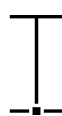


WAN-HYO HYUNG

6th Kup

28 movements



Wan-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD. The first three moves of this pattern are performed in rapid succession but still require a full range of movement, with the mid-section punches (mv 3 & 6) being chambered at the hip before execution. Side kicks from crane-stance must be retracted fully before stepping down.

#	+	Move	Stance	Action
	N	On "Junbi"	Closed ready stance A ¹	Feet together. L hand cups R fist at chin-height
1	W	L foot to W	R back stance	Twin outer-forearm block <i>followed quickly by</i>
2	W	Grab with L hand & pull to R collarbone ²		R inverted knife-hand strike ³ <i>followed quickly by</i>
3	W	Slide L foot forward to	R fixed stance ⁴	L mid-section punch ⁵
4	E	Pull L foot to R foot then R foot to E	L back stance	Twin outer-forearm block <i>followed quickly by</i>
5	E	Grab with R hand & pull to L collarbone		L inverted knife-hand strike <i>followed quickly by</i>
6	E	Slide R foot forward to	L fixed stance	R mid-section punch
7	N	Pull R foot to L, then extend L foot N and retract to	R crane stance ⁶	Outer-forearm guarding block
8	N			L side kick

¹ To assume closed ready stance A, bring the feet together (left foot moves). Simultaneously bring both hands in front of the body just below chin-height, with the right fist against the left palm and the left hand wrapped around the fist. Forearms angle down at 45° and the wrists are straight.

² L fist rests vertically on collarbone.

³ Simultaneous to the grab, form the knife-hand and chamber with a vertical forearm, 45° behind the body. Swing the knife-hand in, finishing at jaw-height, with the palm facing up and the elbow bent 90°. Use the hips to generate power. This will leave the body facing square, though back stance should be maintained (avoid dropping the knee inward).

⁴ Fixed stance is similar to back stance, except that it is 2 shoulders-width long.

⁵ To the floating ribs of opponent standing in front of you.

⁶ To execute a crane stance, extend the lead leg, as if it were a very low side kick. The body should remain side-on, with the arms crossed in front of the chest, chambered for outer-forearm guarding block. Quickly retract the lead leg, as if chambering for a side kick, but with the arch of the foot resting against the supporting knee. Simultaneously bring the arms into guarding block. The torso provides power to both movements by uncoiling: the shoulders should rotate opposite to the hips.

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#	+	Move	Stance	Action
9	N	L foot down to	R back stance	Knife-hand guarding block
10	N	Step forward	L back stance	Knife-hand guarding block
11	N	Step forward	R back stance	Knife-hand guarding block
12	N	Step forward	R long stance	L downward block with R mid-section vertical spear-hand
13	E	L foot to E. Turn 270° CC	R back stance	Before turning, thrust the spear-hand forward and rotate palm to horizontal. Twin outer-forearm block <i>followed quickly by</i>
14	E	Grab with L hand & pull hand to R collarbone		R inverted knife-hand strike <i>followed quickly by</i>
15	E	Slide L foot forward to	R fixed stance	L mid-section punch
16	W	L foot up to R foot then R foot out to	L back stance	Twin outer-forearm block <i>followed quickly by</i>
17	W	Grab with R hand & pull hand to L collarbone		L inverted knife-hand strike <i>followed quickly by</i>
18	W	Slide R foot forward to	L fixed stance	R mid-section punch
19	S	Pull R foot to L foot, then L foot to S	L front stance	R inner-forearm scooping block ⁷
20	S	Step forward		R front kick <i>followed quickly by</i>
21	S	Step down to	R front stance	L reverse punch
22	S			L inner-forearm scooping block
23	S	Step forward		L front kick <i>followed quickly by</i>
24	S	Step down to	L front stance	R reverse punch

⁷ Scooping blocks are intended to block, catch and throw a front kick attack. Chambered position is with both arms straight and extended to the sides ('T' position). Turn your body to face 45° to direction of travel as front foot slides out into front stance. As the rear (scooping) arm swings down and across the body, the front wrist meets the rear bicep. Head, shoulders, and the blocking arm finish facing 45° to the direction of travel, with the rear hand in inner-forearm block position and the front hand chambered at the lowest rib.

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25	S	R foot steps forward and extends S, then retracts to	L crane stance	Outer-forearm guarding block
26	S			R side kick
27	W	Step R foot down to L foot, then L foot to W (turn 270° CC)	R back stance	Outer-forearm guarding block
28	E	Pull L foot to R foot, then R foot to E	L back stance	Outer-forearm guarding block KIUP
	N	On “Keuman” bring R foot up	Closed ready stance A	