

WON-HYO

Supplemental Form - 28 Movements

{Is named after the noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D.}

Born Sol-Sedang (617-686 A.D.) was given the pen names Sedak & Won-Hyo, both meaning, “dawn.” Gentlemen were given several nicknames that demonstrated intellectual prowess and artistic talent. Also, it was customary to give nicknames to monks by their masters. Since Buddhism was not accepted in Silla, Won-Hyo studied Buddhism in China. He created his own sect of Buddhism known as Chongto-Gyo, translating to “Pure Land.” Both Koguryo & Paekche accepted Buddhism as a national religion but Silla’s general population had yet to embrace it. Only the Silla royal family had adopted the religion and with the help of King Pop-Hung, Won-Hyo helped to make Buddhism the national religion. Won-Hyo was a noted author and through his writings helped to unify the five sects in Silla to become a unified group. He helped to bring about a unique culture in Korea through his knowledge of Buddhist philosophy. He had a profound impact on the quality of life in Silla and on the influence of Buddhism in Korea, China and Japan.



Begin: Ready Position “A” starting at [X] facing North

1. Move left foot West, forming LFF back stance while executing double rising hand block.
 2. Stationary. Facing West, left hand grabs pulling the left fist to right shoulder while executing inverse knife-hand attack with right hand.
 3. Stationary. Facing West, execute side punch with left fist.
 4. Move left foot to right foot (touching), then right foot to East forming RFF back stance while executing double rising hand block.
 5. Stationary. Facing East, right hand grabs pulling right fist to left shoulder while executing inverse knife-hand attack with left hand.
 6. Stationary. Facing East, execute side punch with right fist.
 7. Move right foot to left foot (touching), facing North, hands in fight stance position (left hand leads), left leg bent to right knee (ready to kick).
 8. Execute high-section side kick with left foot towards North.
 9. Landing in LFF back stance, facing North, execute middle-section double knife-hand guarding block.
 10. Move right foot North, forming RFF back stance while executing middle-section double knife-hand guarding block.
 11. Move left foot North, forming LFF back stance while executing middle-section double knife-hand guarding block.
 12. Move right foot North, forming RFF front stance while executing spear-hand attack (vertical) with right hand (aiming for the groin area). The left hand is open and tucked underneath elbow of right arm. [YELL]
 13. Move left foot East, turning counter clock-wise 270 degrees forming LFF back stance while executing double rising hand block.
 14. Stationary. Facing East, left hand grabs pulling left fist to right shoulder while executing inverse knife-hand attack with right hand.
 15. Stationary. Facing East, execute side punch with left fist.
 16. Move left foot to right foot (touching), then right foot West forming RFF front stance, while executing double rising hand block.
 17. Stationary. Facing West, right hand grabs pulling right fist left shoulder while executing inverse knife-hand attack with left hand.
 18. Stationary. Facing West, execute side punch with right fist.
 19. Move right foot to left foot (touching), facing South, then left foot South to LFF front stance while executing circular inside block with right forearm.
 20. Execute middle-section front kick with right foot.
 21. Land right foot into RFF front stance while executing reverse middle-section punch with left fist.
 22. Stationary. Facing South, execute circular inside block with left forearm
 23. Execute middle-section front kick with left foot.
 24. Land left foot into LFF front stance while executing reverse middle-section punch with right fist.
 25. Facing South, hands in fighting stance position (right hand leads), right leg bent to left knee (ready to kick).
 26. Execute high-section side kick with right foot towards South. [YELL]
 27. Land right foot to left foot (touching), then turning 270 degrees to West forming LFF back stance while executing fight stance.
 28. Move left foot to right foot (touching), then right foot East to RFF back stance while executing fighting stance.
- End: Move right foot back to [X] forming ready stance “A” facing North.

Reminders:

Ready Stance: body is upright; feet are touching; right closed fist, knuckles facing out, left hand bends at the knuckles to form the letter L. Left hand covers the right fist. Mouth level. (A Position)

RFF: Right Front Foot **LFF:** Left Front Foot