

Hwa Rang

Place the left hand over the right, both hands straight, fingers pointing down (Close Ready Stance C)

1. Move the left foot into a Horse Stance, execute a **slow motion** Middle Pushing Block with the left hand.
2. Right Middle Punch.
3. Left Middle Punch.
4. Turn 90 degrees to the right, turning the feet so you are in an L shaped Stance and do a Twin Forearm Block.
5. Execute an Upward Punch (Upset Punch) with the left fist, while pulling the right fist to the left shoulder.
6. Slide out to a Fixed Stance and do a right Middle Punch.
7. Pull the front foot back to a Vertical Stance and do a right Knifehand Strike.
8. Step forward and do a left Middle Punch.
9. Place your hands on your right ear for a Low Block and look left. Move the left foot 90 degrees to the left to a Front Stance and do a left Low Block.
10. Step forward into a Front Stance and do a right Middle Punch.
11. Bring the back foot to the front foot and grasp the right wrist with your left hand. Execute a right side kick while pulling the grasped hand back (Pulling Side Kick).
12. Lower your leg, landing in a Fixed Stance and do an Outward Knifehand Strike.
13. Step forward to a Front Stance and a left Middle Punch.
14. Step forward to a Front Stance and do a right Middle Punch.
15. Look left and lifting the back foot, turn 270 degrees to the left, landing in a Fixed Stance and do a Knifehand Guarding Block.
16. Step forward to a Front Stance and do a Pressing Block – Spearhand Strike.
17. Move the front foot to the left so the feet are in front of the other, and pivot 180 degrees to the left and do a Knifehand Guarding Block.
18. Right high Reverse Roundhouse Kick.
19. Left high Reverse Roundhouse Kick.
20. Move the left foot 90 degrees left into a Front Stance and do a Low Block.
21. Move the left foot right into a Fixed Stance and do a Reverse Punch.
22. Step forward into a Fixed Stance and do a Reverse Punch.
23. Step forward into a Fixed Stance and do a Reverse Punch.
24. Move the front foot left to a Front Stance and do a Crossing Low Block.
25. Step forward with the back foot to a Fixed Stance. Look right over your back shoulder and do an Elbow Strike.
26. Look left and pivot on the right foot, turning 90 degrees to the left and land with the feet side by side and execute a simultaneous right Middle Block Outward and left Low Block.
27. Do the same block to the left – simultaneous left Middle Block Outward, right Low Block.
28. Step out with your left foot into an L Shaped Stance and as you shift into a Back Stance, do a Knifehand Guarding Block.
29. Look right and bring the left foot to the right and step out to an L Shaped Stance and as you shift

into a Back Stance, do a Knifehand Guarding Block.

Kiap on the last move and announce the name of the form, "Hwa Rang".

Baro: Bring the right foot to the left in Ready Stance C.

Diagram I (capital i)

29 Moves