

Hwa-Rang Pattern

Hwa-Rang is named for the Hwa-Rang youth group, which originated in the Silla Dynasty, early 7th Century. The 29 moves refer to the 29th Infantry Division, where Taekwondo developed into maturity.

Closed Ready Position C

1. Shift the left foot out into a middle stance, left palm heel block.
2. Right punch
3. Left punch
4. Shift the right foot 90 degrees to the left and square block in a right back stance.
5. Left upper cut punch.
6. Shift the right foot forward into a middle stance and right side punch.
7. Step the right foot back into a closed L stance, right overhead knife hand strike.
8. Step the left foot forward into a left front stance and left punch.
9. Turn the left foot 90 degrees to the left and left low block in a left front stance.
10. Step forward to a right front stance and right punch.
11. Grab the right fist with the left hand and pull the left foot up to the right foot into a closed stance
12. Keeping both hands together, right side kick.
13. Land in a right back stance and right knife hand strike.
14. Step forward to a left front stance and left punch.
15. Step forward to a right front stance and right punch. **KI-HAP**
16. Turn the left foot 270 degrees to your behind into a left back stance and double knife hand block.
17. Step forward into a right front stance and right spear hand.
18. Turning 180 degrees, shift the right foot to a left back stance and double knife hand block.
19. Right turning round kick.
20. Left turning round kick, land in a left back stance and double knife hand block.
21. Turn the left foot 90 degrees to the left into a left front stance and low block.
22. Shift the left foot back into a left back stance and right angle punch.
23. Step the right foot forward into a right back stance and left angle punch.
24. Shift the left foot forward into a left back stance and right angle punch.
25. Shift the left foot forward into a left front stance and X-block low.
26. Turn the right foot into a reversed back stance (the left foot pointing to form a left back stance) and right elbow strike to the rear. **KI-HAP**.
27. Balance the left foot 270 degrees to the left and left low block, right backfist; right low block, left backfist in a closed stance.
28. Step the left foot forward into a left back stance and double knife hand block.

29. Step the left foot to the right, step out 180 degrees with the right foot into a right back stance, and double knife hand block.

Right foot returns