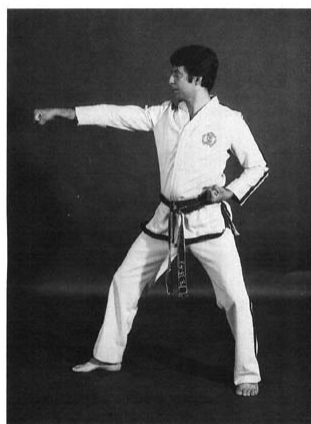
Application



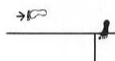
47

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.

Right fixed stance middle punch toward A.



Previous Posture



Application



49

48

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.



Previous Posture



Right bending ready stance A toward D.

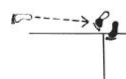


50

Side View



Keep the right heel slightly off the ground.



51

8. Execute a middle side piercing kick to D with the left foot.



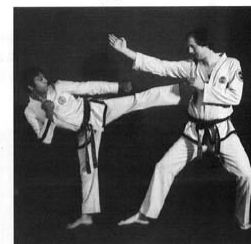
Middle side piercing kick to D with the left foot.



Previous Posture



Application



Side View



Side View



Side View



52

53

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.



Right L-stance knife-hand middle guarding block toward D.



Previous Posture



Application



Side View



Side View



Side View

10. Move the right foot to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.



Left L-stance knife-hand middle guarding block toward D.



Previous Posture



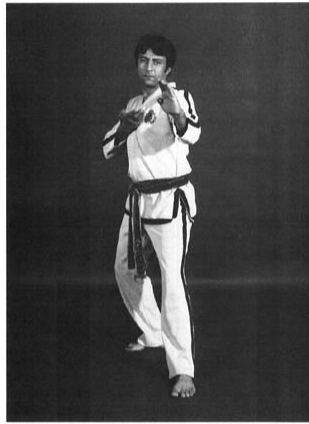
Application



Side View

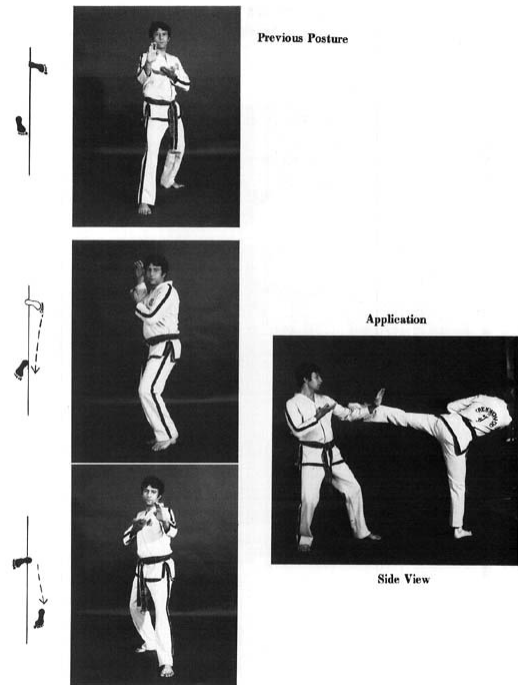


11. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



Right L-stance knife-hand middle guarding block toward D.

58



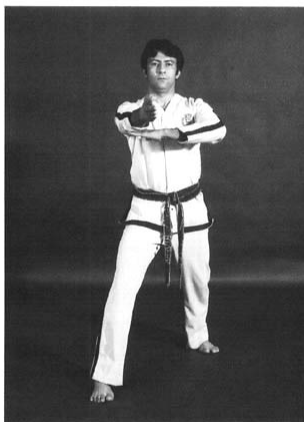
Previous Posture

Application

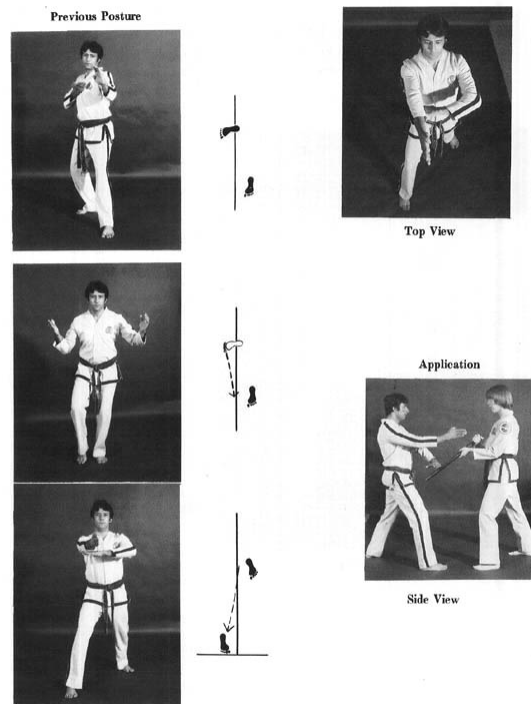
Side View

59

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 fingertip.



Right walking stance straight fingertip thrust toward D.



Previous Posture

Top View

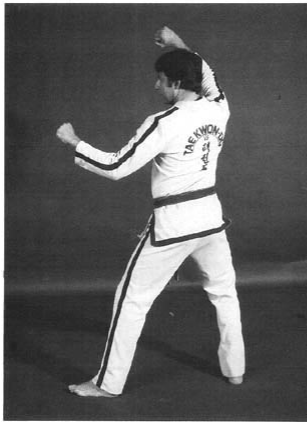
Application

Side View

60

61

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.



Right L-stance twin forearm block toward E.

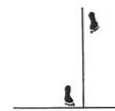


62

Other View

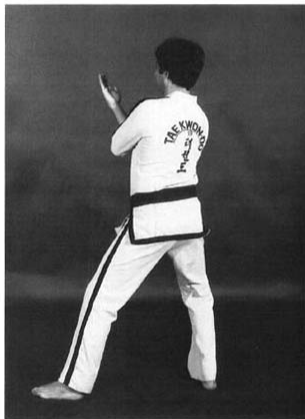


Previous Posture



63

14. Execute a high inward strike to E with the right knife-hand, at the same time bringing the left side fist in front of the right shoulder.



Right L-stance knife-hand high inward strike toward E.



Application



Previous Posture



Raise the body slightly.



Top View



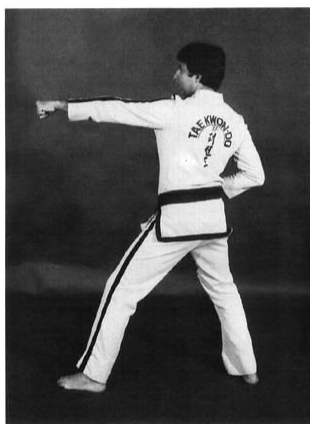
Application

65

64

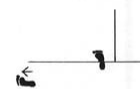
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.

Left fixed stance middle punch toward E.



66

Previous Posture

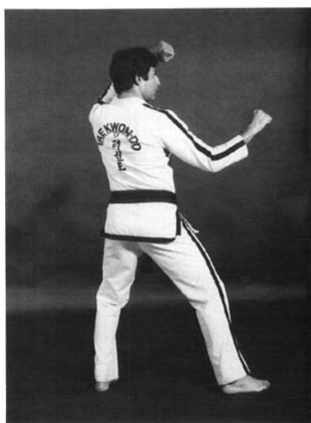


Application



67

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.



Left L-stance twin forearm block toward F.



68

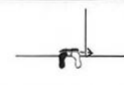
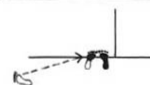
Previous Posture



Other View



Keep the left heel slightly off the ground.

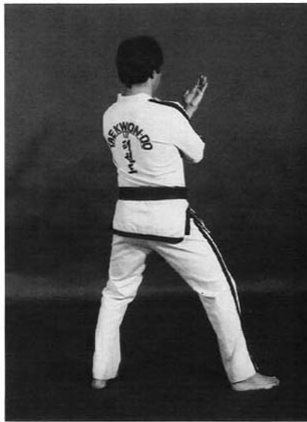


Application



69

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.



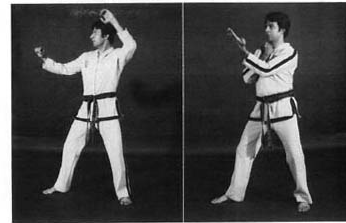
Left L-stance knife-hand high inward strike toward F.



70

Raise the body slightly.

Other View

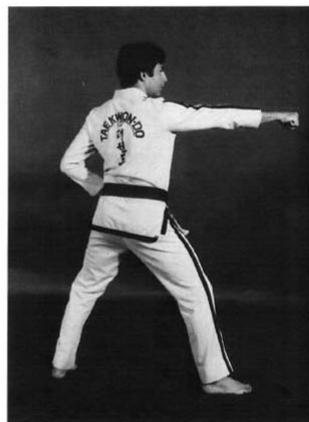


Previous Posture



71

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.

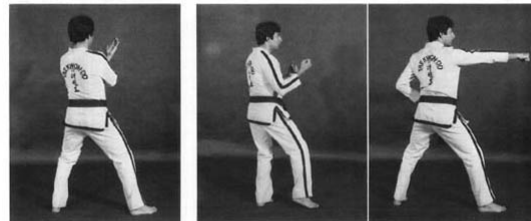


Right fixed stance middle punch toward F.



72

Previous Posture



Application

73

Previous Posture

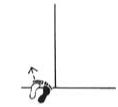
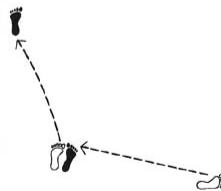


19. Bring the right foot to the left foot, and then move the left foot to C, forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.



Left walking stance toward C with the inner forearm circular block to CE.

74



Keep the right heel slightly off the ground.



Side View

75

Top View



Keep the right heel slightly off the ground.



76

Side View

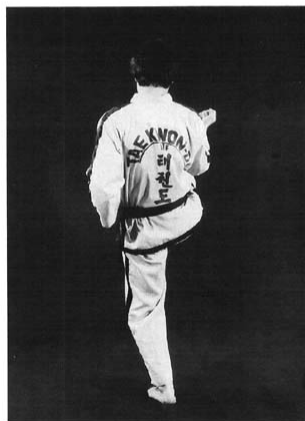


Application of No. 19



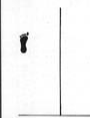
77

20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.



Low front snap kick to C with the right foot.

Previous Posture



Application



Side View

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.



Right walking stance middle punch toward C.

Application



Side View

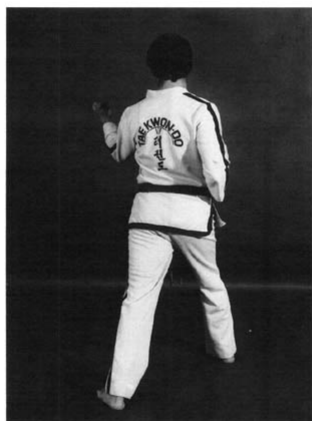
Previous Posture



Side View



22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.



Right walking stance toward C with inner forearm circular block to CE.

82

Previous Posture



Side View



Keep the left heel slightly off the ground.

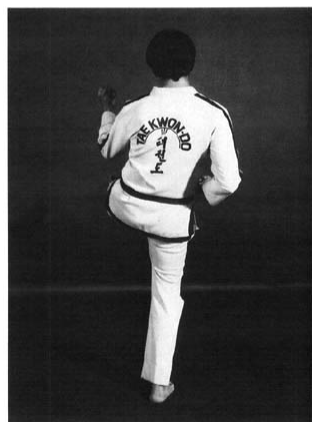


83

Previous Posture



23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.



Low front snap kick to C with the left foot.

84

Application

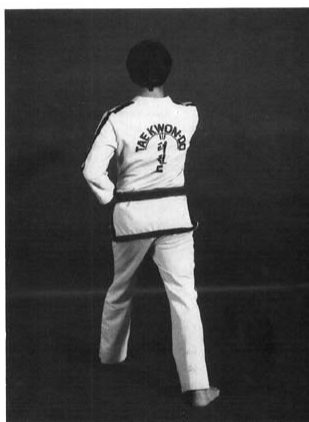


Side View



85

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.



Left walking stance middle punch toward C.

86

Application



Side View

Previous Posture

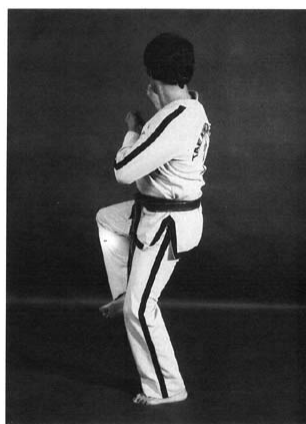


Side View



87

25. Turn the face toward C, forming a left bending ready stance A toward C.



Left bending ready stance A toward C.

88

Previous Posture

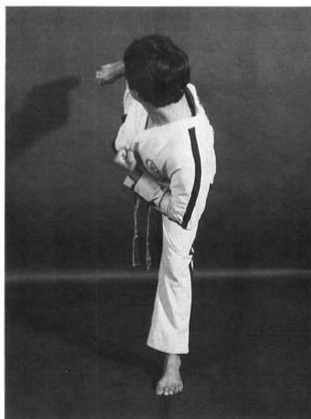


Top View



89

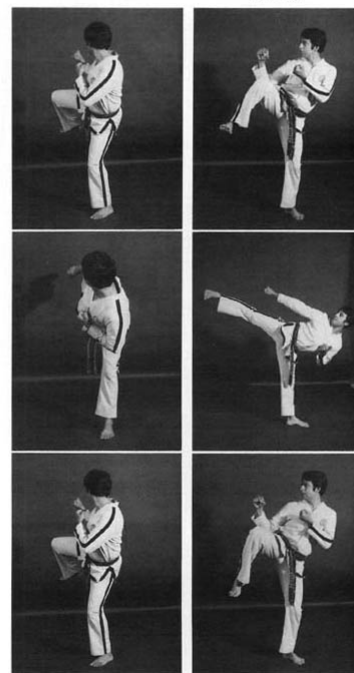
26. Execute a middle side piercing kick to C with the right foot.



Middle side piercing kick to C with the right foot.

90

Side View



91

Application of No. 26

Side View



Side View



Side View

92

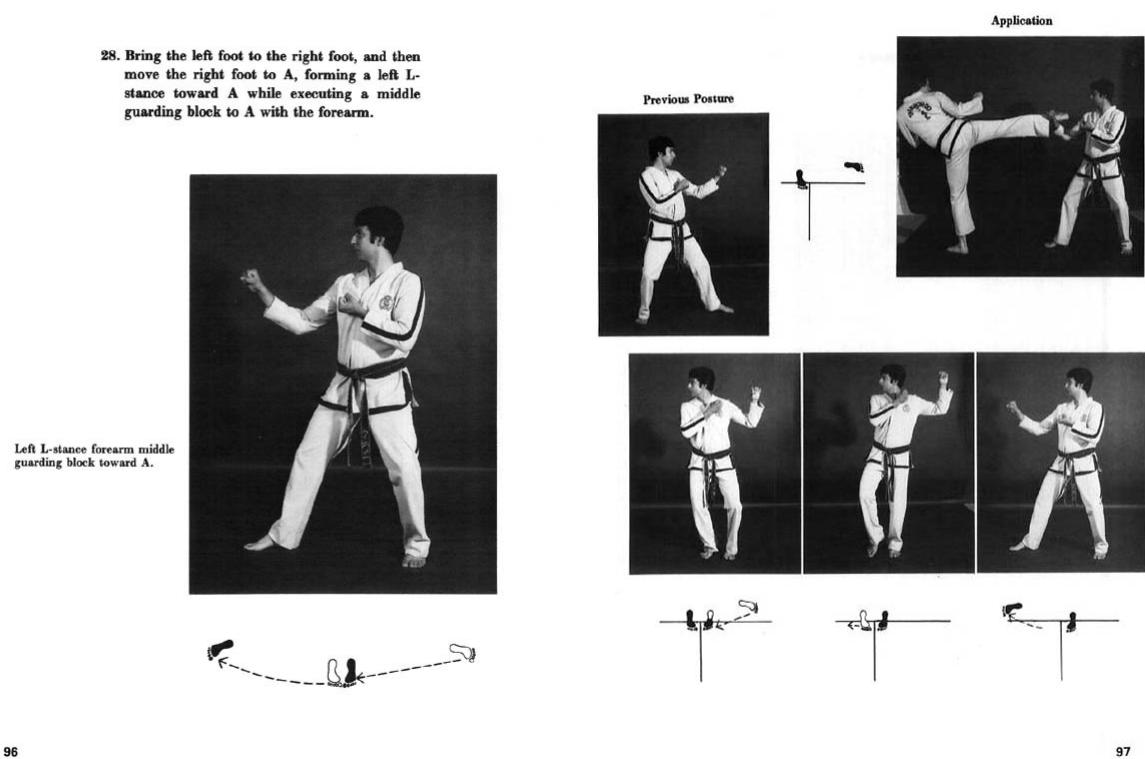
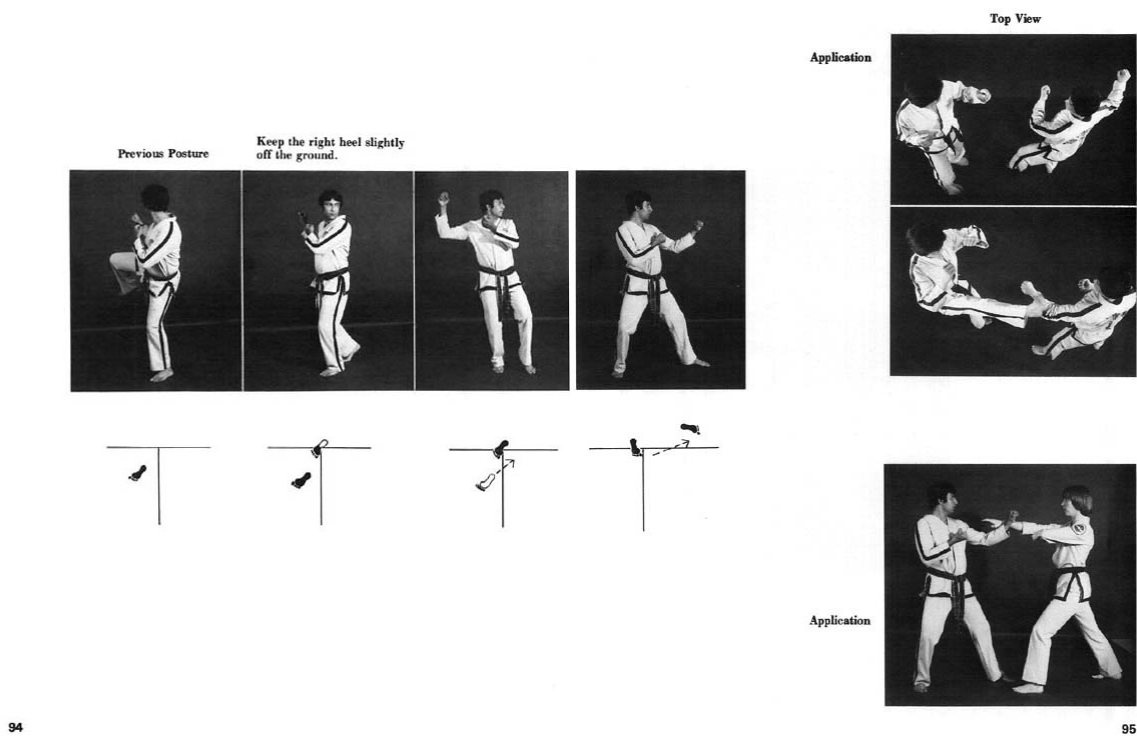
27. Lower the right foot on line CD, and then move the left foot to B, turning counter-clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.



Right L-stance forearm middle guarding block toward B.



93



END. Bring the right foot back to a ready posture.

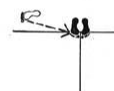


Close ready stance
A toward D.



98

Previous Posture



Top View



Side View



99



100