

Hwa-Rang

29 movements

History: Hwa-Rang is named for the Hwa-Rang youth group of the Silla dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwondo developed into maturity.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Closed ready position C (low) facing North		
1. Step left foot W, left palm heel block	N	M KIHAP
2. Right punch		
3. Left punch		
4. Step right foot to BS, square block	E	LB
5. Left reverse upset punch, bringing right fist to left chest	E	LB
6. Right punch (middle)	E	LB
7. Pull right foot back to RS, right circular downward knife-hand strike	E	LR
8. Step left foot E, left punch (middle)	E	LF
9. Step left foot N, left low block	N	LF
10. Step forward, right punch	N	RF
11. Step left foot to right, left hand grabs right fist, right #1 side kick to N pulling both hands to left hip	N	C
12. Set foot down in BS, right knife-hand strike	N	LB
13. Step forward, left punch	N	LF
14. Step forward, right punch	N	RF
15. Step left foot CCW 270°, double knife-hand block	E	RB
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16. Step forward, right reinforced vertical spear hand strike	E	RF
17. Slide right foot to BS facing W, double knife-hand block	W	RB
18. Right #2 round kick (high)	W	
19. Left #2 round kick (high)	W	
20. Double knife-hand block	W	RB
21. Step left foot S, left low block	S	LF
22. Pull left foot back to BS, right reverse punch	S	RB
23. Step forward, left reverse punch	S	LB
24. Step forward, right reverse punch	S	RB
25. Slide right foot S, turn to face N, right back elbow	N	RB
26. Step left foot to closed stance facing W, front right high/low inner forearm block	W	C
27. Front left high/low inner forearm block		
28. Step left foot W, double knife-hand block	W	RB
29. Step left to right, then right to E, double knife-hand block	E	LB KIHAP
Right foot returns to ready position		

Stick Self Defense

Juniors: Forward Strike

Backward Strike

Adults: Forward Strike

Backward Strike

Overhead Strike

Thrust/Jab