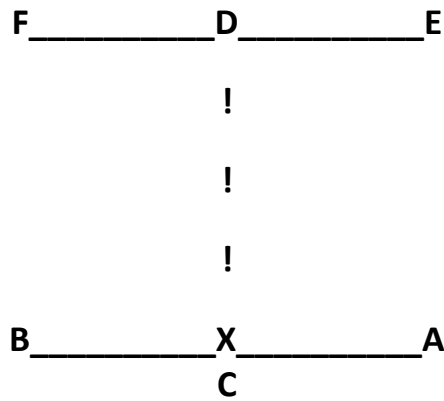


#4 - WON-HYO PATTERN - (28 MOVEMENTS)



Ready Stance – Feet stay together and move Right hand (upward at nose level) covered by Left hand fingers (Closed Ready Stance 'A')

1. Move Left foot to 'B' (90 degrees counter-clockwise) forming Right back stance at the same time execute twin forearm block.
2. Maintain your stance and execute a High Section inward strike with Right knife-hand while bringing Left hand fist in front of Right shoulder.
3. Execute a Middle Section punch to 'B' with Left fist (sliding left foot back then forward) while forming a Right fixed stance.
4. Bring Left foot to Right foot and then move Right foot to 'A' (180 degrees clockwise) forming Left back stance while executing Twin forearm block.
5. Maintain your stance and execute a High Section inward strike with Left knife-hand while bringing Right hand fist in front of Left shoulder.
6. Execute a Middle Section punch to 'A' with Right fist (sliding right foot back then forward) while forming a Left fixed stance.
7. Bring Right foot to Left foot and then bring Left fist on Right fist while pulling Left foot to Right knee joint (Bending ready stance).
8. Execute a Middle Section side thrusting kick to 'D' with Left foot.
9. Lower Left foot to 'D' forming Right back stance while executing Middle Section guarding block with knife-hand.
10. Move Right foot to 'D' forming Left back stance while executing Middle Section guarding block with knife-hand
11. Move Left foot to 'D' forming Right back stance while executing Middle Section guarding block with knife-hand.
12. Move Right foot to 'D' forming Right front stance at the same time thrust with Right straight spear finger.
13. Move (turning counter-clockwise 270°) Left foot to 'E' forming Right back stance at the same time execute twin forearm block.

14. Maintain your stance and execute High Section inward strike with Right knife-hand while bringing Left hand fist in front of Right shoulder.
15. Execute Middle Section punch with Left fist (sliding left foot back then forward) while forming Left fixed stance.
16. Bring Left foot to Right foot and then move Right foot to 'F' (180 degrees clockwise) executing twin forearm block.
17. Maintain your stance and execute High Section inward strike with Left knife-hand while bringing Right hand fist in front of Left shoulder.
18. Execute Middle Section punch with Right fist (sliding right foot back then forward) while forming Right fixed stance.
19. Bring Right foot to Left foot and then move Left foot to 'C' (90 degrees counter-clockwise) forming extended Left front stance while executing circular block with Right inside forearm.
20. Execute Low section front snap kick with Right foot keeping the position of hands as they were in 19.
21. Lower Right foot to 'C' forming Right front stance at the same time execute Middle Section punch with Left fist.
22. Maintain your stance and execute circular block with Left inside forearm.
23. Execute Low section front snap kick with Left foot keeping the position of hands as they were in 22.
24. Lower Left foot to 'C' forming Left front stance at the same time execute a Middle Section punch with Right fist.
25. Bring Right fist on Left fist while pulling Right foot to Left knee joint (Bending ready stance).
26. Execute Middle Section side thrusting kick to 'C' with Right foot.
27. Lower Right foot to 'C' on the 'CD' line to the Left foot facing 'A' with Right foot on your start position then move Left foot to 'B' (180 degrees counter-clockwise) forming Right back stance while executing a Left middle section double forearm (push) block.
28. Bring Left foot to Right foot and then move Right foot to 'A' (turning 180 degrees clockwise) forming Left back stance while executing Right middle section double forearm (push) block. Kihap.

End. Maintain the last step until the "return to ready stance" command is given. Then, bring Right foot back to closed ready stance 'A'.

Pattern demonstrated:

<https://blackbeltwiki.com/won-hyo> (ITF Taekwondo Patterns)

<https://taekwondoanimals.com/itf-pattern-4-won-hyo>