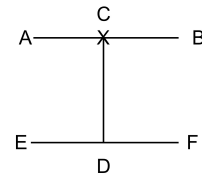


Hwa-Rang Tul



Named after the Hwa-Rang youth group that originated in the Silla Dynasty in the early 7th century. 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 modern Taekwon-Do developed into maturity. The pattern begins in Close Ready Stance 'C'.

1. Move the left foot to B to form a sitting stance to D performing a middle pushing block with the left palm
2. Perform a middle punch to D with the right fist whilst keeping the sitting stance towards D
3. Perform a middle punch to D with the left fist whilst keeping the sitting stance towards D
4. Perform a twin forearm block whilst forming a Left L Stance towards A pivoting with the Left foot
5. Perform an upwards punch with the left fist whilst putting the right fist on the front of the left shoulder maintaining a Left L Stance towards A
6. Perform a middle punch to A with the Right fist whilst forming a right fixed stance towards A in a sliding motion
7. Perform a downwards strike with the Right knife hand forming a vertical stance towards A pulling the right foot
8. Step towards A into a Left walking stance performing an obverse middle forefist punch
9. Move the left foot towards D into a left walking stance and perform a low obverse outer forearm block
10. Step towards D into a right walking stance performing an obverse middle forefist punch
11. Pull the left foot towards the right foot while bringing the left palm to the right forefist at the same time bending the right elbow to 45 degrees
12. Perform a middle side piercing kick to D with the right foot pulling both hands in the opposite direction. Then lower the right foot to D into a Left L Stance towards D performing a middle knife hand strike
13. Move the left foot towards D forming a left walking stance towards D performing an obverse middle forefist punch
14. Move the right foot towards D forming a right walking stance towards D performing an obverse middle forefist punch
15. Move the left foot towards E turning counter clockwise into a right L stance towards E and performing a middle knife hand guarding block towards E
16. Move the right foot towards E forming a right walking stance performing a middle thrust to E with the right straight fingertip
17. Move the right foot on line EF forming a right L stance towards F and performing a middle knife hand guarding block towards F
18. Perform a high turning kick to DF with the right foot and lower it to F
19. Perform a high turning kick to CF with the left foot and lower it to F; forming a right L stance towards F whilst performing a middle guarding block to F with the knife hand. Perform 18 and 19 in a fast motion.
20. Move the left foot towards C forming a left walking stance towards C whilst performing a low block to C with the left outer forearm
21. Pull the left foot into a right L stance and perform a middle punch to C with the right forefist
22. Move the right foot towards C into a left L stance and perform a middle punch to C with the left forefist
23. Move the left foot towards C into a right L stance and perform a middle punch to C with the right forefist
24. Slip the left foot towards C into a left walking stance performing a pressing block to C with an X-Fist
25. Move the right foot towards C in a sliding motion, forming a right L stance towards D whilst thrusting to C with the right side elbow
26. Bring the left foot towards the right foot turning counter clockwise to form a close stance towards B whilst performing a side front block with the right inner forearm, extending the left forearm to the side downward
27. Perform a side front block with the left inner forearm, extending the right forearm to the side downward, maintaining a close stance towards B
28. Move the left foot towards B forming a right L Stance towards B performing a middle knife hand guarding block
29. Bring the left foot towards the right foot and then move the right foot towards A, forming a left Stance towards A performing a middle knife hand guarding block. Shout "Hwa Rang" after the breath. Move the Right Foot back to a Ready Posture.