

#4

The International Original Taekwon-Do Federation

WON-HYO

Movements – 28

Ready Posture – CLOSED READY STANCE A

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

1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block. (*Half Facing*).
2. *Rise up to begin sine wave while bringing the right knife hand in a circular motion to* execute a high inward strike to **BD** with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B. (*Half Facing*).
3. *Shift the weight to the right foot while bringing the left fist to the left hip with backward motion, and then* execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B. (*Half Facing*).
4. *Shift the weight to the right foot and then bring the left foot to the right foot, crossing the fists over the left chest. Rise up to begin the sine wave and then* Move the right foot to A, forming a left L-stance toward A while executing a twin forearm block. (*Half Facing*).
5. *Rise up to begin the sine wave while bringing the left knife hand in a circular motion to* execute a high inward strike to **AD** with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A. (*Half Facing*).
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. (*Perform the same motion as in 3*). (*Half Facing*).
7. *Shift the weight to the left foot and then bring the right foot to the left foot. Shift weight to the right foot,* turn the face toward D while forming a right bending ready stance A, *Rising up on the right leg to begin sine wave. Bring the forearms to the right side and then in a downward motion, execute a guarding block toward D, while lowering into the bending stance completing the sine wave.* (*Half Facing*).
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 [*the left*] knife-hand. (*Half Facing*).
10. Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a [*the right*] knife-hand. (*Half Facing*).
11. Move the left foot to D forming a right L-stance toward D while executing a middle-guarding block to D with a [*the left*] knife-hand. (*Half Facing*).
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. (*Full Facing*).
13. *Shift the weight to the right foot and then turn 180 degrees counter clockwise pulling the left foot to the right foot, (looking over the left shoulder), then* move the left foot to E to form a right L-stance toward E, at the same time executing a twin forearm block. (*Half Facing*).
14. *Rise up to begin the sine wave and then,* execute a high inward strike to EC with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E. (*Half Facing*).
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. (*Perform the same motion as in 3 and 6*). (*Half Facing*).
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. (*Half Facing*).
17. *Rise up to begin the sine wave and then,* execute a high inward strike to FC with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F. (*Half Facing*).
18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping right foot to F. (*Perform the same motion as in 3, 6, and 15*). (*Half Facing*).
19. Bring the right foot to the left foot *shifting the weight to the right 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. (*Perform sine wave by bending down with left knee, scooping up and standing up, and then back down at the completion of the block*). (*Half Facing*).
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. (***Full Facing***).
22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C. ***Note; Perform the motion as in 19. (Half Facing)***.
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. (***Full Facing***).
25. Turn the face toward C, forming a left bending ready stance A, toward C ***executing a mid-section guarding block with the right forearm. (Perform the same as in 7).***
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot on line CD, ***shifting the weight to the right foot***, 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 ***left*** forearm. (***Half Facing***).
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 ***right*** forearm. (***Half Facing***).

End. Return the right foot to the ready posture.