

HWA RANG TUL

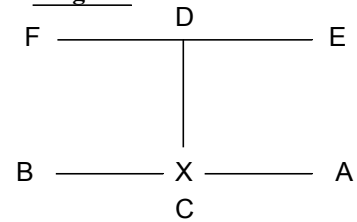
Junbi: Moa junbi sogi (C)

29 Movements

Definition:

Hwa-Rang 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 Tae Kwon Do developed into maturity.

Diagram



START: Close Ready Stance C

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 while 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, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist forming a right fixed stance toward A in a sliding motion.
7. Execute a downward strike 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 outward 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 while 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 the 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 to F, 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 left forearm.
21. Execute a middle punch to D 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 with an X-fist while forming a left walking stance toward C, slipping the left foot to C.
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 side front block with the right inner forearm while extending the left forearm to the side-downward.
27. Execute a side front block with the left inner forearm, extending the right forearm to the side-downward while maintaining a close stance toward B.
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 left L-stance toward A while executing a middle guarding block to A with a knife-hand.

END: Bring the right foot back to Close Ready Stance C.



	Stance	Section	Obverse/ Reverse	Technique
1	Annun sogi	Kaunde	-	Sonbadak miro makgi
2	Annun sogi	Kaunde	-	Ap joomuk jurigi
3	Annun sogi	Kaunde	-	Ap joomuk jurigi
4	Niunja sogi	-	-	Sang palmok makgi
5	Niunja sogi	-	Baro	Ollyo ap joomuk jurigi
6	Gojung sogi	Kaunde	Bandae	Yop ap joomuk jurigi
7	Soojik sogi	-	-	Naeryo sonkal taerigi
8	Gunnun sogi	Nopunde	Baro	Ap joomuk jurigi
9	Gunnun sogi	Najunde	Baro	Bakuro bakat palmok makgi
10	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
11	-	Kaunde	-	Yop cha jurigi
12	Niunja sogi	Kaunde	Bandae	Yop sonkal taerigi
13	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
14	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
15	Niunja sogi	Kaunde	-	Sonkal daebi makgi
16	Gunnun sogi	Kaunde	Baro	Sun sonkut tulgi
17	Niunja sogi	Kaunde	-	Sonkal daebi makgi
18	-	Nopunde	-	Dollyo chagi
19	-	Nopunde	-	Dollyo chagi
19	Niunja sogi	Kaunde	-	Sonkal daebi makgi
20	Gunnun sogi	Najunde	Baro	Bakuro bakat palmok makgi
21	Niunja sogi	Kaunde	Baro	Ap joomuk jurigi
22	Niunja sogi	Kaunde	Baro	Ap joomuk jurigi
23	Niunja sogi	Kaunde	Baro	Ap joomuk jurigi
24	Gunnun sogi	Kaunde	-	Kyocha noollo makgi
25	Niunja sogi	-	-	Widwi palkup tulgi
26	Moa sogi	-	-	Yobap makgi
27	Moa sogi	-	-	Yobap makgi
28	Niunja sogi	Kaunde	-	Sonkal daebi makgi
29	Niunja sogi	Kaunde	-	Sonkal daebi makgi

Blocks	Makgi	Move Number
Palm pushing block	Sonbadak miro makgi	1
Twin forearm block	Sang palmok makgi	4
Outward outer forearm block	Bakuro bakat palmok	9, 20
Knifehand guarding block	Sonkal daebi makgi	15, 17, 28, 29
X pressing block	Kyocho noollo makgi	24
Front side block	Yobap makgi	26, 27
Punches	Jurigi	
Front forefist punch	Ap joomuk jurigi	2, 3, 8, 10, 13, 14, 21, 22, 23
Upward forefist punch	Ollyo ap joomuk jurigi	5
Side forefist punch	Yop ap joomuk jurigi	6
Strikes	Taerigi	
Downward knifehand strike	Naeryo sonkal taerigi	7
Side knifehand strike	Yop sonkal taerigi	12
Kicks	Chagi	
Side piercing kick	Yop cha jurigi	11
Turning kick	Dollyo chagi	18, 19
Thrust	Tulgi	
Straight fingertip thrust	Sun sonkut tulgi	16
Back elbow strike	Widwi palkup tulgi	12
Stances	Sogi	
Closed Ready Stance (C)	Moa junbi sogi	
Sitting Stance	Annun sogi	
L-Stance	Niunja sogi	
Fixed Stance	Gojung sogi	
Vertical Stance	Soojik sogi	
Walking Stance	Gunnun sogi	
Closed Stance	Moa sogi	



Application of Technique

Upward punch while grabbing:

This technique is performed against the opponent's mandible (jaw), while grabbing and pulling the opponent into the punch

Side Kick while pulling to the side:

The previous attack was a punch. The opponent grabs hold of this, so you must hold their arm onto yours (so they cannot move away). Then execute a side kick to the opponent's floating ribs whilst pulling the hands back to the hip so as to pull the attacker on to the kick.

Front Block:

The opponent is directly facing you. The block is executed against the opponents punch. The downward arm is reaction force.