

PATTERNS

WON-HYO

The Virtual Dojang Introduction

Finally a patterns training tool that makes sense!

Learning a pattern has never been easier. Unlike other products, The Virtual Dojang's patterns training tool actually follows you around the dojang while you move.

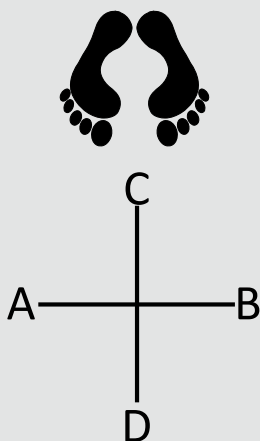
When you turn, the orientation of the diagram on the screen/page turns with you. So rather than having to concentrate on which way you are facing compared to the instructions, you only have to focus on the movement itself.

Complete the movement, turn the page, and you will find the diagram is pointing in the right direction. Your current foot position is shown with white feet, and your finishing position with black feet. Lines and arrows help you understand how the feet should move.

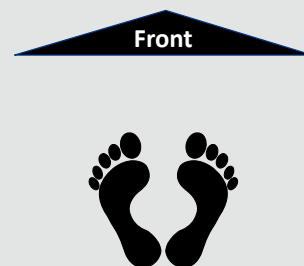
On top of all that, there are pictures and helpful hints. There's even a helpful arrow pointing to where the front of the dojang is, to help you maintain correct orientation. At the start of every movement, check that the arrow is pointing to the front - if it is you know you are on track.

We have also simplified the movement and technique descriptions, the aim being to aid learning Taekwon-Do outside the Dojang.

Of course, nothing replaces learning Taekwon-Do from a qualified instructor. By all means use our tool, but for more detailed and technical help please see your instructor.



Traditional diagram



The Virtual Dojang diagram

This pattern, Won-Hyo is for 6th Kup and above

28 Movements

Ready position : Close Ready Stance A

New Stances :

Close Ready Stance A

Fixed Stance

Bending Ready Stance A

New Techniques :

L-Stance Knife-hand High Inward Strike

Fixed Stance Middle Punch

Walking Stance Reverse Punch

Walking Stance Forearm Circular Block

L-Stance Forearm Middle Guarding Block

Middle Side Piercing Kick

Low Front Snap Kick

Meaning

WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D

Ready position

Close Ready Stance A



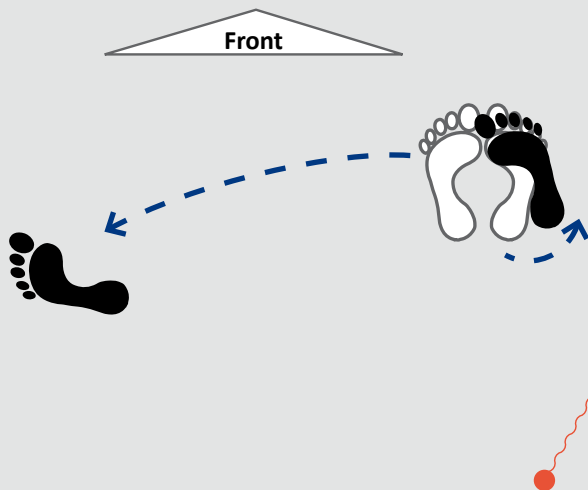
- If in attention stance, straighten your right foot by moving your heel, then move the left foot to the right to form close ready stance A



Pattern movements and techniques

1. Turning to the left drop into right L-stance twin forearm block

Start Position



Finish Position



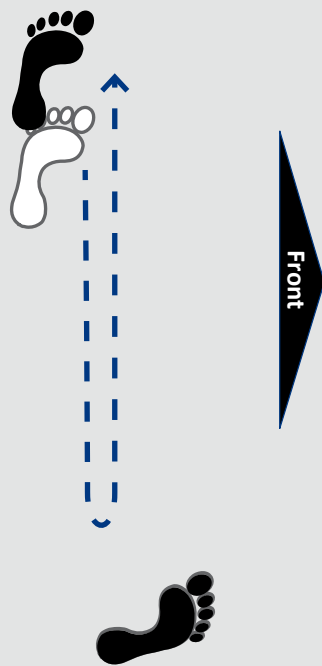
2. Right inward knifehand strike



- See movement 5 for hand positions

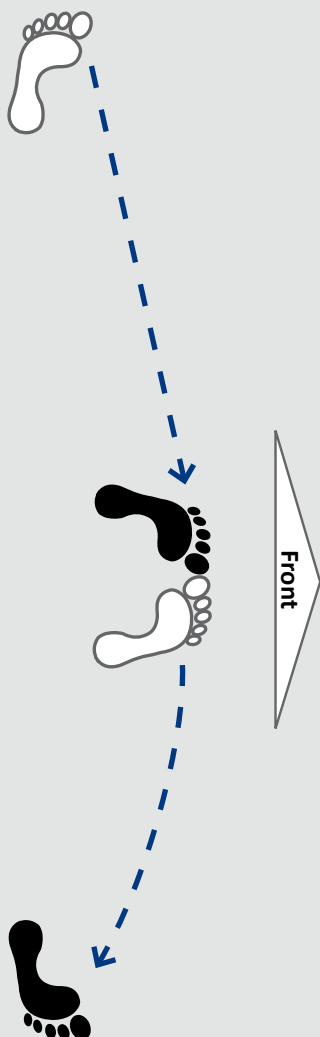


3. Step out to a left fixed stance side punch

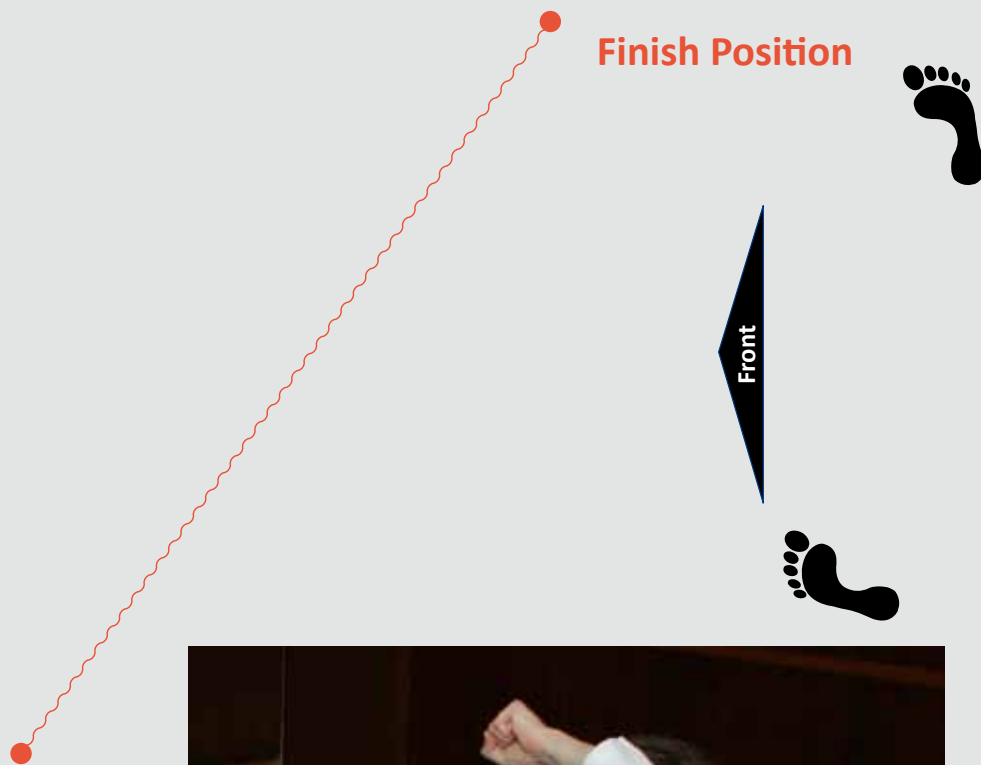


4. Bring your feet together then step your right foot out into left L-stance twin forearm block

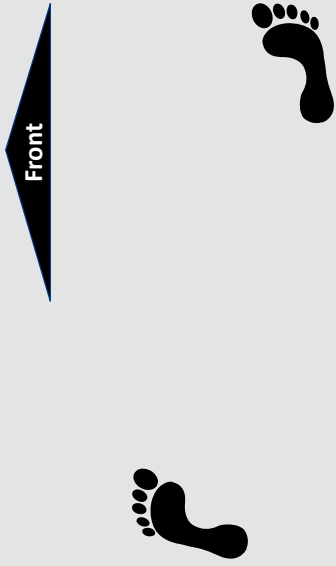
Start Position



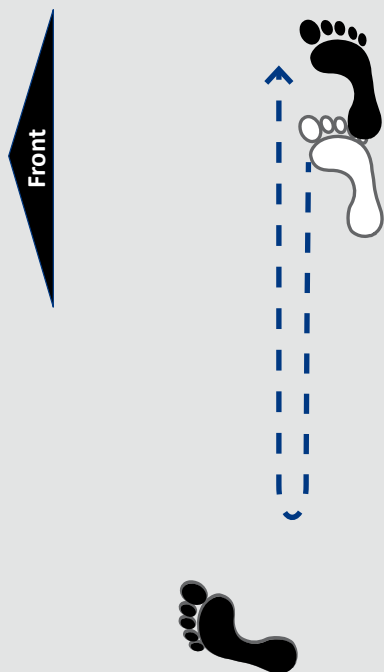
Finish Position



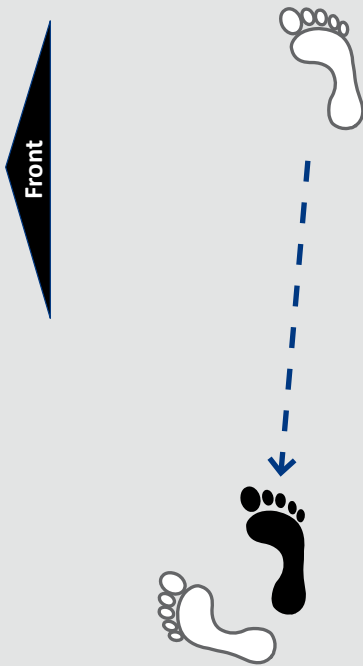
5. Left inward knifehand strike



6. Step out to a right fixed stance side punch



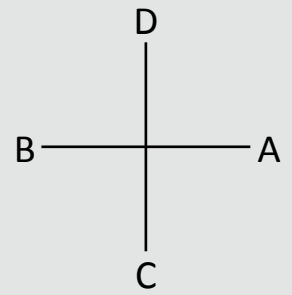
7. Bring your right foot towards your left before dropping into right bending ready stance A



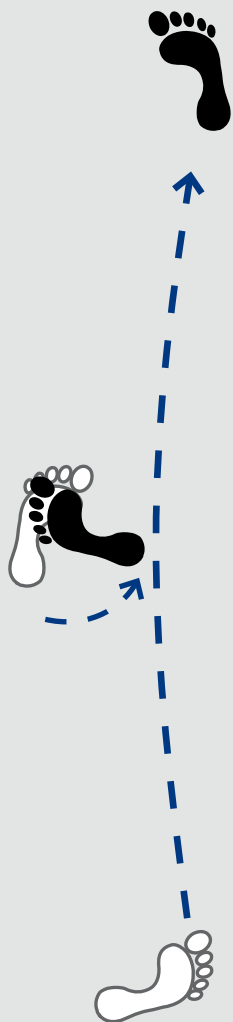
8. Left middle side piercing kick



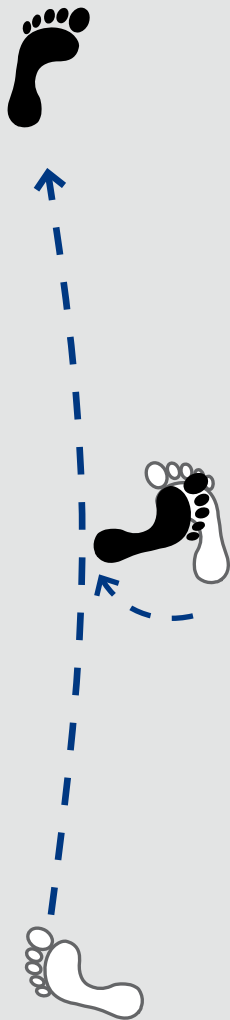
9. Step down into right L-stance knifehand guarding block



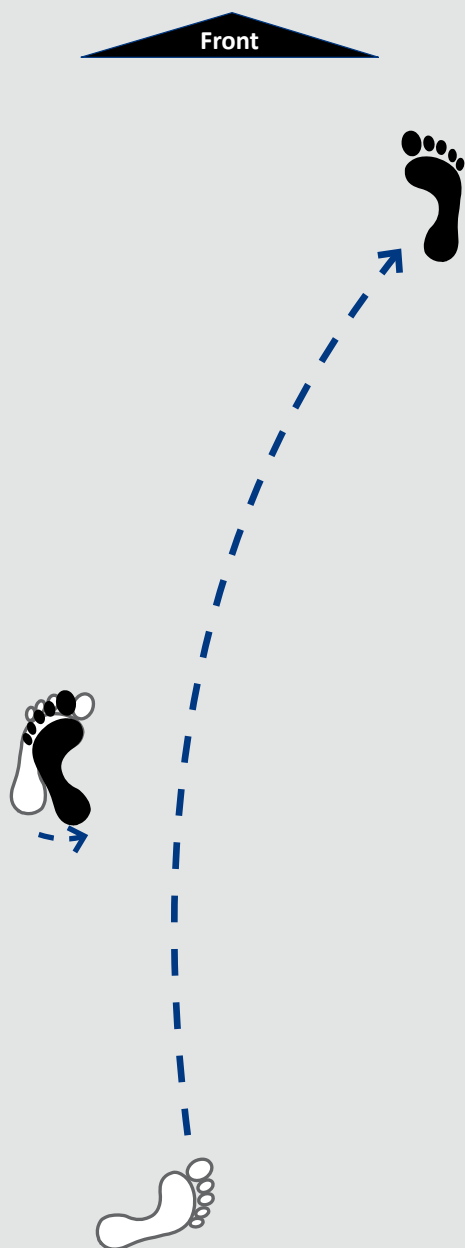
10. Step forward into left L-stance knifehand guarding block



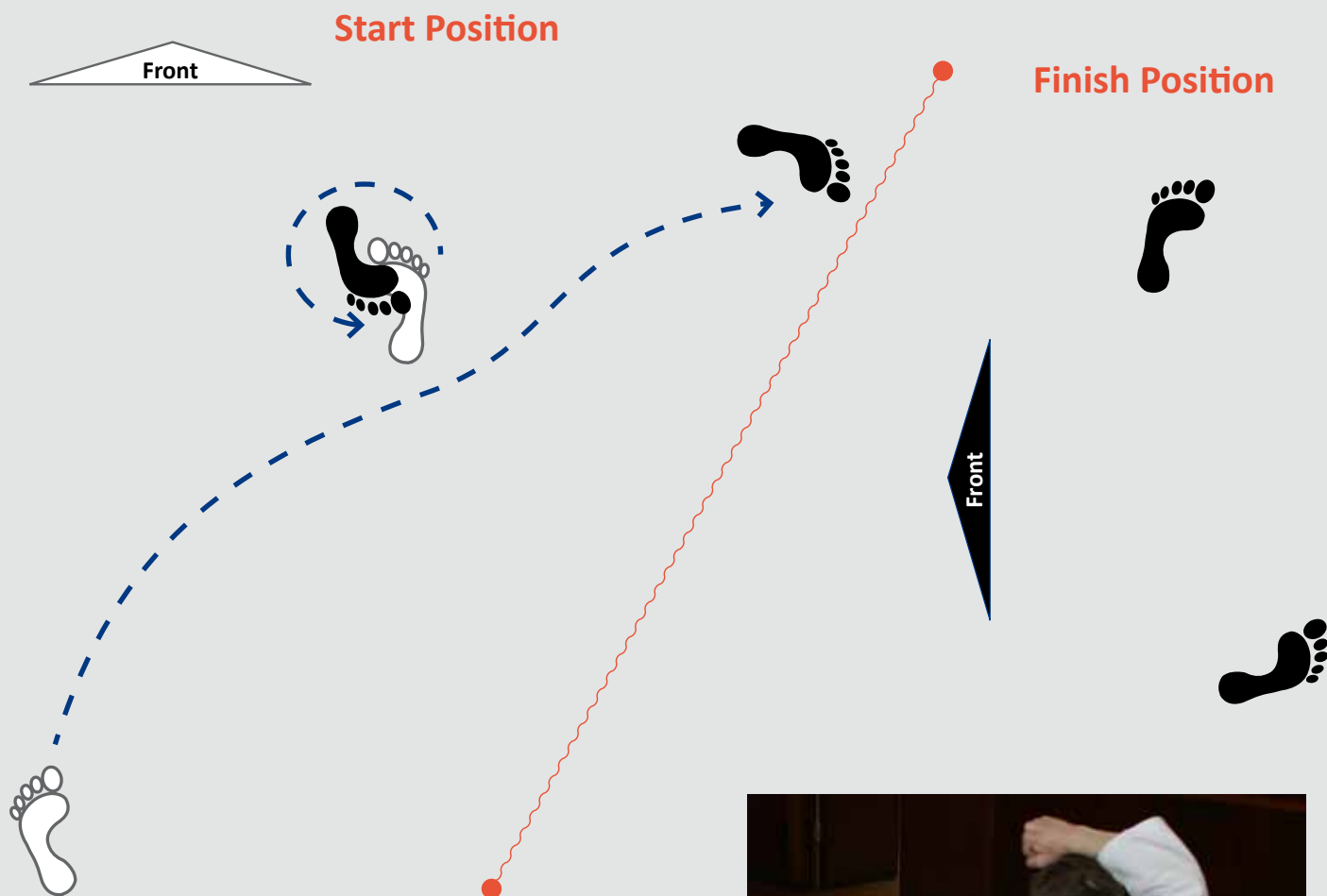
11. Step forward into right L-stance knifehand guarding block



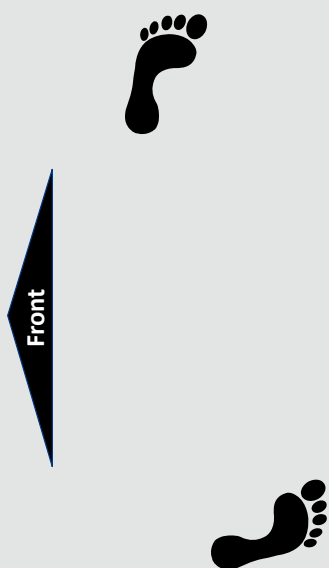
12. Step forward into right walking stance straight fingertip thrust



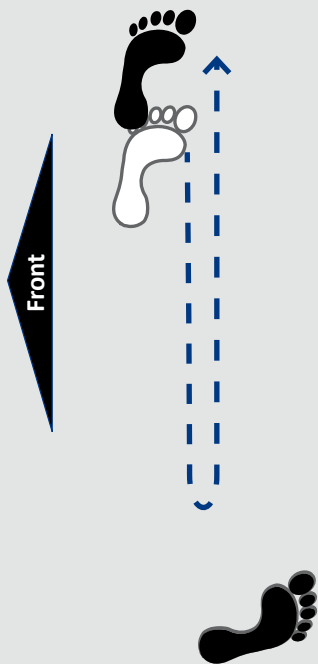
13. Bring your weight onto your right foot, turn 270° (3/4 turn) counterclockwise, then drop into a right L-stance twin forearm block



14. Right inward knifehand strike

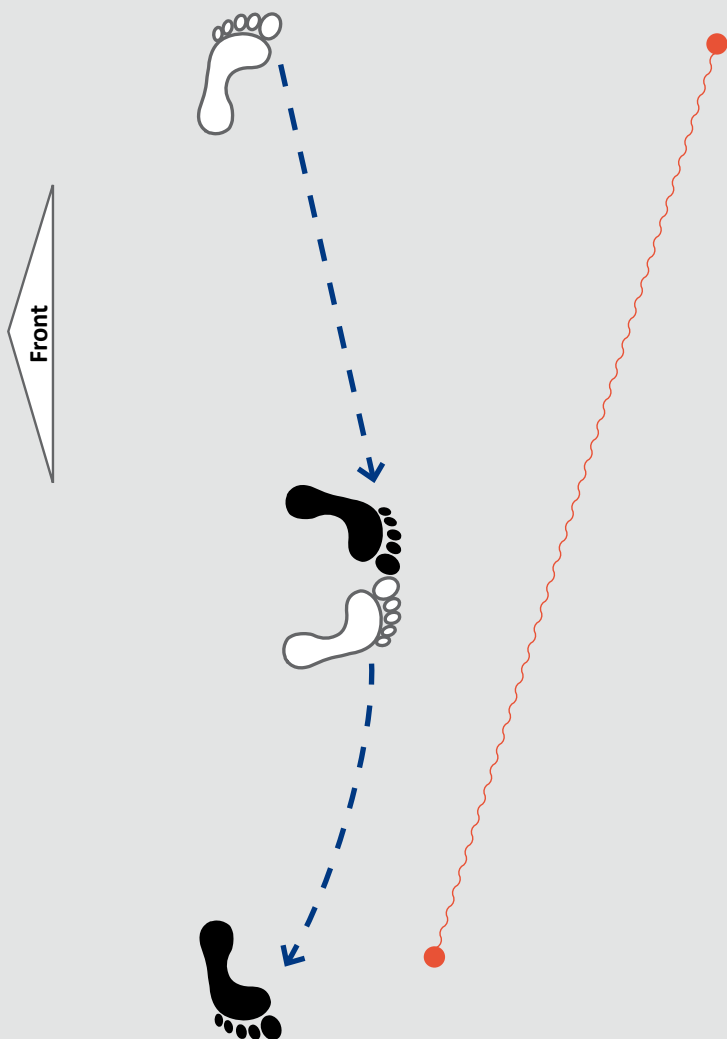


15. Step out to a left fixed stance side punch

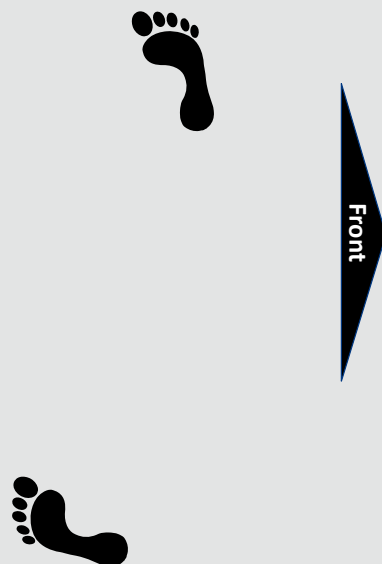


16. Bring your feet together then step your right foot out into left L-stance twin forearm block

Start Position



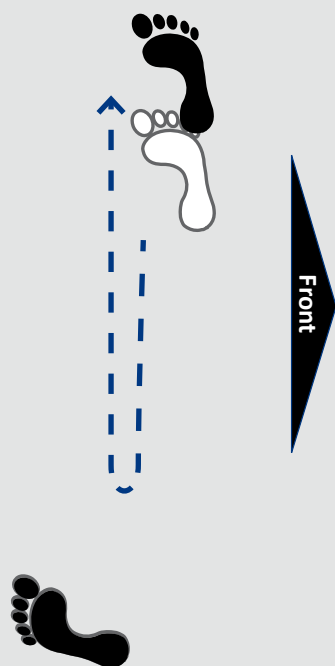
Finish Position



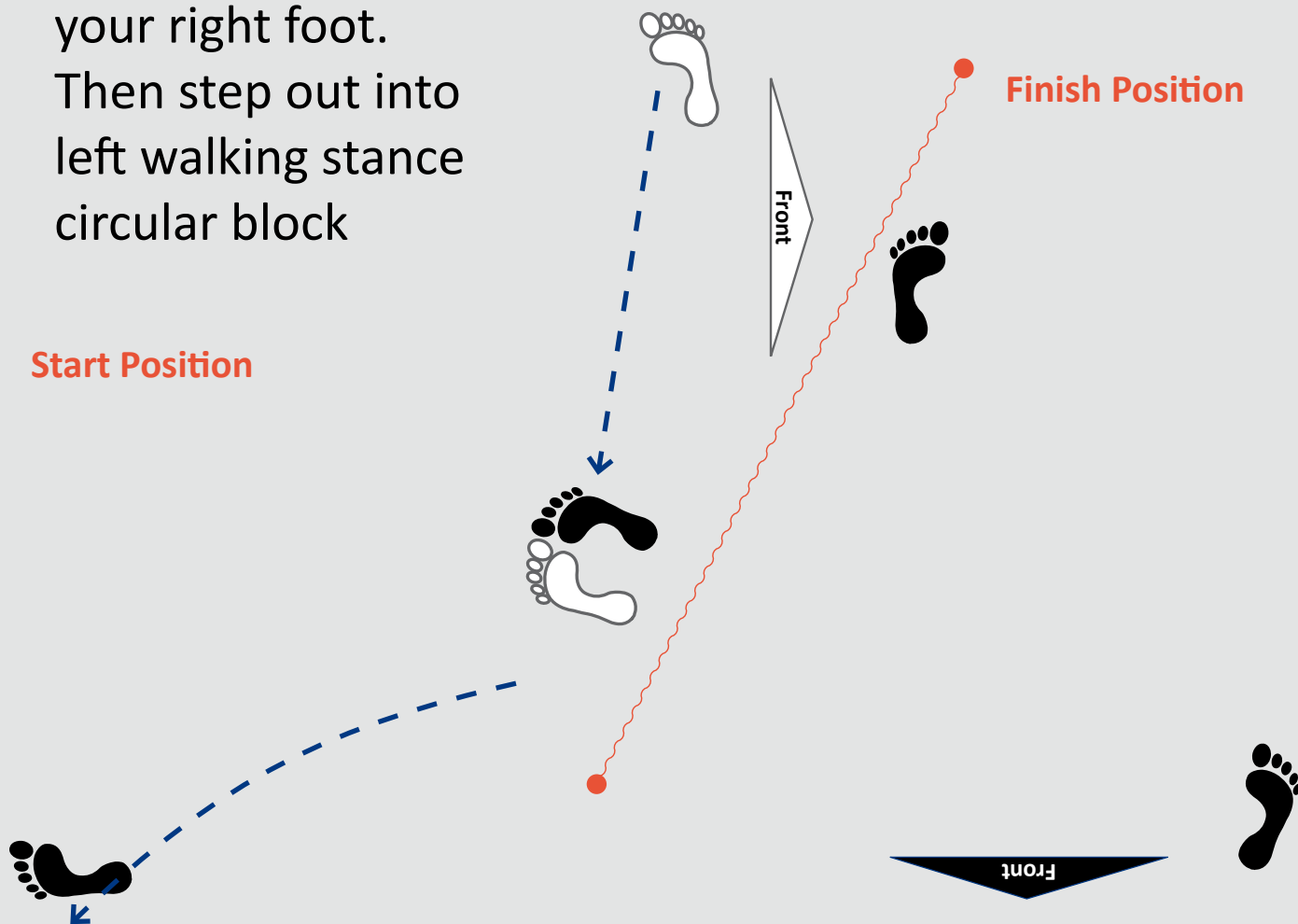
17. Left inward knifehand strike



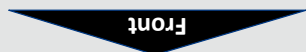
18. Step out to a right fixed stance side punch



19. Step back with your right foot. Then step out into left walking stance circular block



20. Right low front snap kick



21. Step down into a right walking stance middle reverse punch



22. Circular block with the left hand



- Leave your feet where they are



23. Left low front snap kick





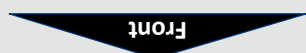
24. Step down into a left walking stance middle reverse punch



25. Bring your weight onto the left foot and do a left bending ready stance A

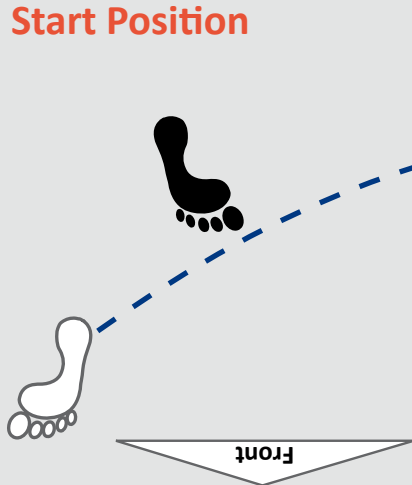


26. Left middle side piercing kick

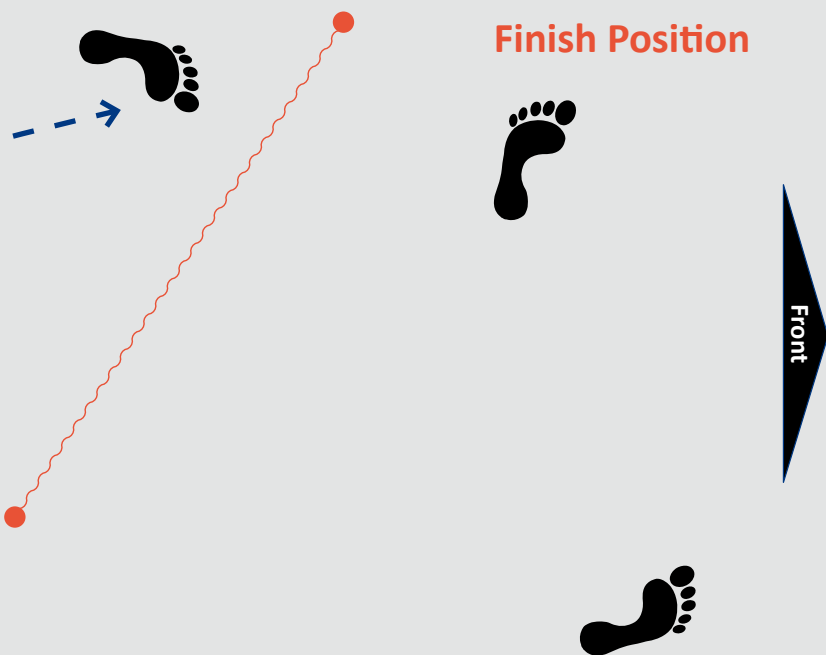


27. Step down and rotate 270° counter-clockwise, dropping into a right L-stance forearm guarding block

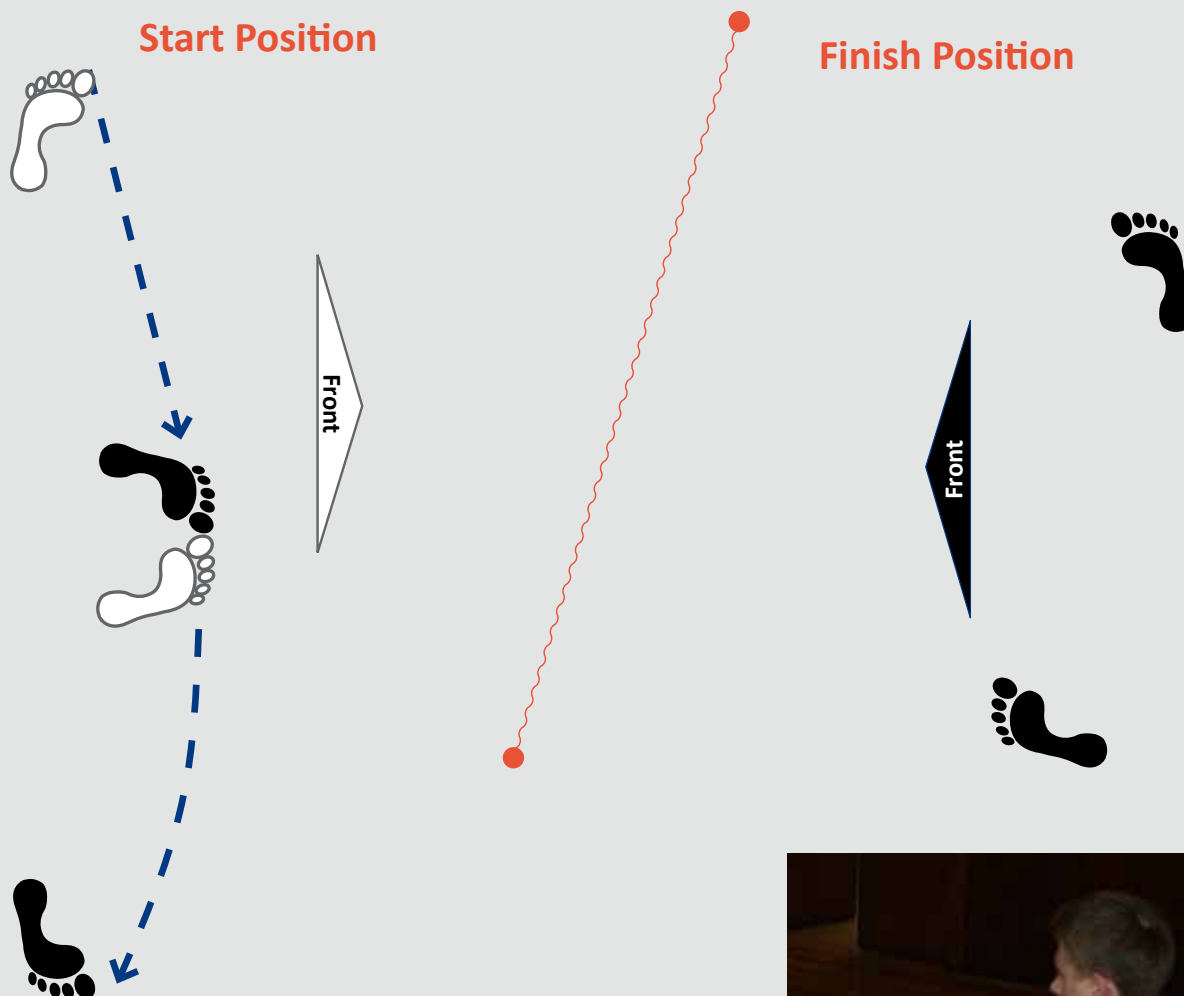
Start Position



Finish Position

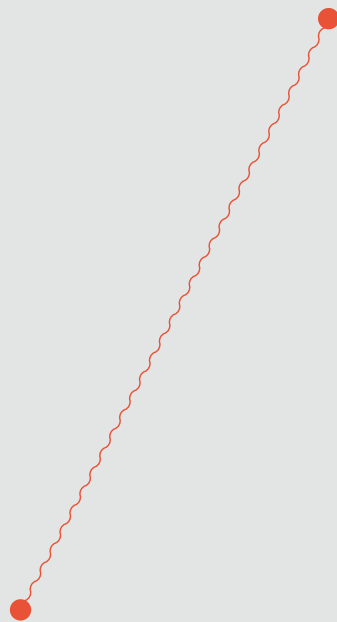
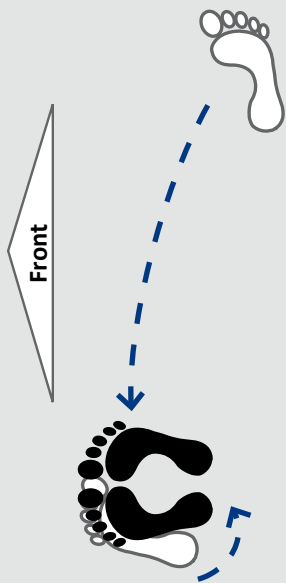


28. Bring your feet together then step your right foot out into left L-stance forearm guarding block



End. Bring your right foot back to close ready stance A

Start Position



Finish Position

