

Hwa-rang (Volume 10 137 to 204)

(index)

PATTERN HWA-RANG

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

DIAGRAM: 

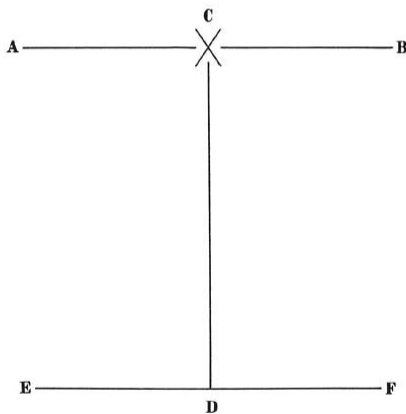
MOVEMENTS: 29

READY POSTURE: CLOSE READY STANCE C.

137

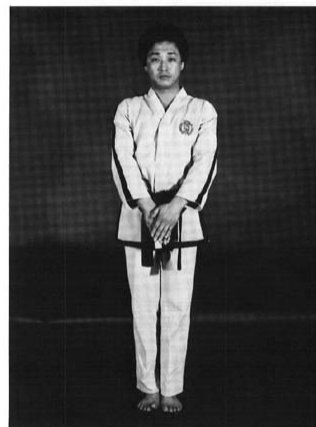
Ready Posture (*Junbi Jase*)

DIAGRAM (*Yon Moo Son*)



138

Close ready stance C toward D.

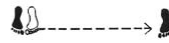


139

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.



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Side View



Ready Posture



Back View



Back View

141

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

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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.



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Previous Posture



Raise the body slightly.



Side View

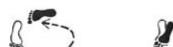


145

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.



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Front View



Previous Posture



Application



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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.

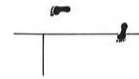


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Previous Posture



Raise the body slightly.



Application

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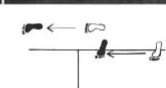
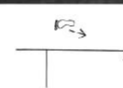
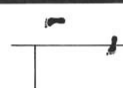
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.



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



Previous Posture



Application



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

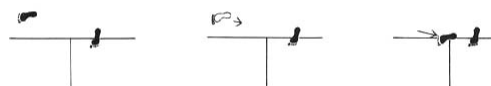
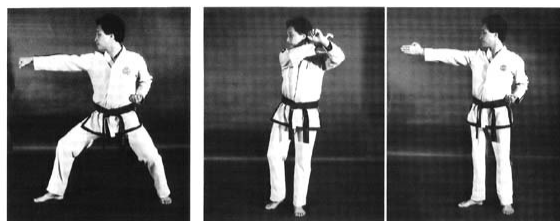


Left vertical stance downward strike with the right knife-hand.



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Previous Posture



Application



153

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.



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Previous Posture



Application



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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.



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Previous Posture



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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.



Top View

Previous Posture



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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.



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Application of No. 11

Grabbing



Top View



Side View



Pulling



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Previous Posture



Side View



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

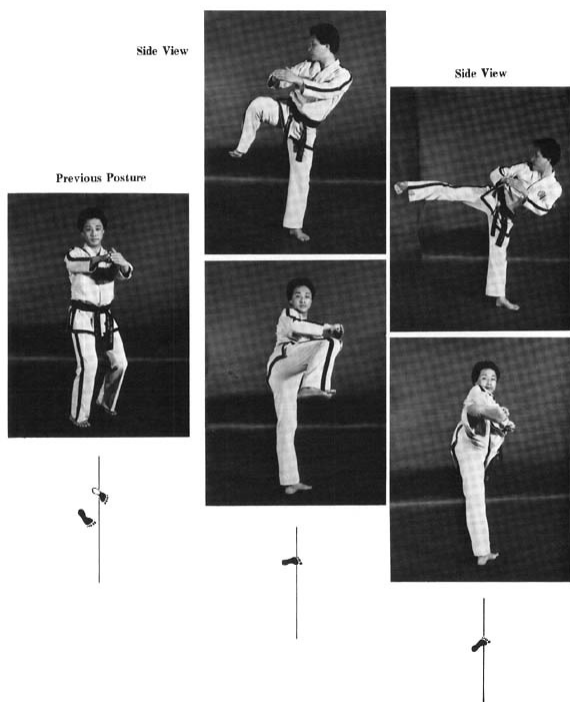
161

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.

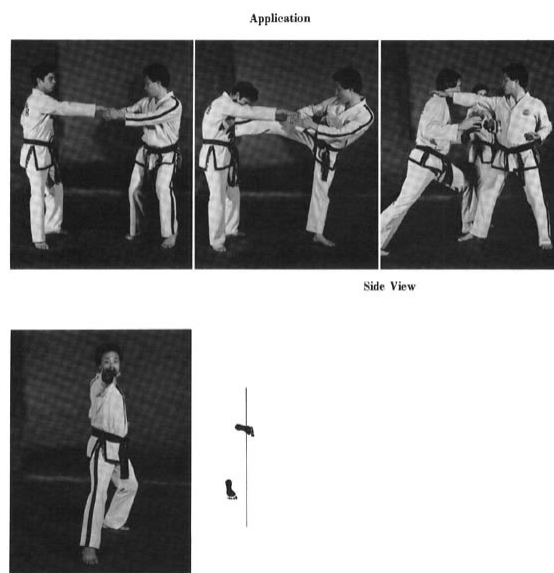


Left L-stance middle side strike with the right knife-hand toward D.

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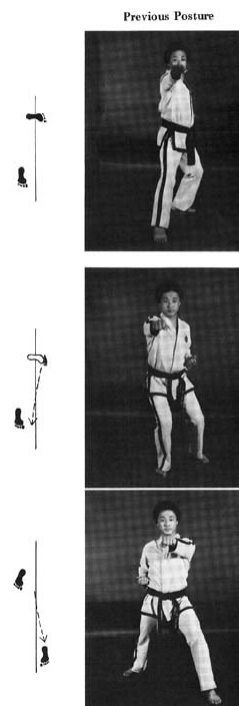
13. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.



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



Side View



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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.



Application



Side View



Previous Posture



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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



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

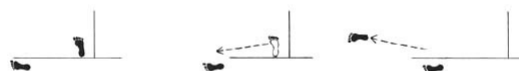
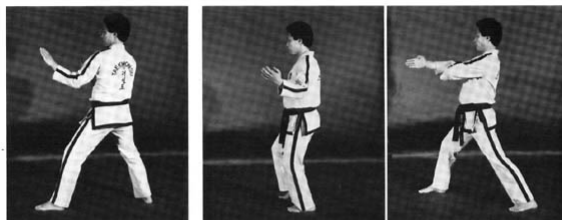


Right walking stance middle thrust toward E.



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Previous Posture



Application

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



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



Previous Posture



Application



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

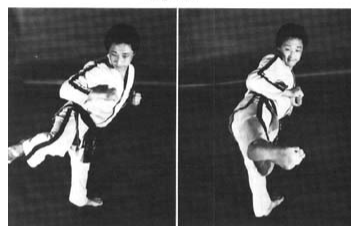


High turning kick to DF with the right foot.

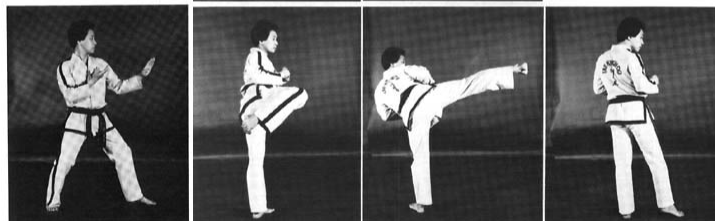


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Top View



Top View



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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.

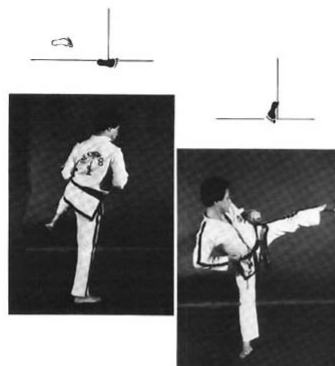


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Previous Posture



High turning kick to CF with the left foot.

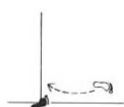


179

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.



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Previous Posture



Application



Other View



Top View

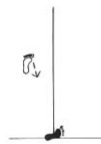


181

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



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Application of No. 21



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Application of No. 21



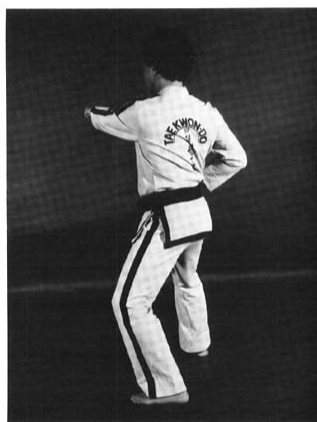
Side View



Top View

185

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.



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Previous Posture

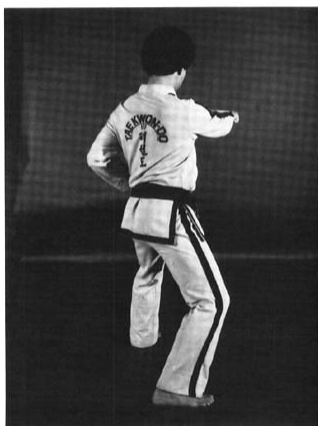


Top View



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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



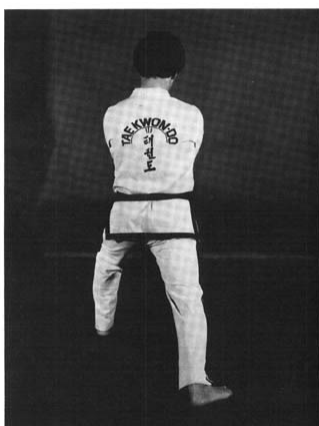
Other View



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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



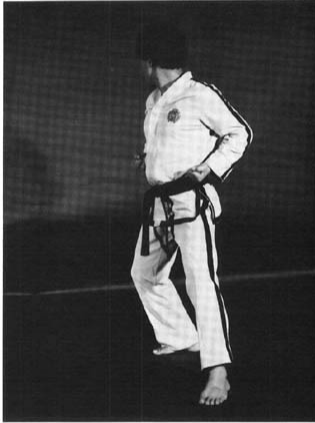
Other View

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191

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



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Previous Posture



Application



Side View

193

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.

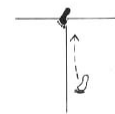


Close stance high side front block with the right inner forearm toward B.

Previous Posture



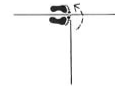
Application



Application



Top View



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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.

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Previous Posture



Keep both heels slightly off the ground.



Application



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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.



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Previous Posture



Application



199

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 toward A with a knife-hand.

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



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Previous Posture

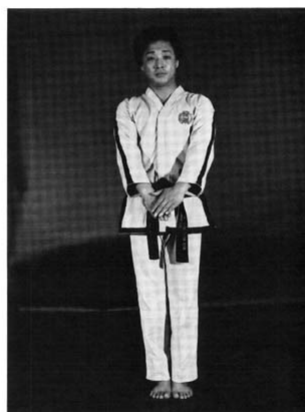


Application



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

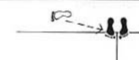
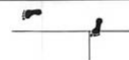


Close ready stance U toward D



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Previous Posture



Side View



Back View

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