

PATTERN HWA-RANG

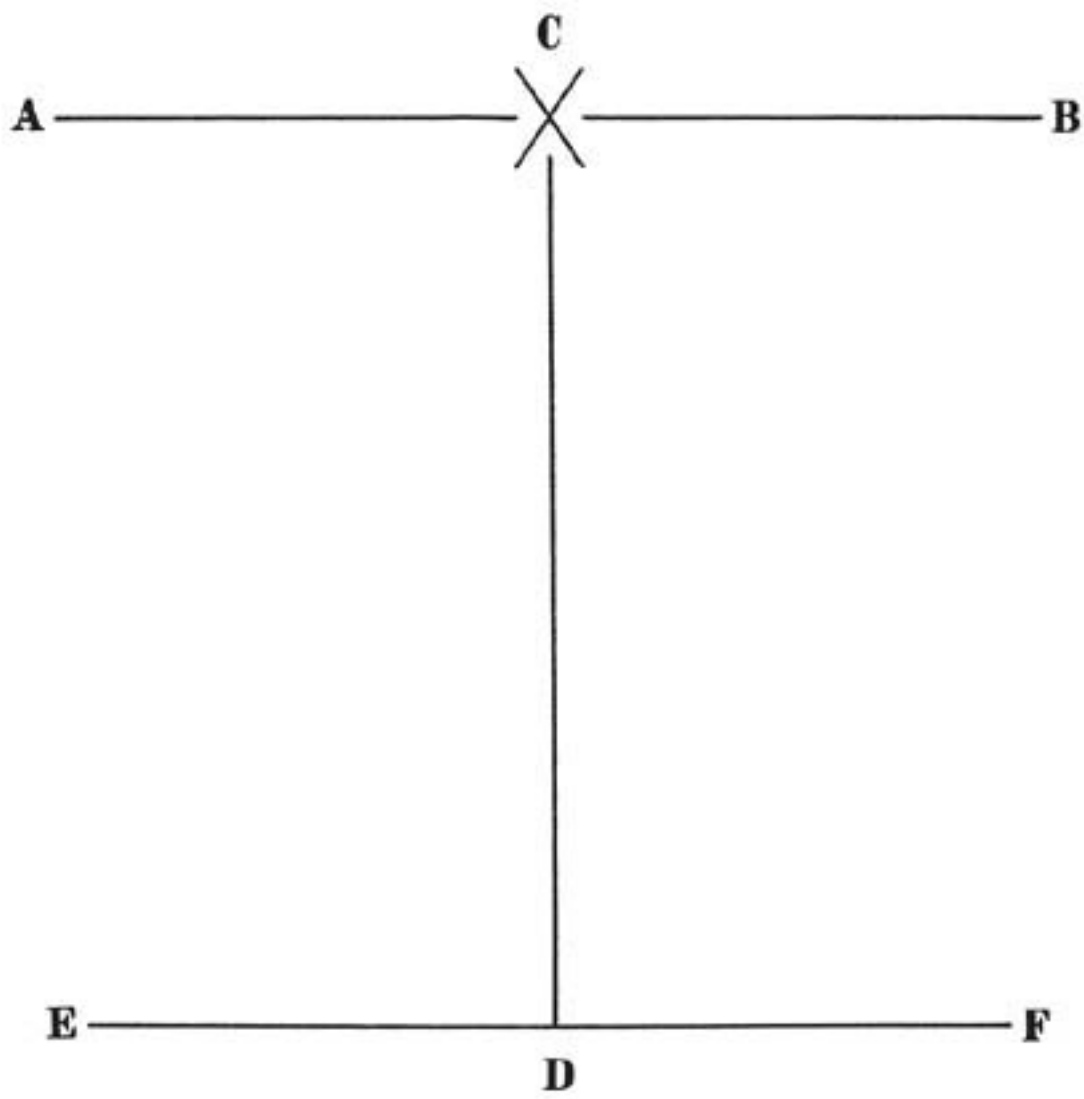
This pattern is practised by the 2nd
grade holder and above.

DIAGRAM: 

MOVEMENTS: 29

READY POSTURE: CLOSE READY STANCE C.

DIAGRAM (*Yon Moo Son*)



Ready Posture (*Junbi Jase*)

Close ready stance C toward D.



1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.

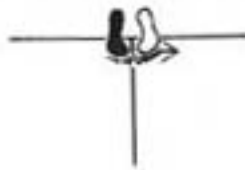


Sitting stance middle pushing block with the left palm toward D.

Side View



Ready Posture



Back View



Back View



- 2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.**



Sitting stance middle punch with the right fist toward D.



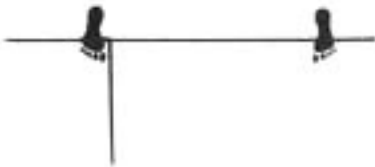
Side View



Previous Posture



Raise the body slightly.



Application



Side View

3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.



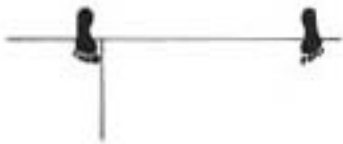
Sitting stance middle punch with the left fist toward D.



Previous Posture



Raise the body slightly.



Side View



4. Execute a twin forearm block forming a left L-stance toward A, pivoting with the left foot.



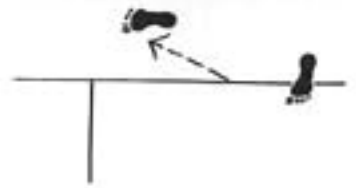
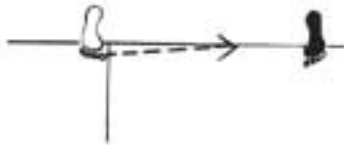
Left L-stance twin forearm block toward A.



Front View



Previous Posture



Application

5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder.



Left L-stance upward punch
with left fist toward A.



Previous Posture

Raise the body slightly.



Application

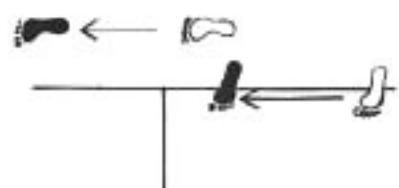
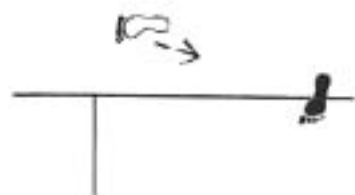
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.



Right fixed stance middle punch with the right fist toward A.



Previous Posture



Application

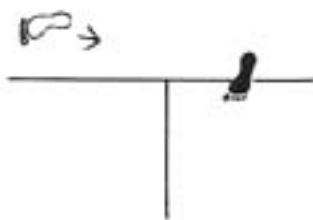


7. Execute a downward strike to A with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.



Left vertical stance downward strike with the right knife-hand.

Previous Posture



Application



8. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.



Left walking stance middle punch with the left fist toward A.

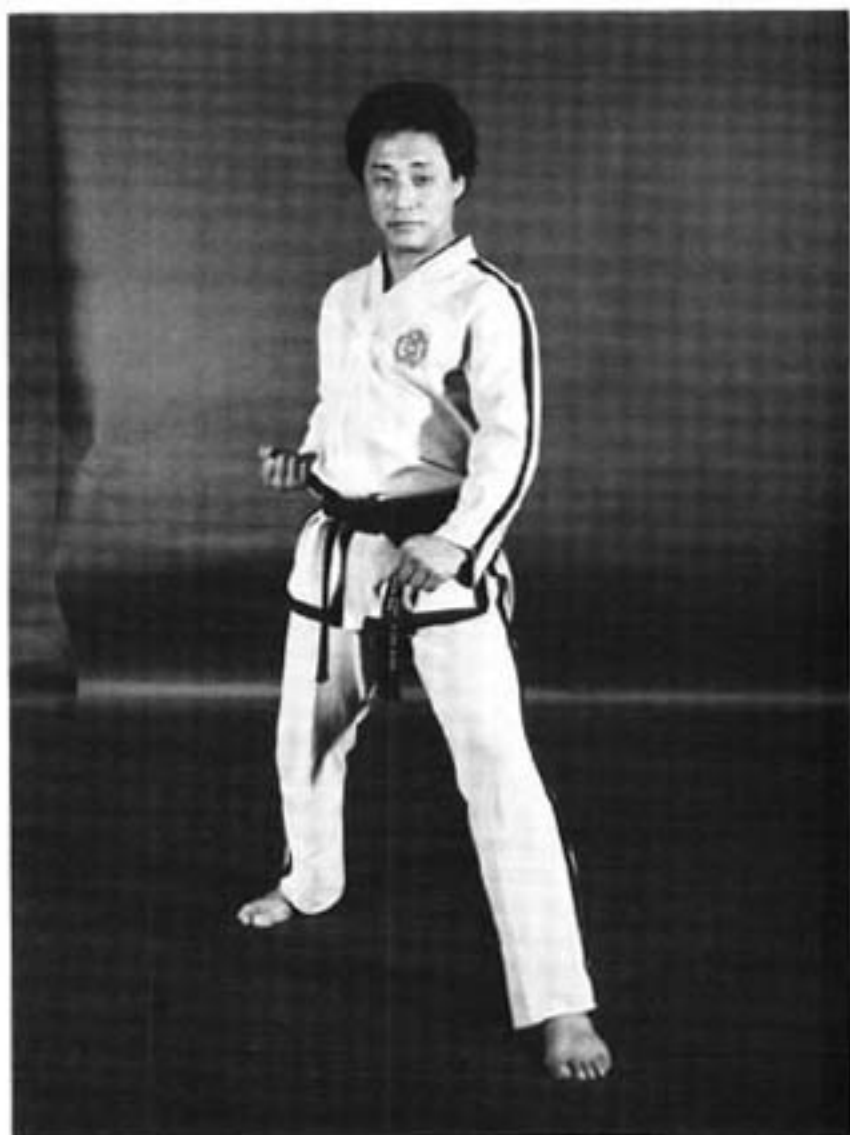


Previous Posture

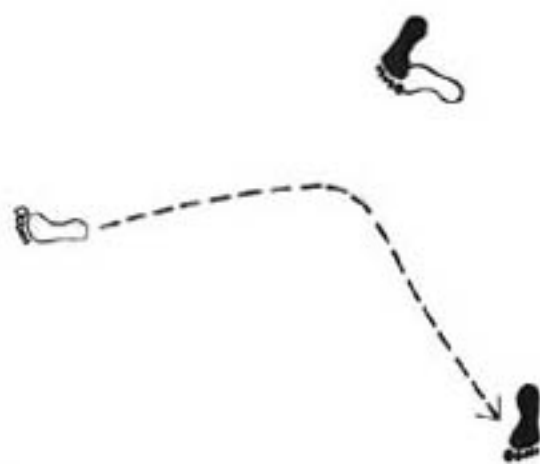


Application

9. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.



Left walking stance low block with the left forearm toward D.



Previous Posture



10. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.



Right walking stance middle punch with the right fist toward D.



Previous Posture



Top View

11. Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.





Previous Posture



Side View



Keep the left heel slightly off the ground, distributing about 70 percent of the body weight to that foot.

Application of No. 11

Grabbing



Top View



Side View

Pulling

12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposition direction, and then lower it to D, forming a left L-stance toward D, at the same time executing a middle side strike to D with the right knife-hand.



Left L-stance middle side strike with the right knife-hand toward D.

Side View



Side View



Previous Posture



Application



Side View



13. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.



Left walking stance middle punch with the left fist toward D.

Previous Posture



Application



Side View



14. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle punch to D with the right fist.



Right walking stance middle punch with the right fist toward D.



Previous Posture



Application



Side View

15. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.



Right L-stance knife-hand middle guarding block toward E.



Previous Posture



Application



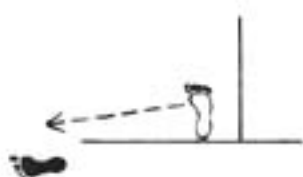
16. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip.



Right walking stance middle thrust toward E.



Previous Posture



Application

17. Move the right foot on line EF, forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.



Right L-stance knife-hand
guarding block toward F.



Previous Posture



Application



18. Execute a high turning kick to DF with the right foot and then lower it to F.



High turning kick to DF with the right foot.

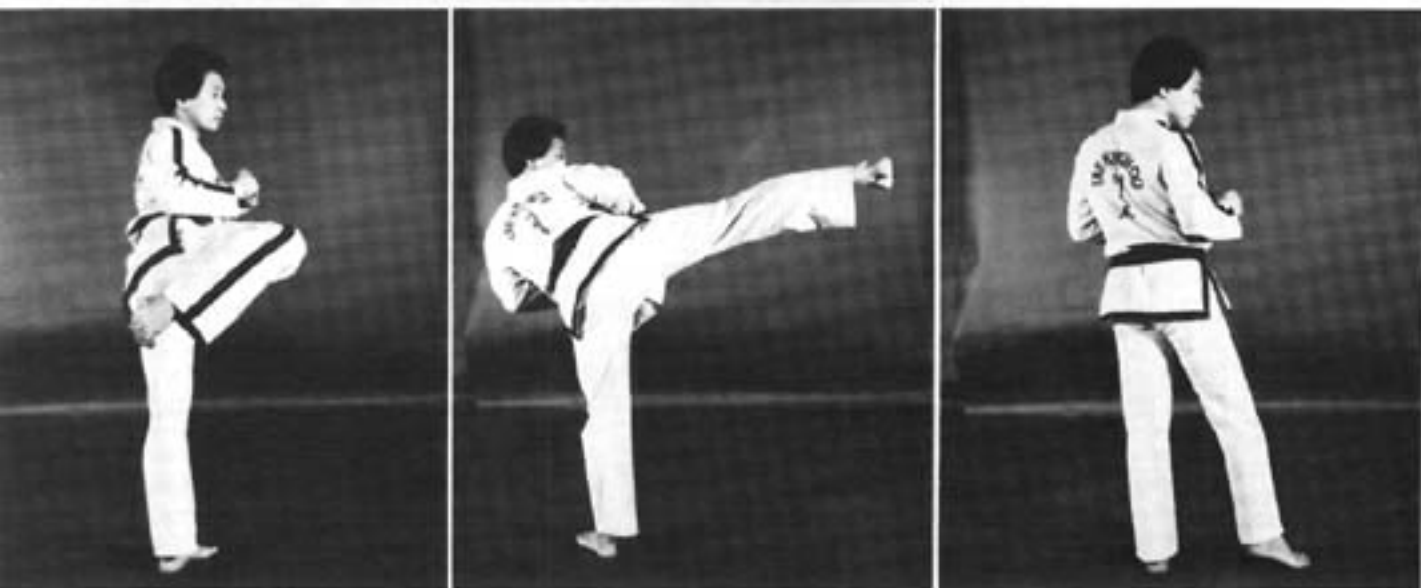
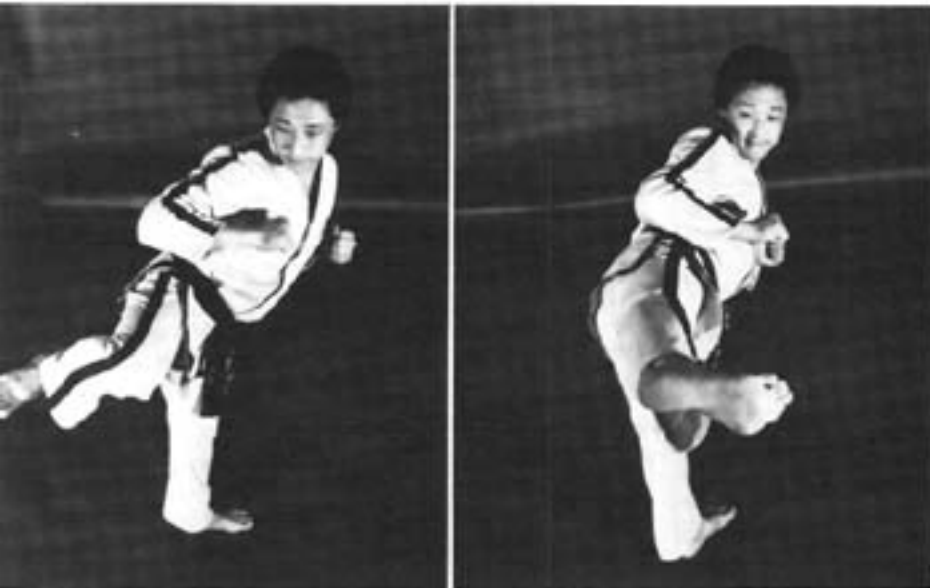


Application



Top View

Top View



Previous Posture

19. Execute a high turning kick to CF with the left foot and then lower it forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
Perform 18 and 19 in a fast motion.



High turning kick to CF with the left foot.





20. Move the left foot to C, forming a left walking stance toward C while executing a low block to C with the left forearm.



Left walking stance low block with the left forearm toward C.



Previous Posture



Application



Other View

Top View



21. Execute a middle punch with the right fist while forming a right L-stance toward C, pulling the left foot.

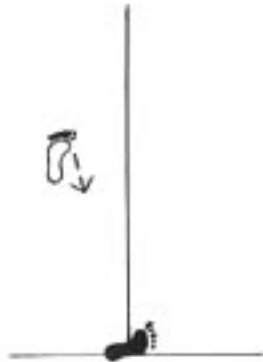


Right L-stance middle punch with the right fist toward C.

Previous Posture



Other View





Application of No. 21



Application of No. 21



Side View



Top View

22. Move the the right foot to C, forming a left L-stance toward C while executing a middle punch to C with the left fist.



Left L-stance middle punch
with the left fist toward C.

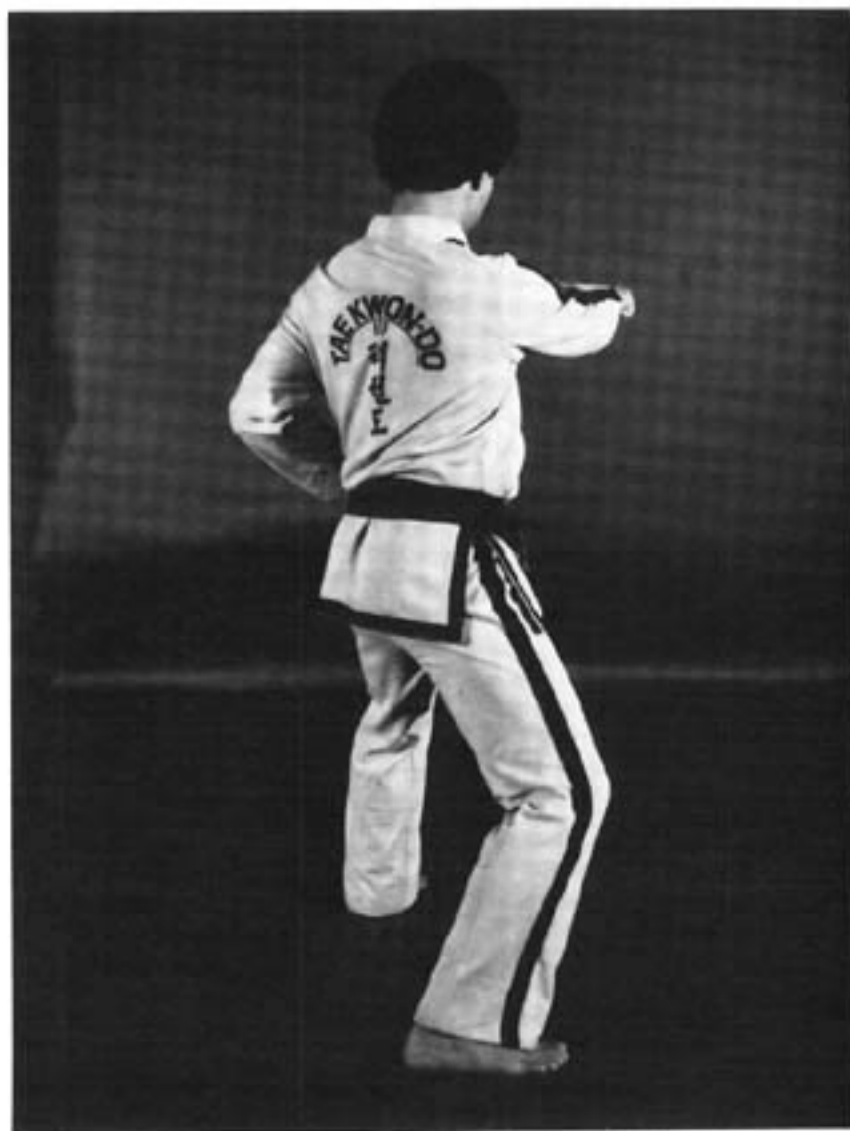
Previous Posture



Top View



23. Move the left foot to C, forming a right L-stance toward C, at the same time executing a middle punch to C with the right fist.



Right L-stance middle punch with the right fist toward C.

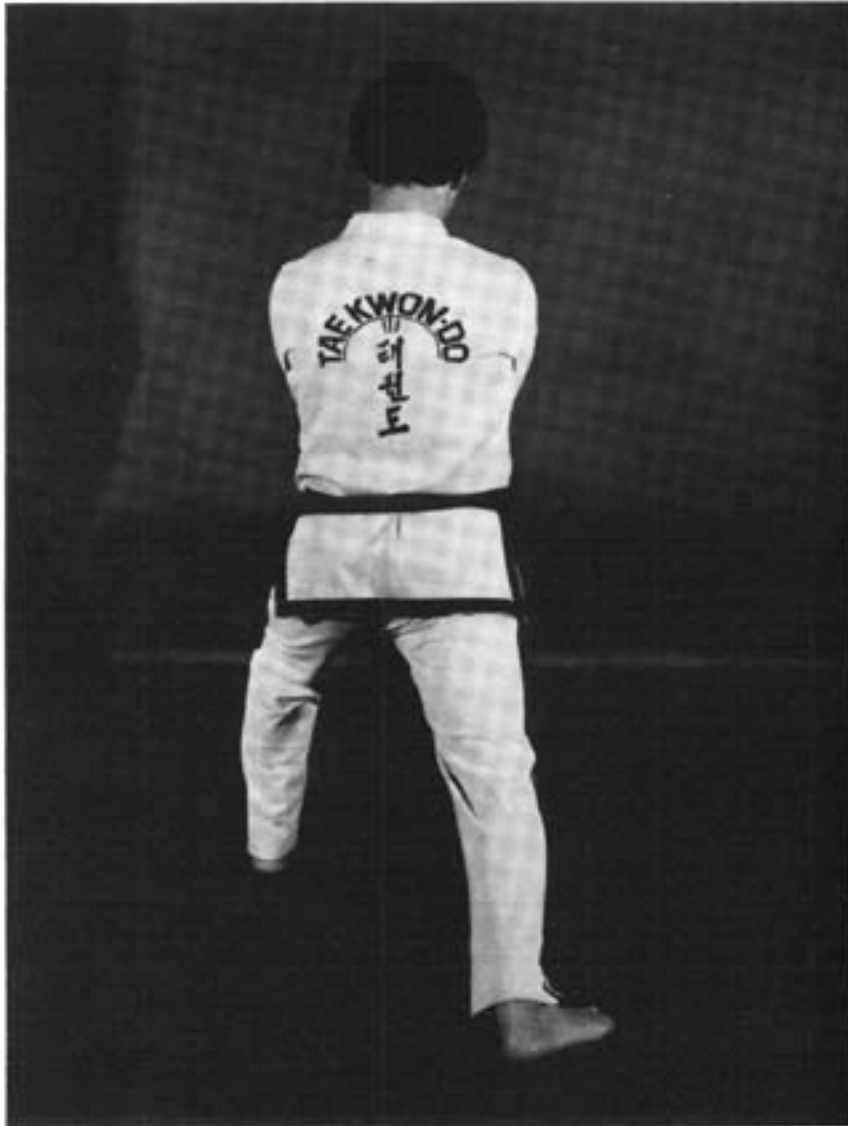
Previous Posture



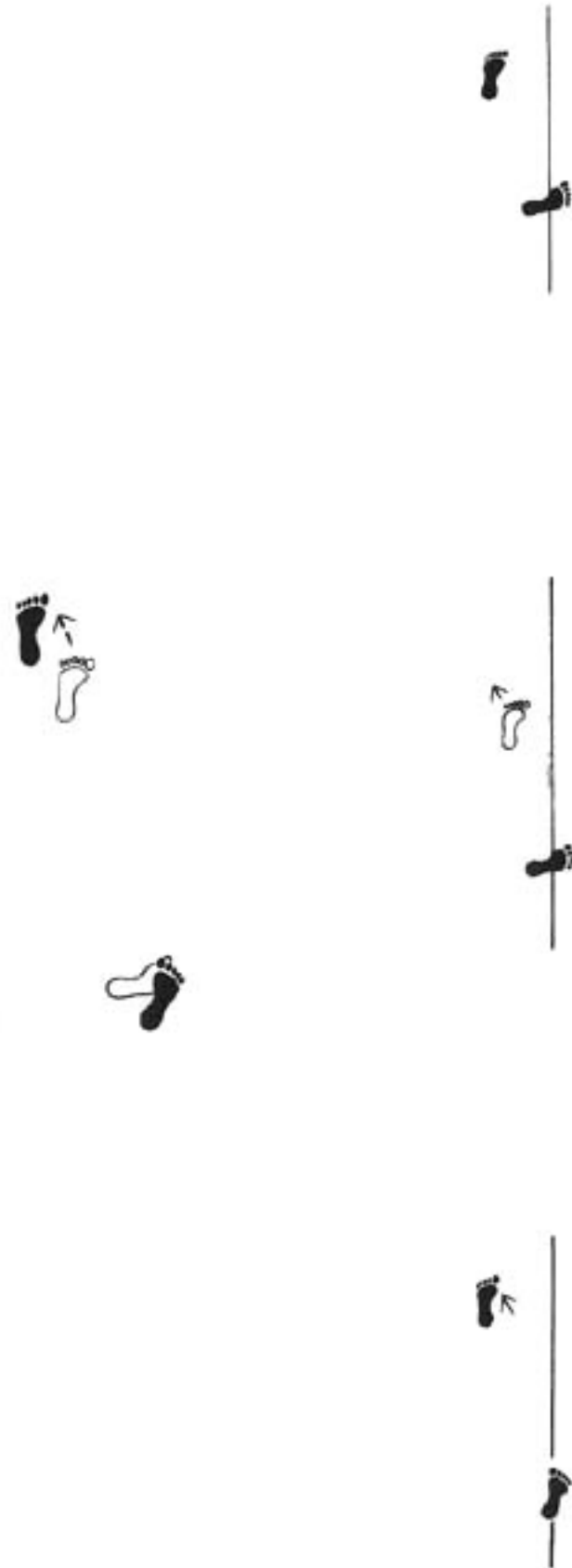
Other View



24. Execute a pressing block to C with an X-fist while forming a left walking stance toward C, slipping the left foot.



Left walking stance pressing block with an X-fist toward C.



Previous Posture



Application



Side View



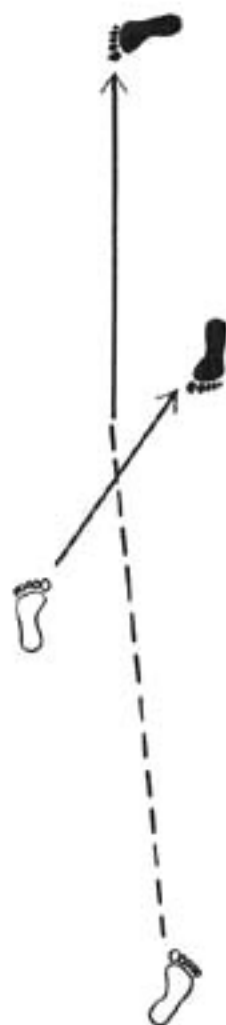
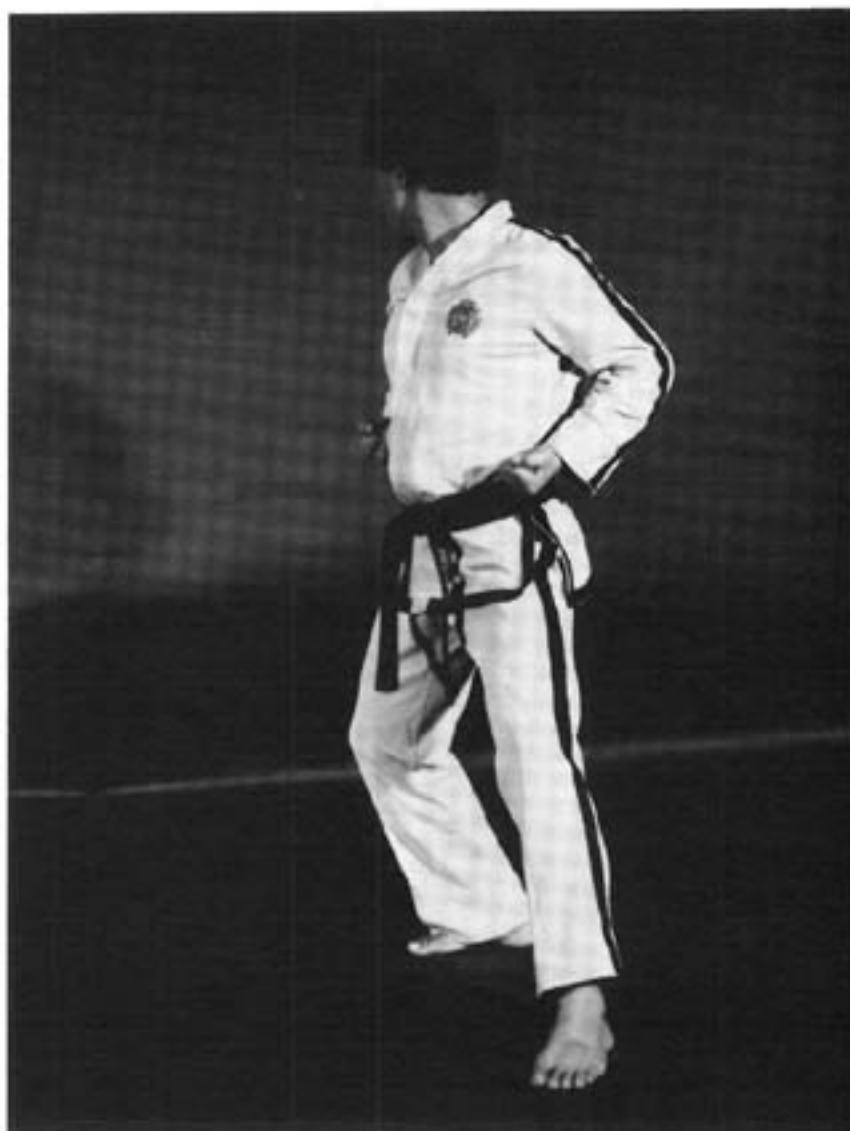
Other View



Other View

25. Move the right foot to C in a sliding motion, forming a right L-stance toward D while thrusting to C with the right side elbow.

Right L-stance right side elbow thrust in a sliding motion



Previous Posture



Application



Side View

26. Bring the left foot to the right foot, turning counter-clockwise 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 forearm.



Close stance high side front block with the right inner forearm toward B.

Previous Posture





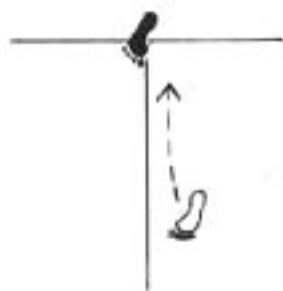
Application



Application



Top View



27. Execute a high side front block with the left inner forearm and a low block with the right forearm.



Close stance high side front block with the left inner forearm toward B.

Previous Posture



Keep both heels slightly off the ground.



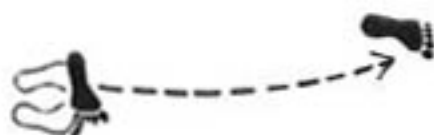
Application



28. Move the left foot to B, forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.



Right L-stance knife-hand guarding block toward B.



Previous Posture



Application



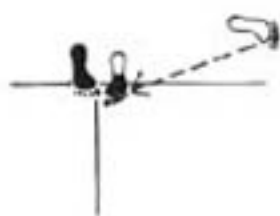
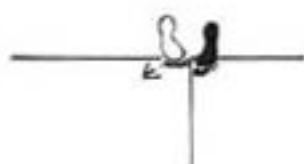
29. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.

Left L-stance knife-hand guarding block toward A.





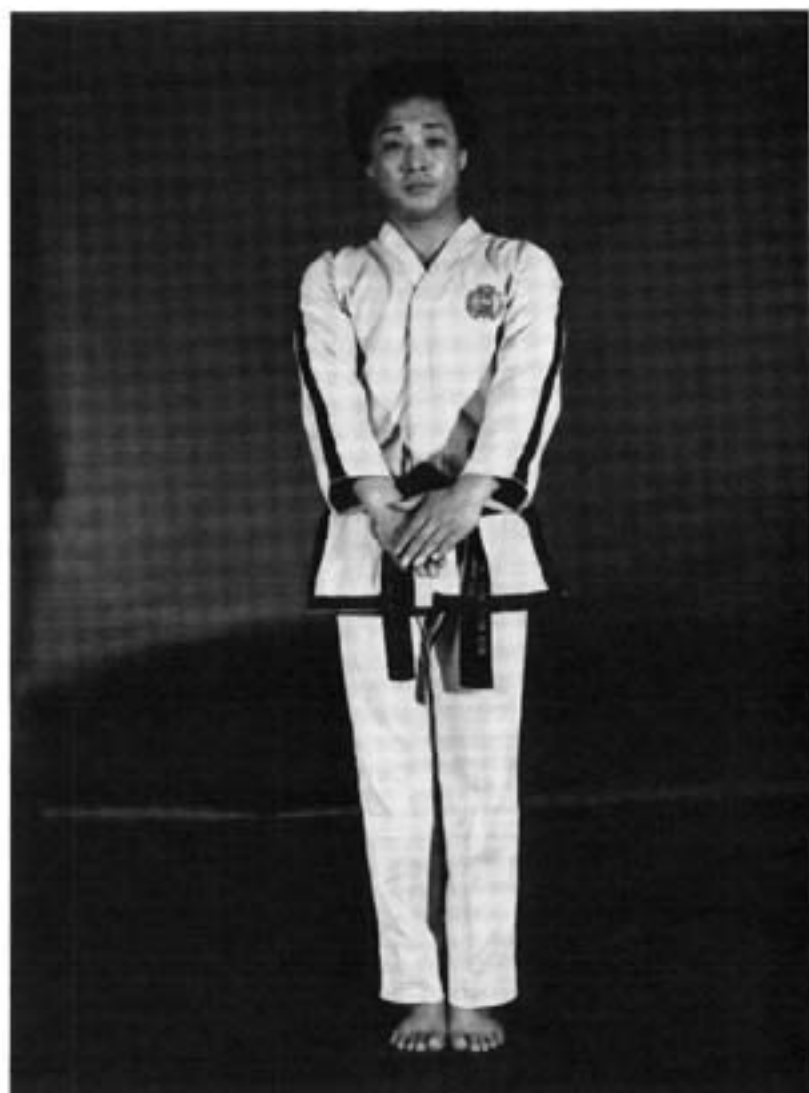
Previous Posture



Application



END: Bring the right foot back to a ready posture.



Close ready stance C toward D



Previous Posture



Side View



Back View