

**PATTERN** HWA RANG

**NO. OF MOVEMENTS** 29

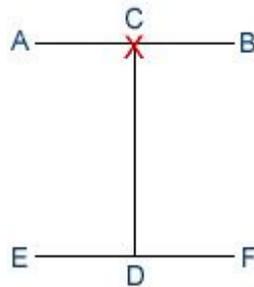
**NO. OF STANCES** 6

**INTERPRETATION** Hwa Rang means “flowering youth”, and is named after the Hwa Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division, where Tae Kwon-Do developed into maturity

**READY POSITION** Close Ready Stance ‘C’ MOA JUNBI SOGI ‘C’

Student starts standing on line AB at C and facing D

**DIAGRAM**



MOVE	DESCRIPTION	KOREAN
Start	Close Ready Stance ‘C’	Moa junbi sogi ‘C’
1.	Move the left foot to B forming sitting stance while performing pushing block with the left palm heel	Annun so kaunde sonbadak miro makgi
2.	Execute a middle punch with the right fist	Kaunde jirugi
3.	Execute a middle punch with the left fist	Kaunde jirugi
4.	Turn to face A and move the right foot forming a left L Stance, executing a twin forearm block	Niunja so sang palmok makgi
5.	Execute an upward punch with the left fist while pulling the right fist to the left shoulder	Ollyo jirugi
6.	Slide to A making a fixed stance, executing a middle section side punch with the right fist	Gojung so kaunde yop jirugi
7.	Pull the right foot back into vertical stance making a downward strike with the right knife-hand	Soo jik so naeryo sonkal taerigi
8.	Step forwards towards A into left walking stance making a middle section obverse punch	Gunnan so kaunde baro jirugi
9.	Look towards D and then move left foot 90°anti-clockwise towards D making a left walking stance executing a low block with the outer forearm	Gunnan so bakat palmok najunde makgi
10.	Step forward forming a right walking stance making a middle section punch	Gunnan so kaunde baro jirugi
11.	Put the left palm in-front of right fist at the same time as bringing the left foot to the right.	
12.	Execute a middle side piercing kick towards D with the right foot whilst pulling both hands to the left hip in a release move.  Then lower the right foot into a left L-Stance executing a middle knife-hand side strike with the right knife-hand	Kaunde yop cha jirugi  Jappyosul tae  Niunja so kaunde sonkal yop taerigi
13.	Step forwards towards D making a left walking stance while executing a middle section punch with the left fist	Gunnan so kaunde baro jirugi

14	Step forwards towards D making a right walking stance while executing a middle section punch with the right fist	Gunnan so kaunde baro jirugi
15	Look towards E then move the left foot 90°anti-clockwise towards E forming a right L-stance while executing a middle knife-hand guarding block	Niunja so kaunde sonkal daebi makgi
16	Step forwards towards E with the right foot making a right walking stance while executing a middle section right straight fingertip thrust	Gunnan so kaunde sun sonkut tulgi
17	Look towards F and on the spot step turn towards F making L-stance making middle section guarding block	Niunja so kaunde sonkal daebi makgi
18	Execute a high section turning kick with the right foot	Nopunde dollyo chagi
19	Execute a high section turning kick with the left foot, Lower the left foot towards F forming a right L-Stance executing a middle section knife-hand guarding block.	Nopunde dollyo chagi  Niunja so kaunde sonkal daebi makgi
20	Look towards C and move the left foot 90°anti-clockwise toward C making a left walking stance outer forearm low section block	Gunnan so bakat palmok najunde makgi
21	Pull the left foot back into a right L-Stance making a middle obverse punch with the right hand	Niunja so kaunde baro jirugi
22	Step forward towards C with the right foot making a left L-Stance while executing a middle section obverse punch with the left fist	Niunja so kaunde baro jirugi
23	Step forward towards C with the left foot making a right L-Stance while executing a middle section obverse punch with the right fist	Niunja so kaunde baro jirugi
24	Slip the left foot forwards to form a left walking stance while executing a pressing block with X-fist	Gunnan so kyocha joomuk noollo makgi
25	Move the right foot toward C, looking towards C over your right shoulder while making a right L-stance toward D, executing a thrusting elbow towards C with the right elbow	Niunja so yop palkup taerigi
26	Turn to face B moving the left foot to the right foot to make a close ready stance, Executing a middle block with the right inner forearm and a low block with the left outer forearm	Moa sogi  An palmok kaunde makgi bakat palmok najunde makgi
27	Executing a middle block with the left inner forearm and a low block with the right outer forearm	An palmok kaunde makgi bakat palmok najunde makgi
28	Move the Left foot towards B making a right L-stance executing a middle knife-hand guarding block	Niunja so kaunde sonkal daebi makgi
29	Look towards A, move the Left foot to the right foot and move the right foot towards A making a left L-stance executing a middle knife-hand guarding block	Niunja so kaunde sonkal daebi makgi
End	Move the right foot back to close ready stance 'C'	

**THREE STEP SPARRING**  
**THREE STEP SEMI FREE SPARRING**  
**FREE SPARRING**

**SAMBO MATSOKI**  
**BAN JAYOO MATSOKI**  
**JAYOO MATSOKI**

**ONE STEP SPARRING**

**ILBO MATSOKI**

**BLACK** is the opposite of White, therefore signifying maturity and proficiency in Tae Kwon-do. It also indicates the wearer's imperviousness to darkness and fear