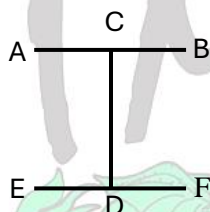


Hwa Rang

Hwa Rang: (29 movements) is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. This group eventually became the driving force of the unification of the three kingdoms of Korea. (Silla, Koguryo, and Baek je). The 29 movements refer to the 29th Infantry Division, where Tae Kwon Do developed to maturity. – I pattern – This form begins and ends in a close ready stance C.



- You will start at C facing D

1. Move the left foot to B to form a sitting (horse) stance toward D while executing a middle pushing block to D with the left palm.
2. Execute a middle punch to D with the right fist while maintaining a sitting (horse) stance toward D. Raise the body slightly.
3. Execute a middle punch to D with the left fist while maintaining a sitting (horse) stance toward D. Raise the body slightly.
4. Execute a twin forearm block (C block) forming a left L (back) stance toward A, pivoting with the left foot.
5. Execute an upward punch with the left fist while pulling the right-side fist in front of the left shoulder. Raise body slightly.
6. Execute a middle punch to A with the right fist while forming a right fixed stance towards A in a sliding motion.
7. Execute a downward strike to A with the right knife hand while forming a left vertical stance toward A, pulling the right.
8. Move the left foot to A, forming a left walking (front) stance toward A while executing a middle punch to A with the left fist.
9. Move the left foot to D, forming a left walking (front) stance toward D while executing a low block to D with the left forearm.
10. Move the right foot to D, forming a right walking (front) stance toward D while executing a middle punch to D with the right fist.
11. Pull the left foot toward the right foot while bringing the left palm to the right fore fist, at the same time bending the right elbow about 45 degrees outward. Keeping the left heel slightly off the ground.
12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction, and then lower it to D, forming a left L (back) stance toward D, at the same time executing a middle side strike to D with the right knife hand.
13. Move the left foot to D, forming a left walking (front) stance toward D while executing a middle punch to D with the left fist.
14. Move the right foot to D, forming a tight walking (front) stance toward D, at the same time executing a middle punch to D with the right fist. **Kihap**

15. Move the left foot to E, turning counterclockwise to form a right L (back) stance toward E while executing a middle guarding block to E with a knife hand (double knife hand guarding block).
16. Move the right foot to E, forming a right walking (front) stance toward E while executing a middle thrust (kwansu) to E with the right straight fingertip.
17. Move the right foot online EF, forming a right L (back) stance toward F while executing a middle guarding block to F with a knife hand (double knife hand guarding block).
18. Execute a high turning (breaking roundhouse) kick to DF with the right foot and then lower it to F.
19. Execute a high turning (breaking roundhouse) kick to CF with the left foot and then lower it forming a right L (back) stance toward F while executing a middle guarding block to F with a knife hand (double knife hand guarding block). Perform 18 and 19 in a fast motion.
20. Move the left foot to C, forming a left walking (front) stance toward C while executing a low block to C with the left outer forearm.
21. Execute a middle punch with the right fist while forming a right L (back) stance toward C, pulling the left foot.
22. Move the right foot to C, forming a left L (back) stance toward C while executing a middle punch to C with the left fist.
23. Move the left foot to C, forming a right L (back) stance toward C while executing a middle punch to C with the right fist.
24. Execute a pressing block to C with a X fist while forming a left walking (front) stance toward C, slipping the left foot.
25. Move the right foot to C in a sliding motion, forming a right L (back) stance toward D while thrusting to C with the right-side elbow. **Kihap**
26. Bring the left foot to the right foot, turning counterclockwise to form a close stance toward B while executing a high side front block with the right inner forearm and a low block with the left outer forearm.
27. Execute a high side front block with the left inner forearm and a low block with the right outer forearm.
28. Move the left foot to B, forming a right L (back) stance toward B, at the same time executing a middle guarding block to B with knife hands (double knife hand guarding block).
29. Bring the left foot to the right foot and then move the right foot to A, forming a left L (back) stance toward A while executing a middle guarding block to A with knife hands (double knife hand guarding block).

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