

Hwa Rang - 2nd Kup

Pattern: Hwa Rang Tul (tul means pattern)

No of Movements: 29 **No of Stances:** 6

Meaning of Hwa Rang

Hwa Rang is named after the Hwa Rang youth group, which originated in the Silla Dynasty about 600AD. This group eventually became the driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th infantry division where Taekwon-do developed into maturity

The meaning of Red:

Red signifies danger, warning the student to exercise control and the opponent to stay away.

The meaning of Black:

Black is opposite of white, therefore, signifying maturity and proficiency in Taekwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

Parts of the body

| | |
|-------------------|-------------|
| Instep | Baldung |
| Reverse Footsword | Balkal Dung |

Sparring terms

1 step sparring Ilbo Matsoki

1 Step has no set routines so it is the most realistic form of set sparring and the closest to a self defence situation.

Students choose their own defence against the attack showing application of technique and skill. Greater focus, distance, timing, and reaction is required for effectiveness.

All **Attacks** begin from parallel ready stance.

Step forward right leg, right middle punch.

Wait for the opponent to execute the defence.

Step forward left leg, left middle punch.

Again wait for the opponent to execute the defence.

Defence techniques include blocks and counters. The same techniques are demonstrated to both sides.

Techniques from 3 step can be performed in 1 step

Hwa Rang

BLOCKS

Pushing Block

Miro Makgi

KICKS

Vertical Kick

Sewo Chagi

Twising Kick

Bituro Chagi

THRUSTS

Side Elbow Thrust

Yop Palkup Tulgi

STANCES

Ready Stance C

Moa Sogi C

PUNCHES

Upward Punch

Ollyo Jirugi

Downward Punch

Naeryo Jirugi