

Won-Hyo  
Close Ready Stance A

1. Step left foot into a right L-stance (facing west) while executing a twin forearm block.
2. Maintain right L-stance while executing a (guarded, inward) reverse knife-hand strike to the northwest (left side-fist to right shoulder).
3. Shift left foot into a right fixed stance (facing west) while executing a (middle) straight punch.
4. Step left foot to right foot and step right foot into a left L-stance (facing east) while executing a twin forearm block.
5. Maintain left L-stance while executing a (guarded, inward) reverse knife-hand strike to the northeast (right side-fist to left shoulder).
6. Shift right foot into a left fixed stance (facing east) while executing a (middle) straight punch.
7. Draw right foot into a left vertical stance (facing east) and snap left foot into a right bending ready stance (facing north).
- 8a. Simultaneously execute a (middle, left leg) side-piercing kick and a (high) straight punch to the north.
- 8b. Set down into a right L-stance (facing north) while executing a double knife-hand block.
9. Step right foot into a left L-stance (facing north) while executing a double knife-hand block.
10. Step left foot into a right L-stance (facing north) while executing a double knife-hand block.
11. Step right foot into a right walking stance (facing north) while executing a (straight, guarded) spear-finger strike (left hand executes a downward palm block under right elbow, hands start palm forward in front of outer shoulders.)
12. Spin counterclockwise on right foot and step left foot into a right L-stance (facing east) while executing a twin forearm block.
13. Maintain right L-stance while executing a (guarded, inward) reverse knife-hand strike to the southeast (left side-fist to right shoulder).
14. Shift left foot into a right fixed stance (facing east) while executing a (middle) straight punch.
15. Draw left foot to right foot and step right foot into a left L-stance (facing west) while executing a twin forearm block.
16. Maintain left L-stance while executing a (guarded, inward) reverse knife-hand strike to the southwest (right side-fist to left shoulder).
17. Shift right foot into a left fixed stance (facing west) while executing a (middle) straight punch.
18. Maintain hand locations while drawing right foot into a close ready stance (facing south) (right fist extended palm down to the west, left fist palm up on left hip).
19. Step left foot into a left walking stance (facing south) while executing a reverse circle block (upper body faces southeast).
- 20a. Maintain block while executing a (high, right leg) front snap kick to the south.
- 20b. Set down into a right walking stance (facing south) while executing a (middle) reverse punch.
21. Maintain right walking stance while executing a reverse circle block to the south

(upper body faces southwest).

- 22a. Maintain block while executing a (high, left leg) front snap kick to the south.
- 22b. Set down into a left walking stance (facing south) while executing a (middle) reverse punch.
- 23. Snap right foot into a left bending ready stance (facing south).
- 24a. Simultaneously execute a (middle, right leg) side-piercing kick and a (high) straight punch to the south.
- 24b. Set down at west side of left foot, spin counterclockwise on right foot and step left foot into a right L-stance (facing west) while executing a guarding block.
- 25. Step left foot to right foot and step right foot into a left L-stance (facing east) while executing a guarding block.

### **Move Right Foot To Paro**

Pattern Count: 25

(Techniques: 29)

Definition: **Won-Hyo:** For the Se-Jong student Won-Hyo is a warning not to concentrate only on the physical aspects of one's life. The Five Appreciations of Se-Jong will aid the student in developing a holistic approach to the art.

( 7<sup>th</sup>. Grade-Gold Belt with Green Stripe---Hint of Maturity.)