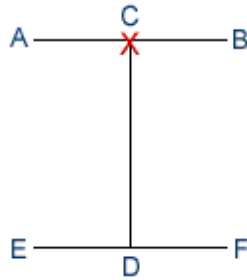




Sparks TaeKwon-Do

Pattern: WON-HYO Belt Level: Green Belt

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.
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.
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.
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.
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.
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.
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.
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 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 clock to A with the forearm.
- END Bring the right foot back to a ready posture.