

WonHyo

- WonHyo contains 28 movements .
- "Was the noted monk who introduced Buddhism to the silla dynasty in the year of 686 A.D.."

Special Choonbee position - left hand forms a "C" shape, covering the right fist. Held at eye level.

Wait for begin command. Cross arms into an X, bending knees and looking left.

1. Turn left 90°, stepping into an L stance, double block.
2. Right inward knifehand while left hand comes in to your chest.
3. Left punch in a fixed stance.
Bring left leg back, keeping knees bent, cross arms into an X, look right.
4. Turn right 90°, stepping into an L stance, double block.
5. Left inward knifehand while right hand comes in to your chest.
6. Right punch in a fixed stance.
Bring right leg back, T stance.
Reach up behind your right ear with both arms
7. Left Guarding stance while standing on right leg.
8. Step left leg forward into a left L stance, left knifehand guarding block.
9. Step right leg forward into a right L stance, right knifehand guarding block.
10. Step left leg forward into a left L stance, left knifehand guarding block.
11. Rotate left arm down while stepping forward into a right walking stance, right spearhand strike.
twist your body left,
12. Step left leg up 270° to an L stance, double block.
13. Right inward knifehand while left hand comes in to your chest.
14. Left punch in a fixed stance.
Bring left leg back, keeping knees bent, cross arms into an X, look right.
15. Turn right 90°, stepping into an L stance, double block.
16. Left inward knifehand while right hand comes in to your chest.
17. Right punch in a fixed stance.
18. Bring right leg back, T stance.
19. Step left leg forward into a walking stance, right scooping block.
20. Right leg front snap kick, stepping down into a right walking stance.
21. Left reverse punch.
22. Left scooping block.
23. Left leg front snap kick, stepping down into a left walking stance.
24. Right reverse punch.
25. Reach both arms up behind your left ear.
26. Right guarding stance while standing on left leg.
27. Turn 270° into a left back stance, guarding block.
Bring left leg in, keeping knees bent, bringing arms behind left ear.
28. Step into a right L stance, right guarding block.

End- wait for instructor's command to return to Choonbee. Be sure to return to the special Choonbee position associated with Won Hyo.