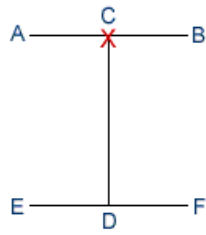


**WON-HYO**

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



**WON-HYO  
Movements - 28  
Ready Posture –  
CLOSED 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 knife-hand 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 to B.

## INTERNATIONAL TAEKWON-DO FEDERATION



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 knife-hand 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 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.

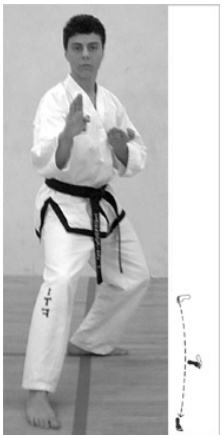
## INTERNATIONAL TAEKWON-DO FEDERATION



**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 knife-hand.



**10.** Move the right foot to D forming a left L-stance toward D while executing a 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.

## INTERNATIONAL TAEKWON-DO FEDERATION



- 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 finger tip.



- 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 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 to E.

## INTERNATIONAL TAEKWON-DO FEDERATION



- 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, 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 right foot to F.

## INTERNATIONAL TAEKWON-DO FEDERATION



- 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.**



- 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.



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

## INTERNATIONAL TAEKWON-DO FEDERATION



- 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



- 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.

## INTERNATIONAL TAEKWON-DO FEDERATION



- 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.



- 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.