

### PRACTICAL

#### LINEWORK

**Forwards - First combination from Won Hyo**

**Backwards - Circular block walking stance**

**Forwards - Side kick, knifehand guarding block L stance**

**Backwards - High side backfist strike walking stance**

Choice pattern

Grade Pattern

3 step sparring (8-10)

3 step semi-free sparring (basic)

Free sparring (no pads - 1 round)

### THEORY

#### INTERPRETATION OF PATTERN WON HYO (28 MOVEMENTS)

Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

#### ENGLISH INTO KOREAN

##### STANCES

Bending ready stance

L Stance

Walking stance

Fixed stance

Close ready stance

Guburyo junbi sogi

Niunja sogi

Gunnari sogi

Gojung sogi

Moa junbi sogi

##### BLOCKS

Twin forearm block

Middle knifehand guarding block

Inner forearm circular block

Middle forearm guarding block

Sang palmok makgi

Kaunde sonkal daebi makgi

An palmok dolli myo makgi

Kaunde palmok daebi makgi

##### ATTACKS

High inward knifehand strike

Middle side punch

Middle side piercing kick

Middle straight fingertip thrust

Low front snap kick

Middle reverse punch

Reverse turning kick

Nopunde anuro sonkal taerigi

Kaunde yop jirugi

Kaunde yop cha chagi

Kaunde sun sonkut tulgi

Najunde apcha busigi

Kaunde bandae jirugi

Bandae dollyo chagi

##### MISCELLANEOUS

Free sparring

3 Step sparring semi free sparring

Heel

Jayoo matsoki

Ban jayoo matsoki

Dwichook