

## HWA-RANG (Right foot returns, 29 moves)

### RED / SENIOR RED CLOSED READY STANCE "C"

	SIDE	TECHNIQUE	SIDE	STANCE	TARGET
	1	L PALM HEEL BLOCK		SITTING	M
	2	R PUNCH		SAME	M
	3	L PUNCH		SAME	M
	4	R SQUARE BLOCK	L	BACK	H
	5	L REVERSE UPWARD PUNCH		SAME	M
	6	R SIDE PUNCH		FIXED	M
	7	R DOWNWARD KNIFEHAND STRIKE	R	STANDING-L	H
	8	L FRONT PUNCH	L	FRONT	M
	9	L LOW BLOCK	L	FRONT	L
	10	R FRONT PUNCH	R	FRONT	M
	11	R LEFT HAND GRABS FIST, PULL UP		PARALLEL	M
	12	R FORWARD LEG SIDE KICK			M
	13	R KNIFEHAND STRIKE	L	BACK	M
	14	L FRONT PUNCH	L	FRONT	M
Ki-Hap	15	R FRONT PUNCH	R	FRONT	M
	16	L DOUBLE KNIFEHAND BLOCK	L	BACK	M
	17	R SPEAR HAND STRIKE	R	FRONT	M
	18	L DOUBLE KNIFEHAND BLOCK	L	BACK	M
	19	R TURNING ROUND KICK		TRANSITION	H
	20	L TURNING ROUND KICK			H
		R DOUBLE KNIFE HAND BLOCK	R	BACK	M
	21	L LOW BLOCK	L	FRONT	L
	22	R REVERSE PUNCH (FRONT SIDE)	L	BACK	M
	23	L REVERSE PUNCH (FRONT SIDE)	R	BACK	M
	24	R REVERSE PUNCH (FRONT SIDE)	L	BACK	M
	25	L "X" BLOCK	L	FRONT	L
Ki-Hap	26	R REAR ELBOW STRIKE	L	BACK	M
	27	R DOUBLE INNERFOREARM/LOW BLOCK		CLOSED	H/L
	28	L DOUBLE KNIFE HAND BLOCK	L	BACK	M
	29	R DOUBLE KNIFE HAND BLOCK	R	BACK	M

**FORM MEANING:** Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the 6th Century AD. This eventually became the driving force for the unification of the three kingdoms of Korea. The 29 moves in this pattern refer to the 29th Infantry Division of Korea in which Tae kwon do came into maturity.