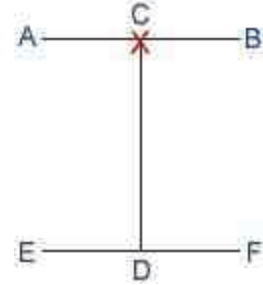


Won-Hyo (with Competition Notes)

Won-Hyo (617 - 686) was a monk who introduced Buddhism to the Silla Dynasty in the year of 686 AD.

Won-Hyo was one of the leading thinkers, writers and commentators of the Korean Buddhist tradition. With his life spanning the end of the Three Kingdoms period and the beginning of the Unified Silla, Won-Hyo played a vital role in the reception and assimilation of the broad range of doctrinal Buddhist streams that flowed into the Korean peninsula at the time.



Number of Movements: 28

Start Position: In **Closed Ready Stance A** at C facing towards D; judges viewing from D

1) Look to your left and then move the left foot left, forming a **Right L-Stance** while executing a *half-facing Twin Forearm Block*.

- To chamber, drop into the sine wave as you cross your wrists while bending both knees and shifting your weight onto the right leg as you rise up into the sine wave
- When executing, drop into the end of the sine wave as you move your left foot to its final position and pivot the right foot slightly inward
- When finished, the lead arm will have the fist at eye-level with the elbow pointing downward, the other fist executing a rising block, and the upper body half-facing
- The L-Stance is one and a half shoulder widths in length from the toes of the front foot to the foot sword of the rear foot, forming almost a right angle, or 'L'; Feet are pointed 15 degrees inwards placing the front heel beyond the heel of the rear foot by approximately 1 inch. The rear leg is bent until the knee cap forms a vertical line with the toes and the front leg is bent proportionally; ; Keep the hip aligned with the inner knee joint; always Half-Facing; The body weight is distributed with 70% on the back leg and 30% on the front and is half-facing

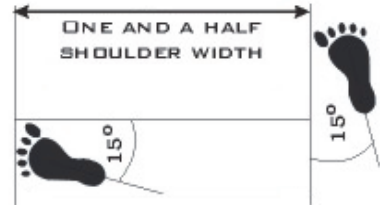


2) Maintain your **Right L-Stance** (i.e. left foot forward facing B) and execute a *half-facing High Inward Strike* with a right knife-hand while bringing the left fist in front of the right shoulder.

- Since we are already in an L-Stance, we don't need to move our feet but we do need to make a sine wave so bend at the knees
- To chamber, bring each loosely-clenched fist back to be in line with the shoulders at eye level while at the height of the sine wave
- When finished, the striking hand will be at neck-level with the palm upward, the other fist a few inches in front of the right shoulder, and the upper body half-facing

3) Execute a *half-facing Middle Punch* towards B with the left fist while forming a **Left Fixed Stance** toward B.

- To chamber, drop into the sine wave as you while retracting your lead leg halfway to the rear leg; as you rise up into the sine wave, twist your waist so that you are completely side-facing
- When executing, drop into the end of the sine wave as you move your lead foot to its final position while performing the punch
- When finished, the punching fist will be at shoulder-level, the other fist at your belt, and the upper body half-facing
- Fixed stance is similar to the L-stance but, unlike L-stance, the body weight is distributed evenly across both legs and the distance between the big toe of each foot is one and a half shoulder widths



4) Move your left foot to your right foot and then move the right foot towards A, forming a **Left L-Stance** while executing a *half-facing Twin Forearm Block*.

- To chamber, drop into the sine wave as you cross your wrists while bending both knees and shifting your weight onto the right leg; as you rise up into the sine wave, move the left foot to the right foot to form a **Closed Stance** facing D



- When executing, drop into the sine wave as you move your right foot to its final position and pivot the left foot slightly inward
- When finished, the lead arm will have the fist at eye-level with the elbow pointing downward, the other fist executing a rising block, the upper body will be half-facing, and the rear foot returned to the starting position on the center line

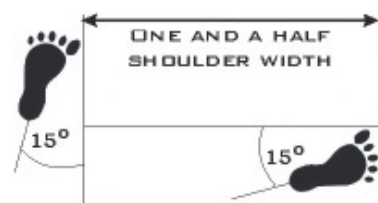


5) Maintain your **Left L-Stance** (i.e. left foot forward facing A) and execute a *half-facing High Inward Strike* with a left knife-hand while bringing the right fist in front of the left shoulder.

- Since we are already in an L-Stance, we don't need to move our feet but we do need to make a sine wave
- To chamber, bring each loosely-clenched fist back to be in line with the shoulders at eye level while at the height of the sine wave
- When finished, the striking hand will be at neck -level with the palm upward, the other fist a few inches in front of the left shoulder, and the upper body half-facing

6) Execute a **Middle Punch** towards A with the right fist while forming a *half-facing Right Fixed Stance* toward A.

- See notes for #3



7) Bring the right foot to the left foot and then turn the face toward D and then form a *half-facing Right Bending Ready Stance A* toward D

- Bending ready stance is classified into two types: A and B. Bending ready stance A is performed by using a bending stance where the sole of the foot is brought to the knee of the standing leg, which is slightly bent. The hands are forming an outer forearm guarding block
- Bending Ready Stance A is performed by using a bending stance where the sole of the foot is brought close to the knee of the standing leg, which is slightly bent, without actually touching the knee. The hands are forming an outer forearm guarding block with the wrist of the lead arm pointed down and the wrist of the close arm pointed up
- To chamber, bring both hands behind your right ear as you shift almost all your weight onto the right leg while you bring your left foot next to your right foot; the sine wave does not start until the feet have been brought together
- To execute, snap both hands forward while your left leg snaps upward to the knee of the other leg; the toes of foot of the risen leg should be pulled back so that it is in the form required for a side kick
- When executing, make sure to emphasize a "snap" and the very end



8) Chamber and execute a *Middle Side Piercing Kick* towards D with the left foot.

- Do not drop your leg from the previous stance before chambering this kick
- From the encyclopedia, 1999 5th ed., p.254: **Side Piercing Kick (Yopcha Jirugi)**
 "...The attacking tool must reach the target in a straight line with a revolving motion... Keep the toes of the kicking foot faced slightly downward and the toes of the stationary foot pointing about 75 degrees outward at the moment of impact... For maximum height, lean the body away from the kick as far as possible while still maintaining the balance... The stationary foot pivots allowing the hip to rotate with the kick."
- From the encyclopedia, 1999 5th ed., p.252: **Middle Kick (Kaunde Chagi)**
 "If the attacking tool reaches the same level of the attacker's shoulder at the moment of impact, it is called a middle kick."
- To chamber, withdraw your lead leg to your rear leg as you pivot the rear foot so that its heel points towards the target, then raise the knee of the right foot as high as possible and align with your solar plexus
- When kicking, the hips should stay over the supporting leg and the shoulders, hips, and the kicking foot should be in line; note that the hands do not pull back in a dividing motion but maintain the guarding position
- Since this is a middle kick, the target should be about the same height as the attacker's shoulder at the moment of impact
- This technique ends with the striking leg extended; do not lower foot when done

9) Lower the left foot to D forming a **Right L-Stance** toward D while executing a **half-facing Middle Knife-hand Guarding Block**

- To chamber, bring your arms behind your head and behind the head with fists loosely clenched as you lower your left leg to your right leg; this is required for producing the proper sine wave
- To execute, drop into the stance while snapping the arms forward
- When executing, slide your left leg forward into its final position towards D as you pivot your rear foot to point to A
- When completed, your rear foot should still be at the spot where you started this pattern, your lead hand will be at shoulder level facing away from you and your other hand in front of your solar plexus, palm up
- From the encyclopedia, p.234: **Guarding Block (Daebi Makgi)**
"1. Keep the blocking tool Half-Facing the target at the moment of blocking. 2. Bring the opposing Knife-Hand or side fist in front of the chest 3 centimeters from the body... 3. Keep the body Half-Facing the target at all times."
- When chambering, make sure not to turn your face away from the opponent in front of you; also, do not bring the rear foot in front of and across the front foot – the rear foot needs only to move in a straight line
- By the time that the chamber is complete, your body should be in its final facing
- Don't rock forward when demonstrating the sine wave
- Since this is a middle block, the finger tips end at shoulder height

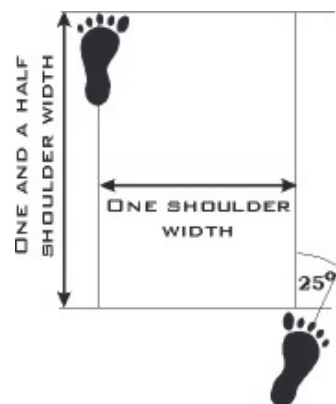
10) Move the right foot forward to form a **Left L-Stance** and execute a **half-facing Middle Knife-hand Guarding Block**

- To chamber, bring your arms behind your head as you draw your left leg to your right leg
- When executing, move your left foot forward into its final position towards D as you pivot your rear foot to point to B
- When completed, your lead hand will be at shoulder level facing away from you and your other hand in front of your solar plexus, palm up

11) Move the left foot forward to form a **Right L-Stance** and execute a **half-facing Middle Knife-hand Guarding Block**



12) Move forward into a **Right Walking Stance** while executing a *full-facing Middle Vertical Fingertip Thrust* with the fingertips of the left hand under the right elbow. **Ki-Hap**



- The **Vertical Fingertip Thrust** is sometimes called a **Straight Fingertip Thrust**, **Spear hand Strike**, or **Spear-hand Thrust**
- A Vertical Fingertip Thrust is executed with the hand held vertically (rather than horizontally, which would have the palm facing the ground)
- The Vertical Fingertip Thrust ends with the non-striking hand under the elbow of the striking arm; The purpose of this is so the non-striking hand would push down a blocking arm or striking hand allowing thus allowing the striking hand an opportunity reach the opponent
- From the encyclopedia, volume 3, p.83: **Thrusting Technique** (Tulgi) *“The fingertip and elbows are the principal tools for this technique... This (fingertip thrust technique) is executed almost in the same manner as that of the fore fist, except that the attacking tool does not have to be drawn from the hip.”*
- “Flat” fingertip thrusts have the palm facing down whereas “Straight” fingertip thrusts orient the hand with the palm to the side and the thumb on top

13) Pivot on your lead leg turning counter-clockwise to form a **Right L-Stance** towards E while executing a *half-facing Twin Forearm Block*

- When finished, the lead arm will have the fist at eye-level with the elbow pointing downward, the other fist executing a rising block, and the upper body half-facing

14) Maintain your **Right L-Stance** (i.e. left foot forward facing E) and execute a *half-facing High Inward Strike* with a right knife-hand while bringing the left fist in front of the right shoulder.

- When finished, the striking hand will be at eye-level with the palm upward, with the fist of the other hand held a few inches in front of the right shoulder, and the upper body half-facing

15) Execute a **Middle Punch** towards E with the left fist while forming a *half-facing Left Fixed Stance* toward E.

- To chamber, drop into the sine wave as you while retracting your lead leg halfway to the right leg; as you rise up into the sine wave, twist your waist so that you are completely side-facing
- When executing, drop into the sine wave as you move your left foot to its final position while performing the punch
- When finished, the punching fist will be at shoulder-level, the other fist at your belt, and the upper body half-facing

16) Move your left foot to your right foot and then move the right foot towards F, forming a **Left L-Stance** while executing a *half-facing Twin Forearm Block*.

- To chamber, drop into the sine wave as you cross your wrists while bending both knees and shifting your weight onto the right leg; as you rise up into the sine wave, move the left foot to the right foot to form a **Closed Stance** facing C
- When executing, drop into the sine wave as you move your right foot to its final position and pivot the left foot slightly inward
- When finished, the lead arm will have the fist at eye-level with the elbow pointing downward, the other fist executing a rising block, and the upper body half-facing

17) Maintain your **Left L-Stance** (i.e. left foot forward facing F) and execute a *half-facing High Inward Strike* with a left knife-hand while bringing the right fist in front of the left shoulder.

- When finished, the striking hand will be at eye-level with the palm upward, the other fist a few inches in front of the left shoulder, and the upper body half-facing

18) Execute a **Middle Punch** towards A with the right fist while forming a *half-facing Right Fixed Stance* toward A.

- See notes for #15

19) Bring the right foot to the left foot and then move the left foot to C to form a **Left Walking Stance** while executing *reverse half-facing* **Right Circular Block** with your forearm.

- From the encyclopedia, 1999 5th ed., p.238: **Circular Block** (*Dollimyo Makgi*)
“The fist or fingertip should reach the same level as the defender’s shoulder. This shoulder should be slightly lower than the opposite one at the moment of the block. The blocking tool should reach the attacking foot in a large circular motion to enable the blocking hand to scoop the foot. Keep the body half-facing the target at the moment of the block.”
- Move your right foot to your left foot as you turn 90 degrees counter-clockwise so that you momentarily form a Close Stance before moving the left foot to form the walking stance
- To chamber, your arms will be open – but not too wide -- with fists at solar plexus height; when chambering, don’t lean forward and do not raise the hands above the solar plexus
- Once the left foot has reached its final position, start executing the block
- To execute, slide the left foot forward into the Walking Stance while twisting your waist and shoulders so that you are half-facing to the left; as the arms chamber, the left arm will be closer to the body when crossed
- When executing the circular block, do not lean forward; instead, bend both knees to lower your height and keep your back straight; it helps to drop the shoulder of the blocking arm; as the blocking arm starts downward it moves in a circular motion and continues in a circular motion until it reaches the height of the solar plexus, the arm moves horizontally outward as you shift to reverse half-facing
- You should use a prolonged breath during the “scoop” portion of the block and a “sharp” breath when the arm moves horizontally
- Fix your gaze to the front during the entire block
- Speed is essentially during the downward arc of the blocking arm
- When finished, the right fist will be at shoulder height pointed directly in front of you towards C (rather than at an angle) and in line with your rear foot - *this is as per Grandmaster S. J. Kim*

20) While keeping your hands in the same position, execute a **Low Front Snap Kick** to C with your right leg.

- According to the Encyclopedia, page 252: “Low Kick (Najunde Changi) *When the attacking tool reaches the same level as the umbilicus of the attacker at the moment of impact, it is called a low attack.*” The umbilicus is another name for the “navel” or “belly button.”
- From the encyclopedia, p.261: “Front Snap Kick (Apcha Busigi)
This technique is designed to attack the opponent from the front. The face, solar plexus, abdomen, scrotum, armpit and floating ribs are the targets. It is performed with the ball of the foot, instep, toes and knee and is broken down into low and middle front snap kicks as far as the ball of the foot and toes are concerned... The knee of the kicking leg must be brought sharply toward the chest prior to kicking... The attacking tool must reach the target in a straight line... The Kicking foot must be withdrawn immediately... ”
- Officially, a low snap kick should target the belt level although this kick often appears to target the groin
- Do not place your kicking foot down after the kick as this is done as part of the next step

21) Following the Front Snap Kick, lower the right foot to form a **Right Walking Stance** towards C while executing a *half-facing Middle Right Reverse Punch*

- Make sure not to rush into the walking stance from the previous kick; a sine wave should be made so after the kick, bring back your foot so that you can start the sine wave
- The middle punch to C is with the left fist; it should end with the fist in line with the center of your body and at shoulder height

22) Maintain your stance and execute a *half-facing Left Circular Block* with your forearm.

- When finished, the left forearm will be at shoulder height pointed directly in front of you towards C (rather than at an angle) and in line with your rear foot - *this is a change from the traditional pattern made by Grand Master Kim*
- When executing the circular block, do not lean forward; instead, bend both knees to lower your height and keep your back straight

23) While keeping your hands in the same position, execute a **Low Front Snap Kick** to C with your left leg.

- Do not place your kicking foot down after the kick as this is done as part of the next step

24) Following the Front Snap Kick, lower the left foot to form a **Left Walking Stance** towards C while executing a *half-facing Middle Right Reverse Punch*

- Make sure not to rush into the walking stance from the previous kick; a sine wave should be made so after the kick, bring back your foot so that you can start the sine wave
- The middle punch to C is with the right fist; it should end with the fist in line with the center of your body and at shoulder height

25) Pivot counter-clockwise on your left foot to face C and then execute a **Left Bending Ready Stance A** while executing a *half-facing* middle right forearm guarding block

- Bending ready stance is classified into two types: A and B. Bending ready stance A is performed by using a bending stance where the sole of the foot is brought to the knee of the standing leg, which is slightly bent. The hands are forming an outer forearm guarding block
- To chamber, bring both hands behind your left ear as you shift almost all your weight onto the left leg; unlike the earlier bending ready stance, the sine wave starts from the final position of the previous technique; therefore, as you move your right foot forward from the walking stance, you begin the drop to the sine wave
- To execute, snap both fist forward while your right leg snaps upward to the knee of the other leg; the toes of foot of the risen leg should be pulled back so that it is in the form required for a side kick

26) Chamber and execute a **Middle Side Piercing Kick** towards C with the right foot

- Do not drop your leg from the previous stance before chambering this kick
- Make sure to pivot on your supporting foot so that the heel points towards the target
- Since this is a middle kick, the target should be anywhere above the target's belt but below the target's neck
- This technique ends with the striking leg extended; do not lower foot when done

27) Lower the right foot approximately one shoulder-width from your left foot (onto your starting position) before pivoting 270 degrees counter-clockwise forming a **Right L-Stance** toward D while executing a *half-facing Middle Knife-hand Guarding Block*

- When completed, your left foot should still be at the spot where you started this pattern, your lead fist will be at shoulder level facing away from you and your other fist in front of your solar plexus, wrist up

28) Bring the left foot to the right foot and then move the right foot towards A forming a **Left L-Stance** while executing a *half-facing Middle Guarding Block* with the left forearm. **Ki-Hap**

Return: Move the right foot to return to **Closed Ready Stance 'A'** at the exact spot where you started



Other Notes:

- All patterns should begin and end at the exact same spot; this will indicate the performer's accuracy
- Encyclopedia, page 321:
"Stepping (Omgyo Didigi)
Basic Principles:
 1. *The body must always be half facing the opponent when stepping backwards and forwards.*
 2. *The body usually becomes side facing the opponent when stepping sideways.*
 3. *The knee spring of the stationary leg must be flexible and relaxed when stepping.*
 4. *The foot should be moved smoothly, leaving about one centimeter from the ground or floor except in a rear foot stance.*
 5. *The foot should not be dragged or lifted unless absolutely necessary or advised by an instructor.*
 6. *Keep both legs slightly bent throughout stepping."*
- A common error is to punch from the chest following the knife hand strikes, so be sure to pull your fist to your hip first
- Make certain to bend your supporting leg when executing a Bending Ready Stance as this will aid in balance and will provide a better sine wave
- Won-Hyo is known throughout history as a famous Buddhist monk, but before he found religion, he was a Hwa-Rang warrior!
- Q: "I was recently informed that in movements 1 & 2 (and subsequently moves 4 & 5, 13 & 14, and 16 & 17), we should consider only one opponent to the direction of our outer forearm block, or to the side. To follow up on this, our knife-hand strike is therefore in the direction of our L-stance, rather than to ~45 degrees (or slightly forward) as if we were striking a second opponent after a rising block. All the figures in the encyclopedia support two attackers. I am curious as to why we would now view this as only one attacker? Either way is fine, but I would appreciate a formal reading on this as it changes the facing and the thinking as you perform (and teach!)"

FGMR: "Thank you again. I understand and have agreed with your assessment, but need to change my perspective just slightly to accommodate the following. The latest information from our Master, following up on information previously provided during an IIC seminar, is that the rising block is protective of the head as if the attacker is directly in front (say 90 degrees, and not at angle). This rising block hand should be thought of as a chamber for the following knife-hand strike, which is directed to the side-front, but actually about 15 degrees toward center, aligned somewhat with your front foot (like moves 21-23 in Hwa-Rang). Even though your primary target is to side, your knife-hand strike is to the same general direction (15 degrees inward), followed with a punch to side. I guess that fits with the encyclopedia pictures and the overall intent, just not with the manner in which I had envisioned it (or trained others)...but that can be changed!"

References and Additional Sources:

- **Taekwon-Do, 2004 edition** (a.k.a. “The Encyclopedia”) by Gen. Choi Hong Hi
- **WON-HYO and YUL-KOK of Taekwon Do Hyung** by Jhoon Rhee, April 1971
- **Blue Cottage Taekwondo**
<http://www.bluecottagekd.com/guppatterns.html>
- **WON - HYO by Jaroslaw Suska**
<https://www.youtube.com/watch?v=iPDis88FOtY>
- **ITF Pattern 4 (Won-Hyo) Directed by Gen. Choi Hong Hi**
<https://www.youtube.com/watch?v=UlldWDhfddM>
- **General Choi - Bending Ready Stance**
https://www.youtube.com/watch?v=ap_FsJw_s54
- **Won Hyo Tul and basic movements for grading to 5th kup - SouthQueensferryTKD**
<https://www.youtube.com/watch?v=7vvESyQ6emE>
- **Mr. James Kessler - Guburyo Sogi (bending ready stance)**
<https://www.youtube.com/watch?v=loTbBm5kMlc>
- **Mr. James Kessler - Dollimyo Makgi (circular block)**
<https://www.youtube.com/watch?v=FclP5WHUqvE>
- **Junior Patterns with Melissa Timperley**
<https://vimeo.com/149704747>