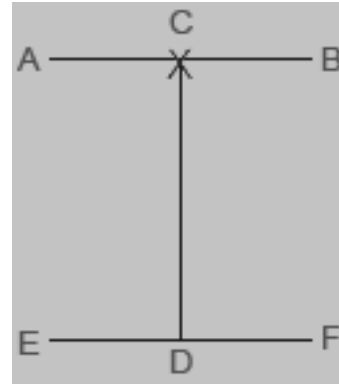


## WON HYO

### Movements - 28

#### Ready Posture - CLOSE READY STANCE – A

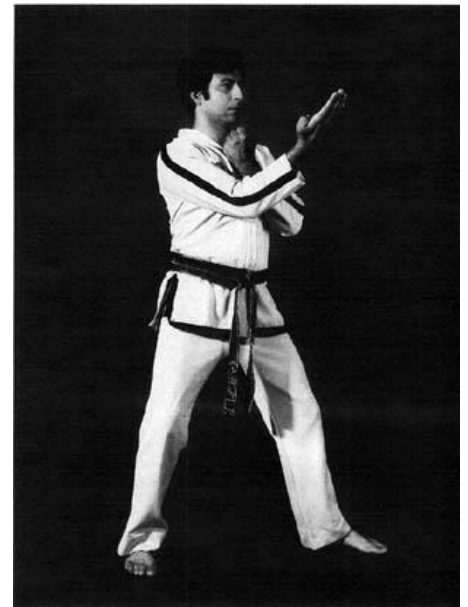
**Interpretation** - WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.



Close ready stance A toward 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 strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder.



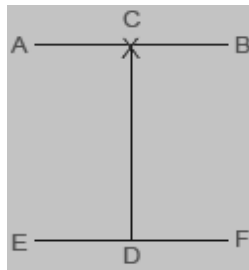
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.



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 a left knife-hand bringing the right side fist in front of the left shoulder.



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.



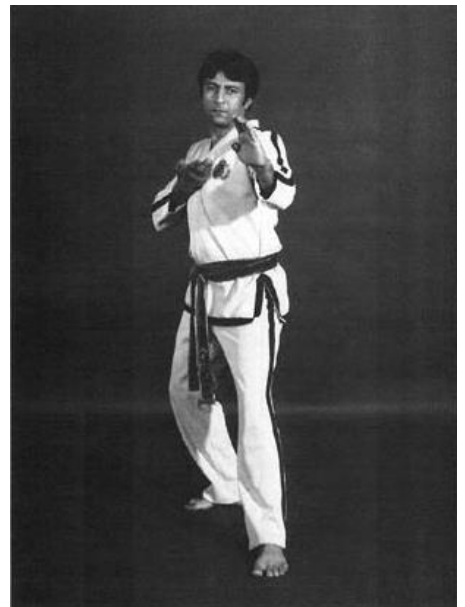
8. Execute a middle side piercing kick to D with the left foot.



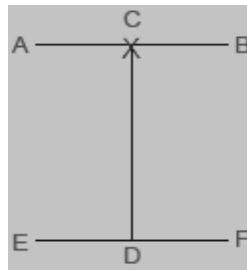
9. Lower the left foot D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



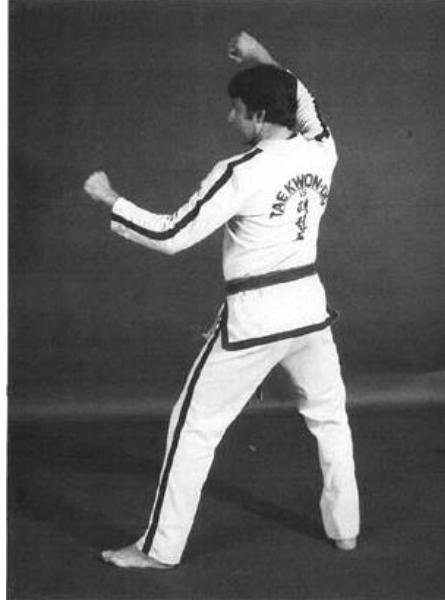
10. Move the right foot to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.



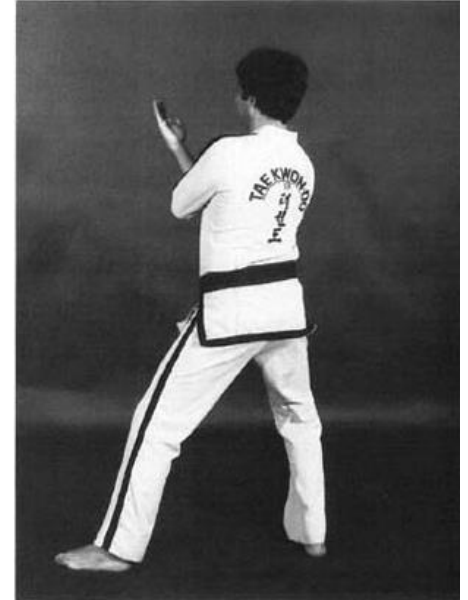
11. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



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 fingertip.



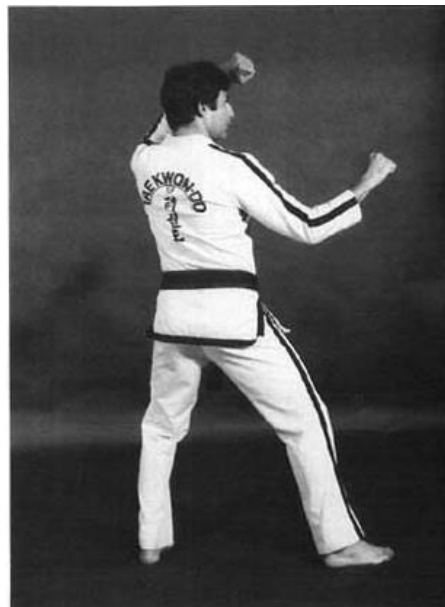
13. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.



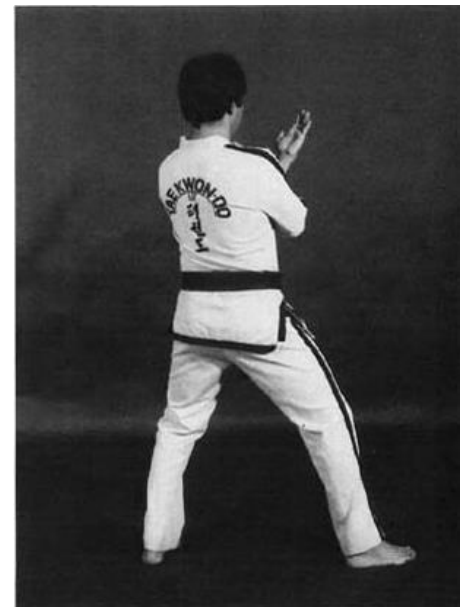
14. Execute a high inward strike to E with the right knife-hand, at the same time bringing the left side fist in front of the right shoulder.



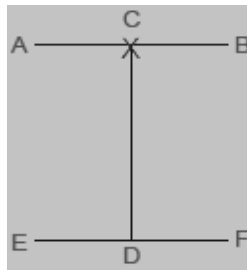
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.



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.



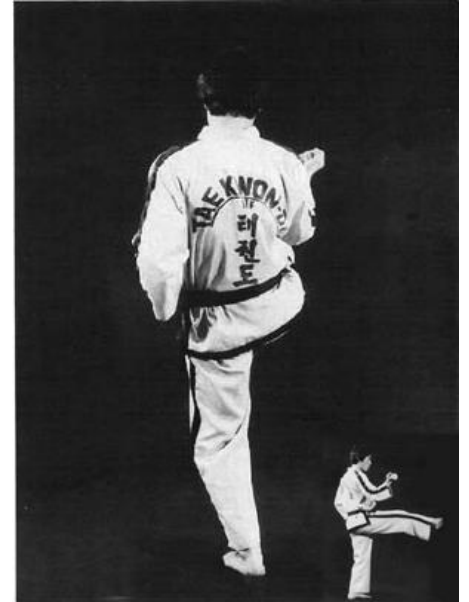
17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder.



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.



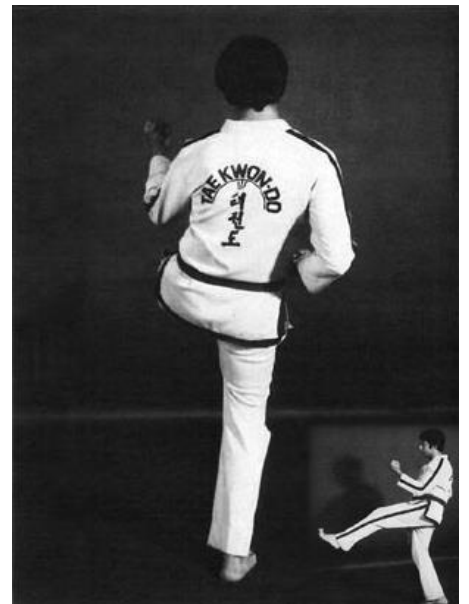
20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19. (Picture side view)



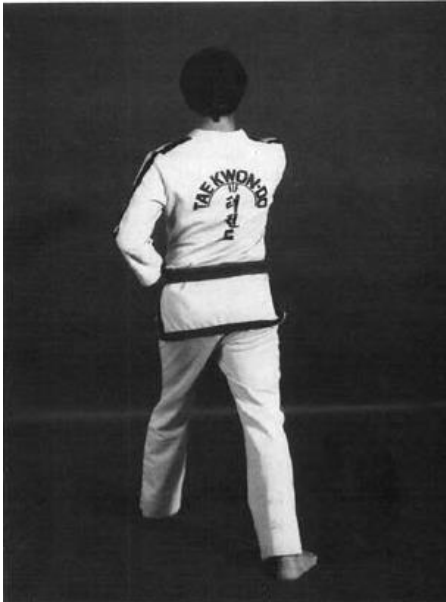
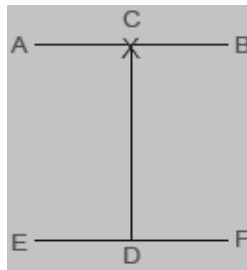
21. Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist. (Picture side view)



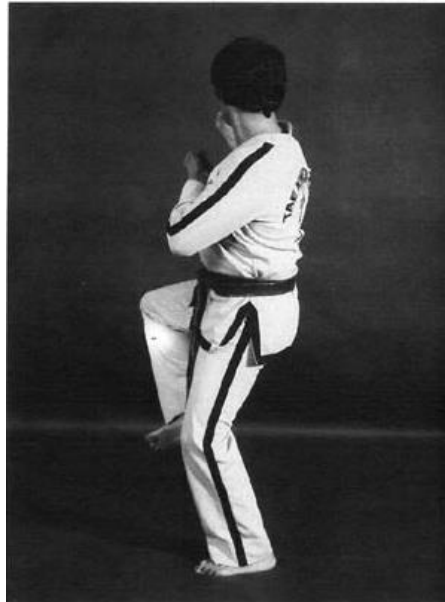
22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C. (Picture side view)



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



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.



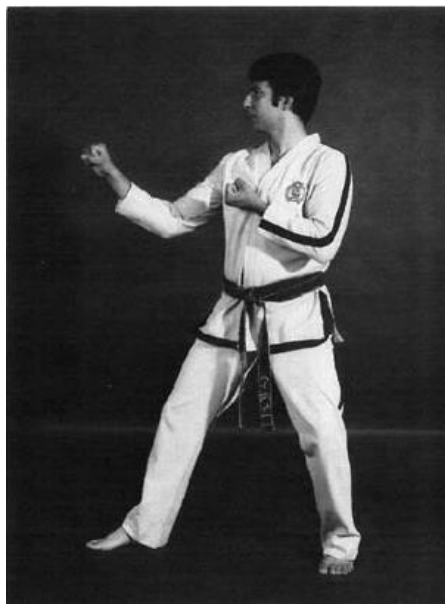
25. Turn the face toward C, forming a left bending ready stance A toward C.



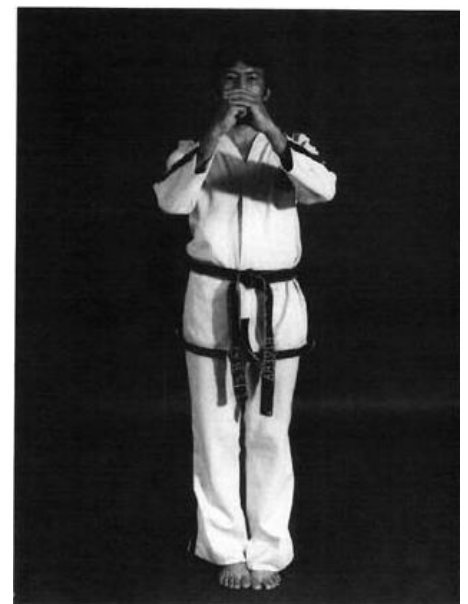
26. Execute a middle side piercing kick to C with the right foot.



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 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.



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