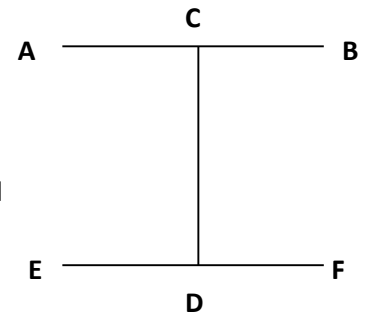




**Hwa-Rang- 29 moves-** Named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1,350 years ago. This group eventually became the actual driving force for the unification of the Three Kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division, where Tae Kwon Do developed into maturity.



Practiced by Red Belts

Start from Ready Stance C

1. Move your left foot to B to form a horseback stance towards D while executing a middle palm pressing block with the left hand.
2. Execute a middle punch to D with the right fist while maintaining a horseback stance.
3. Execute a middle punch to D with the left fist while maintaining a horseback stance (Perform 2 and 3 in a fast motion)
4. Move your left foot to right. Step out with the right foot towards A in a back stance while executing a twin forearm block.
5. Execute an upper cut punch with the left fist while pulling the right fist in front of your left shoulder.
6. Bring your right foot back to the left; step back out to A in back stance while executing a middle punch with the right fist.
7. Bring your right foot back to left forming a closed stance towards D. Execute a overhead chop to A with a right knifehand .
8. Move your left foot to A forming a front stance while executing a high punch to A with the left fist.
9. Move your left foot to D forming a front stance while executing a low block to D with the left forearm.
10. Move your right foot to D forming a front stance while executing a middle punch with the right fist.
11. Slide your left foot towards the right foot while bringing the left fist into the right palm. Execute a middle side kick to D with the right foot while pulling both hands in (Rear elbow strike).
12. Lower your right foot towards D while forming a horseback stance and executing a right hand chop.
13. Move your left foot to D forming a front stance while executing a middle punch to D with the right fist.

14. Move your right foot to D forming a front stance while executing a middle punch to D with the right fist.
15. Move your left foot to E turning counter-clockwise to form a back stance towards E while executing a knifehand guarding block.
16. Move your right foot to E forming a front stance while executing a right hand low spear finger.
17. Move your right foot on lineEF (box step), turn forming a back stance towards F while executing a knifehand guarding block.
18. Execute a back leg street round house kick (right leg) towards F, setting the right foot down towards F in a fighting stance.
19. Execute a back leg street round house kick (left leg) towards F, setting the left foot down towards F in a fighting stance.
20. Move your left foot to C forming a front stance while executing a low section block to C with the left forearm.
21. Move your left foot to C forming a back stance while aiming the left fist. Execute a middle left hand punch towards B.
22. Aiming with the right fist, move your right foot to C forming a back stance. Execute a middle left hand punch towards A.
23. Aiming with your left fist, move your left foot to C forming a back stance. Execute a middle right hand punch towards B.
24. Move your left foot towards C forming a front stance and execute a low X block.
25. Move your right foot to C and slide your left foot forming a short back stance. Looking over your right shoulder, execute a double elbow strike towards B.
26. Bring your left foot to right turning counter-clockwise to form a closed stance towards B while executing a high right inner forearm block and left low outer block.
27. While staying in the same place, execute a high left inner forearm block, right low outer block and high right inner forearm block, left low outer block in a fast motion (S-Block)
28. Move your left foot to B forming a back stance while executing a knifehand guarding block.
29. Bring your left foot back to right and move the right foot towards A while executing a knifehand guarding block  
Bring right foot back to left in ready stance C  
Return to Chumbi