

화랑

Downward knife-hand strike 7
 Vertical stance
 Mid punch 8
 Walking stance
 Twin outer forearm block 4
 L stance
 Upset punch 5
 L stance
 Closed ready stance C
 Mid palm pushing block 1
 Sitting stances
 Mid punches 2, 3

Low outer forearm block 9
 Walking stance
 Mid punch 10
 Walking stance
 Mid sidekick 11
 (pull forward)
 Outward knife-hand strike 12
 L stance

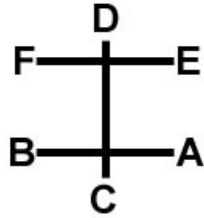
Mid punch 13
 Walking stance
 Mid punch 14
 Walking stance

Mid knife-hand guarding block 29
 L stance
 Mid inner forearm block 26
 Low outer forearm block
 Close stances 27
 Low outer forearm block
 Mid knife-hand guarding block 28
 L stance
 Elbow 25
 L stance (slide in)

Mid punch 23
 L stance
 Downward X-block 24
 Walking stance
 Mid punch 22
 L stance
 Low outer forearm block 20
 Walking stance
 Mid punch 21
 L stance

Mid spear-hand 16
 Walking stance
 Mid knife-hand guarding block 15
 L stance
 Mid knife-hand guarding block 17
 L stance
 High turning kick 18
 L stance
 High turning kick 19
 L stance
 Mid knife-hand guarding block

HWA RANG



HWA RANG

Close Ready Stance C

Start On C facing D

1. Move left foot to B sitting stance middle pushing block to D with left palm.
 2. Middle punch right fist.
 3. Middle punch left fist.
- Perform 2 & 3 in a continuous motion.
4. Twin forearm block towards A left L-stance pivoting on left foot.
 5. Upward punch with left fist pulling right sidefist in front of left shoulder.
 6. Middle punch to A right fist sliding to A left fixed stance.
 7. Right knife hand downward strike to A pulling right foot into left vertical stance.
 8. Move left foot to A left walking stance middle obverse punch.
 9. Move left foot to D walking stance forearm low obverse punch.
 10. Move right foot to D right walking stance middle obverse punch.
 11. Pull left towards right foot bring left palm onto right bending elbow slightly.
 12. Middle side piercing kick to D pulling both hands in opposite directions and then lower right foot to D left L-stance knife hand middle reverse side strike. Perform in a continuous motion.
 13. Move left foot to D walking stance middle obverse punch.
 14. Move right foot to D walking stance middle obverse punch.

15. Move left foot to E right L-stance knifehand middle guarding block.
 16. Move right foot to E right walking stance middle straight fingertip thrust right hand.
 17. Move right foot to line EF right L-stance knifehand middle guarding block.
 18. High turning kick with right foot to F.
 19. High turning kick with left foot to F, lower left foot to F right L-stance knifehand middle guarding block.
- Perform 18 & 19 in a continuous motion.
20. Move left foot to C left walking stance low forearm obverse block.
 21. Middle obverse punch forming right L-stance pulling right foot.
 22. Move right foot to C left L-stance middle obverse punch.
 23. Move left foot to C right L-stance middle obverse punch.
 24. X-fist pressing block slipping left foot into walking stance.
 25. Move right foot to C in sliding motion right L-stance facing D side and back elbow thrust (back elbow towards C).
 26. Move left foot to right turning counter clockwise, close stance facing B middle block with right inner forearm and low block with left outer forearm.
 27. Change the position of the hands.
 28. Move left foot to B right L-stance knifehand middle guarding block.
 29. Move left foot to right foot, right foot to A left L-stance knifehand middle guarding block.

END Ð Move right foot back to Close Ready Stance C.