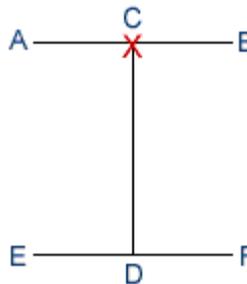


WON-HYO

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

**Korean for each technique in
WON-HYO**

01. Niunja so sang palmok makgi
02. Niunja so sonkal nopunde anuro taerigi
03. Gojung so ap joomuk kaunde jirugi
04. Niunja so sang palmok makgi
05. Niunja so sonkal nopunde anuro taerigi
06. Gojung so ap joomuk kaunde jirugi
07. Guburyo junbi sogi
08. Kaunde yopcha jirugi
09. Niunja so sonkal kaunde daebi makgi
10. Niunja so sonkal kaunde daebi makgi
11. Niunja so sonkal kaunde daebi makgi
12. Gunnun so sun sonkut tulgi
13. Niunja so sang palmok makgi
14. Niunja so sonkal nopunde anuro taerigi
15. Gojung so ap joomuk kaunde jirugi
16. Niunja so sang palmok makgi
17. Niunja so sonkal nopunde anuro taerigi
18. Gojung so ap joomuk kaunde jirugi
19. Gunnun so an palmok dollimyo makgi
20. Najunde apcha busigi
21. Gunnun so ap joomuk kaunde bandae jirugi
22. Gunnun so an palmok dollimyo makgi
23. Najunde apcha busigi
24. Gunnun so ap joomuk kaunde bandae jirugi
25. Guburyo junbi sogi
26. Kaunde yopcha jirugi
27. Niunja so palmok kaunde daebi makgi
28. Niunja so palmok kaunde daebi makgi