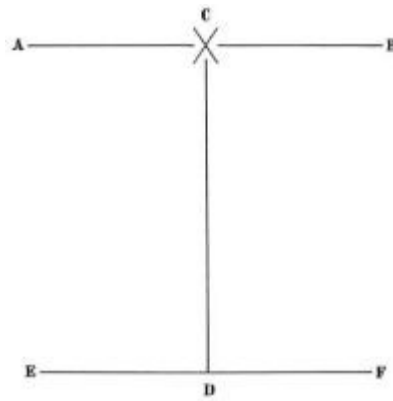


PATTERN HWA-RANG

Hwa-Rang Tul



DIAGRAM



Close ready stance C toward D.



1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.



2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.



3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.



4. Execute a twin forearm block forming a left L-stance toward A, pivoting with the left foot.



5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder.



6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.



7. Execute a downward strike to A with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.



8. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.



9. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.



10. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.



11. Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.



12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction, and then lower it to D, forming a left L-stance toward D, at the same time executing a middle side strike to D with the right knife-hand.



13. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.



14. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle punch to D with the right fist.



15. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.



16. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip.



17. Move the right foot on line EF, forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.



18. Execute a high turning kick to DF with the right foot and then lower it to F.



19. Execute a high turning kick to CF with the left foot and then lower it forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion.



20. Move the left foot to C, forming a left walking stance toward C while executing a low block to C with the left forearm.



21. Execute a middle punch with the right fist while forming a right L-stance toward C, pulling the left foot.



22. Move the right foot to C, forming a left L-stance toward C while executing a middle punch to C with the left fist.



23. Move the left foot to C, forming a right L-stance toward C, at the same time executing a middle punch to C with the right fist.



24. Execute a pressing block to C with an X-fist while forming a left walking stance toward C, slipping the left foot.



25. Move the right foot to C in a sliding motion, forming a right L-stance toward D while thrusting to C with the right side elbow.



26. Bring the left foot to the right foot, turning counter-clockwise to form a close stance toward B while executing a high side front block with the right inner forearm and a low block with the left forearm.



27. Execute a high side front block with the left inner forearm and a low block with the right forearm.



28. Move the left foot to B, forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.



29. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.



END: Bring the right foot back to a ready posture.