**Hwa-Rang**

Red Belt Form

Meaning: Shape: Hwa Rang is named after the Hwa rang youth group which originated in the Silla Dynasty. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th infantry division where Tae Kwon Do development into maturity.

Number of movements: 29

Shape: I

Kihap Points: 14 & 25

Begin at Ready Stance “C”: Feet together, left hand covers right hand at belt level

1. Slide (left foot moves) into horse-riding stance, perform left palm strike
2. Right punch (remain in horse-riding stance)
3. Left punch (remain in horse-riding stance)
4. Slide right foot out into left back stance (toward right side of room) perform twin forearm block
5. Left upset punch
6. Fixed stance right punch
7. Pull right foot in to meet left foot, perform right handed downward knife hand chop
8. At 90 degree angle, perform left front stance with punch
9. Turn 90 degrees (toward front of room) into left front stance down block
10. Right front stance punch
11. Left cat stance wrist grab
12. While pulling wrist in toward body, perform right side kick, land with left back stance knife hand chop
13. Left front stance punch
14. Right front stance punch KIHAP
15. Turn left 270 degrees into right back stance two hand knife hand block
16. Right front stance right spear hand thrust (aka body thrust)
17. Turn left 180 degrees into right back stance two hand knife hand block
18. Right round house @ 45 degree angle
19. Left round house @ 45 degree angle, double knife hand block in right back stance
20. Turn 90 degrees into left front stance down block
21. Right back stance with a 45 degree punch
22. Left back stance with a 45 degree punch
23. Right back stance with a 45 degree punch
24. Left front stance low X block
25. Turn left 180 degrees into right back stance reverse elbow KIHAP
26. Turn left 90 degrees into closed stance scissor block (left hand lands down)
27. Closed stance scissor block (right hand lands up)
28. Right back stance two hand knife hand block
29. Turn 180 into left back stance two hand knife hand block

Return to Ready Stance C when called back to ready