

# Won-Hyo Tul

The Pattern is named after the Silla Dynasty Monk who introduced Buddhism to Korea in 686 AD. There are 28 techniques in total, starting towards 'D' in Close Stance 'A'.

1. Move the left foot towards B whilst forming a right L Stance twin forearm block
2. Perform a high section inwards strike with the right knife hand whilst maintaining a right L Stance
3. Slip the left foot into a left fixed stance towards B whilst performing a side punch with the left forefist
4. Move the left foot to the right stepping with the right foot into a left L Stance twin forearm block
5. Perform a high section inwards strike with the left knife hand whilst maintaining a left L Stance
6. Slip the right foot into a right fixed stance towards A whilst performing a side punch with the right forefist
7. Bring the right foot to the left foot and then turn towards D whilst forming a Right Bending Ready Stance 'A' towards direction D
8. Perform a mid section Side Piercing Kick towards D
9. Lower the foot into a left L Stance towards D performing a knife Hand guarding Block
10. Step Towards D into a right L Stance towards D performing a knife Hand guarding Block
11. 1Step Towards D into a left L Stance towards D performing a knife Hand guarding Block
12. Step Towards D into a walking stance straight finger tip thrust
13. Step forwards then turn towards A whilst forming a right L Stance twin forearm block
14. Perform a high section inwards strike with the right knife hand whilst maintaining a right L Stance
15. Slip the left foot into a left fixed stance towards A whilst performing a side punch with the left forefist
16. Move the left foot to the right stepping with the right foot into a left L Stance twin forearm block towards B
17. Perform a high section inwards strike with the left knife hand whilst maintaining a left L Stance
18. Slip the right foot into a right fixed stance towards B whilst performing a side punch with the right forefist.
19. Step towards C in a Left Walking Stance Circular Block
20. Perform a Low Section Front Snap Kick towards C
21. Lower the Right Foot into a Right Walking Stance performing a mid section reverse punch
22. Perform a Circular Block towards C whilst maintaining a Right Walking Stance
23. Perform a Low Section Front Snap Kick towards C
24. Lower the Left Foot into a Left Walking Stance performing a mid section reverse punch
25. Bring the right foot to the left foot and then turn towards D whilst forming a Left Bending Ready Stance 'A' towards direction C
26. Perform a mid section Side Piercing Kick towards C
27. Lower the foot and turn towards B in a Left L Stance Forearm Guarding Block
28. Bring the Left foot towards the right foot and step with the right foot towards A in a Right L Stance Forearm Guarding Block. Shout "Won Hyo" after the breath.