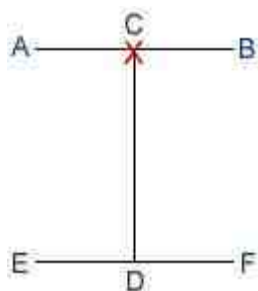


ITF Taekwondo Won-Hyo Position Diagram



There are 28 movements in this ITF pattern.

1. Turn left 90 degrees, move the left foot towards B into a right L-stance and execute a twin forearm block
2. High inward strike with a right knife-hand while bringing the left side fist in front of the right shoulder and maintaining a right L-stance toward B
3. Middle punch towards B with the left fist while forming a left fixed stance toward B, slipping the left foot towards B
4. Bring the left foot to the right foot and then move the right foot towards A, forming a left L-stance toward A while executing a twin forearm block
5. High inward strike towards A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A
6. Middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D
8. Middle side piercing kick towards D with the left foot
9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block with a knife-hand
10. Move the right foot towards D forming a left L-stance toward D while executing a guarding block with a knife-hand
11. Move the left foot towards D forming a right L-stance toward D while executing a middle guarding block with a knife-hand
12. Move the right foot towards D forming a right walking stance toward D while executing a middle thrust with the right straight finger tip
13. Move the left foot towards E turning counter clockwise to form a right L-stance toward E and, at the same time, executing a twin forearm block
14. High inward strike towards E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E
15. Middle punch towards E with the left fist while forming a left fixed stance toward E, slipping the left foot to E
16. Bring the left foot to the right foot and then move the right foot towards F, forming a left L-stance toward F while executing a twin forearm block
17. High inward strike towards F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F
18. Middle punch towards F with the right fist while forming a right fixed stance toward F, slipping the right foot to F
19. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance while executing a circular block to CF with the right inner forearm
20. Low front snap kick to C with the right foot - *keep hands in same position as step 19*
21. Lower the right foot to C forming a right walking stance towards C while executing a middle punch to C with the left fist
22. Circular block to CE with the left inner forearm while maintaining a right walking stance towards C
23. Low front snap kick towards C with the left foot - *keep hands in same position as step 22*
24. Lower the left foot towards C forming a left walking stance towards C while executing a middle punch with the right fist

25. Turn face towards C forming a left bending ready stance A towards C
26. Middle side piercing kick towards C with the right foot
27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance while executing a middle guarding block with right forearm
28. Bring the left foot to the right foot and then move the right foot towards A forming a left L-stance while executing a middle guarding block with the left forearm

Final step - Bring the right foot back and return to ready position