

# WON-HYO TUL

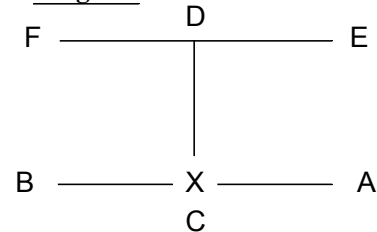
Junbi: Moa junbi sogi (A)

28 Movements

## Definition:

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

## Diagram



## START: Close 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 knifehand, 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 towards 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 knifehand, 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 left foot towards A.
7. Bring the right foot to the left foot, and then turn to face D while forming a right bending ready stance (A) towards 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 towards D, while executing a middle knifehand-guarding block to D.
10. Move the right foot to D, forming a left L-Stance towards D, while executing a middle knifehand-guarding block to D.
11. Move the left foot to D, forming a right L-Stance towards D, while executing a middle knifehand-guarding block to D.
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 fingertips.
13. Move the left foot to E, turning anticlockwise to form a right L-Stance towards E, at the same time executing a twin forearm block.

14. Execute a high inward strike to E with the right knifehand, 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 towards 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 knifehand, 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 left foot towards F.
19. Bring the right foot to the left foot (maintaining the punch with the right hand), lift the left foot off the ground (about 1 inch), at the same time extend the left arm towards AD. Move the left foot to C, forming a left walking stance towards 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 towards C, while executing a middle punch to C with the left fist (foot and fist finishing at the same time).
22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance towards 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 towards C, while executing a middle punch to C with the right fist (foot and fist finishing at the same time).
25. Turn and face towards C forming a left bending ready stance (A) towards C.
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot on line CF (one foot distance behind the front 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 forearm guarding block to B.
28. Bring the left foot to the right foot, and then move the right foot to A, forming a left L-Stance towards A while executing a middle forearm guarding block to A.

**END: Bring the right foot back to Closed Ready Stance A.**