

Kicking combinations: Various

Pad work:

Flying side kick	X2
Reverse turning kick	X2
Jump turning kick	X2
Jump side kick	X2
Back fist	X1

Self-defence:

Release + counters from wrist holds/lapel holds/arm holds/strangle holds (single and twin)

Blocking 10 various attacks with sticks (juniors)

Knife attacks

Foot sparring

Pre-set:

1 step sparring

1 step grabs

Freestyle sparring:

Free sparring 1v1

Free sparring 1v2

Destruction:

Palm strike X1

Side kick X1

Jump Reverse turning kick X1

*\*This is a guide and the order and content can change on the day\*.*

Theory-Questions for red belt students:

What is the pattern name? = **Hwa Rang**

How many movements? = **29**

Ready Position? = **Closed Ready Stance 'C'**

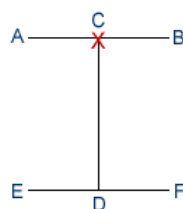
What does Hwa Rang mean? **Is named after the Hwa Rang youth**

What is the diagram? = **Capital i (I)**

What does red belt mean? = **Signifies Danger, cautioning the student to exercise control and warning the opponent to stay away**

Hwa Rang **is named after the Hwa Rang youth group** which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th infantry Division, where Tae Kwon-Do developed into maturity.

Diagram



The illustrations for this pattern assume that the student is standing on line AB facing 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.

2.

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

3.

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

4.  
Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
5.  
Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6.  
Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
7.  
Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
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.
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.
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.
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.
12.  
Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.
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.
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.
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.
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 finger tip.
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.
18.  
Execute a high turning kick to DF with the right foot and then lower it to F.
19.  
Execute a high turning kick to CF with the left foot and then lower it to F 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.
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.
21.  
Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.
22.  
Move the right foot to C forming a left L-stance toward C while executing a middle punch to C with the left fist.
23.  
Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the right fist.
24.  
Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.
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.
- 26.

Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.

27.

Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.

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.

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.

End. Bring the right foot back to a ready posture.