

# Won-Hyo Tul

**The Pattern is named after the Silla Dynasty Monk who introduced Buddhism to Korea in 686 AD. There are 28 Movements in total, starting towards 'D' in Closed Ready 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 brining the left side fist in front of the right shoulder 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 left 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 middle side piercing kick towards D with the left foot
9. Lower the left foot to D forming a right L Stance middle forearm guarding block
10. Move the right foot to D forming a left L Stance middle forearm guarding block
11. Move the left foot to D forming a right L Stance middle forearm guarding block
12. Move the right foot to D performing a walking stance straight finger tip thrust
13. Move the left foot towards E, turning counter clockwise to form a right L stance twin forearm block towards E
14. Perform a high section inwards strike with the right knife hand brining the left side fist in front of the right shoulder whilst maintaining a right L Stance
15. Slip the left foot into a left fixed stance towards E 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 F
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 left fixed stance towards F whilst performing a side punch with the right forefist
19. Move the right foot to the left and then move the left foot towards C forming a left walking stance towards C whilst performing a circular block to CF with the right inner forearm
20. Perform a low front snap kick to C with the right foot keeping the hands in the same position as they were in 19
21. Lower the right foot forming a right walking stance whilst performing a left middle punch
22. Perform a circular block towards CE with the left inner forearm whilst maintaining a right walking stance towards C
23. Perform a low front snap kick to C with the left foot keeping the hands in the same position as they were in 22
24. Lower the left foot forming a left walking stance right middle punch Turn the face towards C forming a left bending ready stance 'A' towards C
25. Perform a middle side piercing kick towards C with the right foot
26. Lower the right foot on line CD and then move the left foot towards B turning counter clockwise to form a right L stance middle forearm guarding block
27. Move the left foot towards the right before moving the right foot to A into a left L stance performing a middle forearm guarding block