

APPLICABLE TO 2nd KUP STUDENTS

HWA-RANG Is named after the *Hwa-Rang youth group* which originated in the *Silla* (29 movements) *Dynasty* in the *early 7th Century*. This group eventually became the actual driving force for the *unification of the three Kingdoms of Korea*.

The *29 movements* refer to the *29th Infantry Division* where *Tae Kwon-Do* developed into maturity.

STANCES:

- Close Ready Stance 'C' - *MOA JUNGBI SOGI 'C'*
- Vertical Stance - *SOOJIK SOGI*

BODY PARTS:

- Open Fist - *PYUN JOOMUK*
- Side Fist - *YOP JOOMUK*
- Waist - *HORI*

DEFENSIVE TECHNIQUES:

- Palm Pushing Block - *SANBADAK MIRO MAKGI*
- Inner Forearm Side-Front Block - *BAKAT PALMOK YOP-AP MAKGI*
- Knifehand Low Block - *SONKAL NAJUNDE DAEBI MAKGI*
- Outer Forearm Front Block* - *BAKAT PALMOK AP MAKGI*
- Double Forearm Block - *DOO PALMOK MAKGI*

ATTACKING TECHNIQUES:

- Upward Punch - *OLLYO JIRUGI*
- Knifehand Downward Strike - *SONKAL NAERYO TAERIGI*
- Reverse Knifehand High Front Strike- *SONKALDUNG NAPUNDE AP TAERIGI*
- 'L' Stance Obverse Punch - *NIUNJA SO BARO JIRUGI*
- Side Elbow Thrust - *YOP PALKUP TAERIGI*

NOTES:

1. Where applicable, the actual tool used is in brackets.
2. The word "Sogi" is used in the grammatically correct and shortened form "So".

SITTING STANCE Palm Pusing Block
ANNUN SO Sanbadak Miro Makgi

‘L’ STANCE Upward Punch
NIUNJA SO Ollyo Jirugi

VERTICAL STANCE Knifehand Downward Strike
SOOJIK SO Sonkal Naeryo Taerigi

WALKING STANCE Reverse Knifehand Strike
GUNNUN SO Sonkal-Dung Taerigi

L STANCE Low Double Forearm Block
NIUNJA SO Najunde Doo Palmok Makgi

Knee Upward Kick
Moorup Ollyo Chagi

WALKING STANCE Flat Fingertip Thrust
GUNNUN SO Opun Sonkut Tulgi

‘X’ STANCE ‘X’ Fist Pressing Block
KYOCHA SO Kyocha Joomuk Noollo Makgi

‘L’ STANCE (Knifehand) Low Guaring Block
NIUNJA SO (Sonkal) Najunde Daebi Makgi

NOTES:

The difference between the 6th movement in Won-Hyo and Hwa-Rang is;

In Won-Hyo, **ONLY** the front foot shifts into fixed stance side punch.

In Hwa-Rang, **BOTH** feet slide into fixed stance side punch.

One Legged Stance - **WAEBAL SOGI**

Crescent Kick - **BANDAL CHAGI**

Twisting Kick - **BITURO CHAGI**

- Stamping Kick - *CHA BAPGI*
- Downward Kick - *NAERYO CHAGI*
- 1 Step Sparring - *ILBO MATSOGI*
- Two Versus One Sparring - *IDIL MATSOGI*

You should be able to demonstrate the many different types of punch using Ap-joomuk.

When participating in 2 versus 1 sparring, an emphasis must be placed on defence and safety. This should involve keeping both opponents in a straight line for as long as possible and not exposing yourself to danger. Do not try to spar the two opponents as individuals, try to defend by blocking one opponent into the path of the other.

RED Signifies *danger, cautioning the student to exercise control and warning the opponent to stay away.*

Red was one of the colours denoting a level of hierarchy during the Koguryo and Silla Dynasties.