



Interpretation

WON-HYO was the noted monk who introduced Buddhism into the Silla dynasty in the year 686 A.D.

Techniques in Won Hyo

Stances (Sogi)

- Closed Ready Stance 'A' Moa Chunbi Sogi 'A'
- L Stance..... Niunja Sogi
- Fixed Stance..... Gojong Sogi
- Walking..... Gunnan Sogi
- Bending Ready Stance..... Goburyo Sogi

Blocks

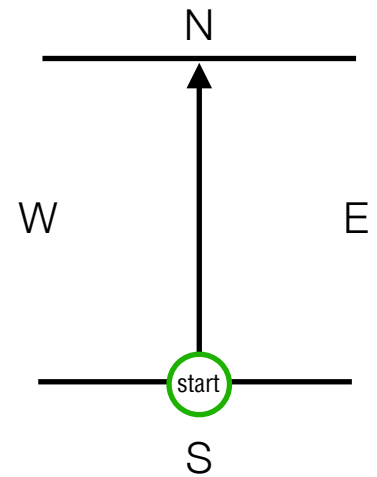
- Twin Forearm Block.....Sang Palmok Makgi
- Knife Hand Guarding BlockSonkal Daebi Makgi
- Circular Block Dollymio Makgi
- Forearm Guarding Block..... Palmok Daebi Makgi

Strikes

- (Inward) Knife hand strike (Anaero) Sonkal Taerigi
- Side Punch..... Yop Jirugi
- Straight Fingertip ThrustSon Sonkut Tulgi
- Side Kick..... Yop Chagi
- Front Kick Ap Chagi
- Reverse Punch Badae Jirugi



Wonhyo Daesa (617 ~ 686)



»The three worlds are only mind,
 And all phenomena arise from the mind consciousness.
 If the truth is present in the mind,
 How could it be found outside of the mind! «

- Wonhyo Daesa -



No.	Direction	Stance	Technique	Section
	Begin:	closed ready stance 'A'		
1	Turn West	L	twin forearm block	h/m
2		L	r/h inward knifehand strike	h
3	slip left foot	fixed	side punch	m
4	step east	L	twin forearm block	h/m
5		L	l/h inward knifehand strike	h
6	slip right foot	fixed	side punch	m
7	turn north	bending ready	guarding block	m
8			side piercing kick	m
9		L	knifehand guarding block	m
10	step north	L	knifehand guarding block	m
11	step north	L	knifehand guarding block	m
12	step north	walking	straight fingertip thrust	m
13	turn west	L	twin forearm block	m/h
14		L	r/h inward knifehand strike	h
15	slip left foot	fixed	side punch	m
16	step east	L	twin forearm block	m/h
17		L	l/h inward knifehand strike	h
18	slip right foot	fixed	side punch	m
19	step south	walking	circular block	l/m
20	step south		front snap kick	m
21		walking	reverse punch	m
22		walking	circular block	l/m
23	step south		front snap kick	m
24		walking	reverse punch	m
25		bending ready	guarding block	m
26			side piercing kick	m
27	turn west	L	forearm guarding block	m
28	step east	L	forearm guarding block	m
End	right ft moves	closed ready stance 'A'		