

Hwa-Rang

Red Belt

Closed Ready Stance C

Technique			Stance	Target
1	Left	Palm block	Middle	Middle
2	Right	Punch	Same	Middle
3	Left	Punch	Same	Middle
4	Right	Square block	Back L	High
5	Left	Reverse upward punch	Same	Middle
6	Right	Side punch	Middle	Middle
7	Right	Vertical knifehand strike	Standing L-stance	High
8	Left	Punch	Front	Middle
9	Left	Low block	Front	Low
10	Right	Punch	Front	Middle
11	Right	Forward leg side kick		Middle
12	Right	Knifehand strike	Back L	Middle
13	Left	Punch	Front	Middle
14	Right	Punch	Front	Middle
15	Left	Double knifehand block	Back L	Middle
16	Right	Reverse vertical spear thrust	Front	Middle
17	Left	Double knifehand block	Back L	Middle
18	Right	Turning round kick		Middle
19	Left	Turning round kick – land double knife hand guarding blocks	Land in a Back L	Middle
20	Left	Low block	Front	Low
21	Right	Reverse punch	Back L	Middle
22	Left	Reverse punch	Back L	Middle
23	Right	Reverse punch	Back L	Middle

Technique			Stance	Target
24	Left	Low X-block	Front	Low
25	Right	Rear elbow (Kihap)	Back L	Middle
26	Right	High/low block	Closed	High/low
27	Left	High/low block	Same	High/low
28	Left	Double knifehand block	Same	Middle
29	Right	Double knifehand block	Same	Middle
29 moves, Right Foot Returns				

Hwa Rang: (29 moves) 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 Taekwondo developed to maturity. (Right Foot Returns)