

1. Pattern – Won-Hyo
2. Sparring
3. Destruction – Back Piercing kick (both legs)  
Measuring and breaking, utilising relevant part of foot
4. Terminology

## Terminology

1	<b>Won-Hyo – 28 Movements (Ready Posture = MOA JUNBI SOGI A)</b>	
	Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.	
2	<b>STANCES – Sogi</b>	
	CLOSED STANCE – MOA SOGI	Feet together
	CLOSED READY STANCE A – MOA JUNBE SOGI A	
	FIXED STANCE – GOJANG SOGI	Width = Feet shoulder width apart Length = Feet 1 & a half times shoulder width (as in L-stance) plus the width of your foot Weight distribution = 50:50 Forward leg indicates whether it is a right or left stance
	BENDING READY STANCE A – GOBURYO JUMBI SOGI A (Preparatory stance for delivery of a side piecing kick)	100% weight on standing leg Knee of standing leg slightly bent Knee of kicking leg raised & bent towards target Arm position = Forearm guarding block Standing leg indicates whether it is a right or left stance
3	<b>NEW MOVEMENTS IN WON-HYO</b>	
	INNER FOREARM CIRCULAR BLOCK INWARD KNIFE-HAND STRIKE SIDE PUNCH	AN PALMOK DOLLIMYO MAKGI ANURO SONKAL TAERIGI YOP JIRUGI

COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - INDOMITABLE SPIRIT

4	<b>DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN WON-HYO...</b>	
e.g.	3 <sup>rd</sup> movement	<i>WEN GOJANG SO, KAUNDE YOP JIRUGI</i>
	7 <sup>th</sup> movement	<i>ORUN GOBURYO JUNBI SO A, KAUNDE PALMOK DAEBI MAKGI</i>
	18 <sup>th</sup> movement	<i>WEN GUNUN SO, AN PALMOK DOLLIMYO MAKGI</i>
5	<b>BACK PIERCING KICK – DWIT CHA JIRUGI</b>	
	Part of use...	
	FOOT SWORD	<i>BALKAL</i>