

Hwa-Rang

31 Movements

“Named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1,350 years ago. This group eventually became the actual driving force for the unification of the three kingdoms of Korea.”

Ready Stance C

1. Left Palm Heel Strike Middle - Sitting Stance
2. Right Punch Middle - Sitting Stance
3. Left Punch Middle - Sitting Stance
4. Right Square Block - Right Back Stance
5. Left Reverse Upset Punch High - Right Back Stance
6. Right Punch Middle - Right Fixed Stance
7. Right Downward Knifehand Strike - L Stance
8. Left Punch Middle - Left Front Stance
9. Left Low Block - Left Front Stance
10. Right Punch Middle - Right Front Stance
11. Left Hand Grab - Parallel Stance
12. Right Side Kick
13. Right Knifehand Strike Middle - Right Back Stance
14. Left Punch Middle - Left Front Stance
15. Right Punch Middle - Right Front Stance
16. Left Double Knifehand Block - Left Back Stance
17. Right Spearhand Middle - Right Front Stance
18. Left Double Knifehand Block - Left Back Stance
19. Right Round Kick
20. Left Round Kick
21. Left Double Knifehand Block - Left Back Stance
22. Left Low Block - Left Front Stance
23. Right Reverse Punch Middle - Left Fixed Stance
24. Left Reverse Punch Middle - Right Fixed Stance
25. Right Reverse Punch Middle - Left Fixed Stance
26. Left X-Block Low - Left Front Stance
27. Right Reverse Backward Elbow Strike - Left Back Stance
28. Right Inner Forearm Block/Left Low Block - Closed Stance
29. Left Inner Forearm Block/Right Low Block - Closed Stance
30. Left Double Knifehand Block - Left Back Stance
31. Right Double Knifehand Block - Right Back Stance