

# HWA-RANG HYUNG

2<sup>nd</sup> Kup

29 movements



**This pattern is named after the Hwa Rang youth group, which originated in the Scilla Dynasty about 1400 years ago.** The reverse punches (mv 21-23) require strict attention to maintain a good back stance.

#	+	Move	Stance	Action
	N	On "Junbi"	Closed ready stance C	Position hands flat in front of abdomen; L over R
1	N	L foot to W	Horse-riding stance	L mid-section inside palm heel block <sup>1</sup>
2	N			R mid-section punch <i>followed quickly by</i>
3	N			L mid-section punch
4	E	Draw R foot back to	L back stance	Twin outer-forearm block
5	E			Grab with R hand + pull R fist to L collar bone <sup>2</sup> . L upset punch
6	E	Shift R foot	L fixed stance	R mid-section punch
7	E	R foot to L foot into	L L-stance	R downward knife-hand strike <sup>3</sup>
8	E	Step forward	L front stance	L lunge punch
9	N	L foot to R foot, then L foot to N	L front stance	L lower-section block
10	N	Step forward	R front stance	R lunge punch
11	N	L foot to R foot		Grab R fist with L hand + pull hands to R hip. R side kick <i>followed quickly by</i>
12	N	Step down to	L back stance	R knife-hand strike
13	N	Step forward	L front stance	L lunge punch
14	N	Step forward	R front stance	R lunge punch
15	E	L foot to E (turn 270° CC)	R back stance	Knife-hand guarding block

<sup>1</sup> Palm heel block stops in front of chest at 45°.

<sup>2</sup> R fist should be vertical.

<sup>3</sup> Bring the striking arm across the body and then in an arc over the head. Simultaneously pivot on the balls of the feet to swivel the hips CC. On striking, pull the front foot up into L-stance and turn the hips back (clockwise) for power. The knife-hand should stop at the height of the collar-bone.

HWA-RANG HYUNG

#	+	Move	Stance	Action
16	E	Step forward	R long stance	L downward block with R mid-section vertical spear-hand
17	W	L foot to E (turn 180° )	R back stance	Knife-hand guarding block
18	W	Step forward		R upper-section thrusting turning kick <sup>4</sup> followed quickly by
19	W	Step forward	R back stance	L upper-section thrusting turning kick followed quickly by knife-hand guarding block
20	S	L foot to S	L front stance	L lower-section block
21	S	Pull L foot back to	R back stance	R reverse punch
22	S	Step forward	L back stance	L reverse punch
23	S	Step forward	R back stance	R reverse punch
24	S	Shift L foot forward	L long stance	Lower-section X-block <sup>5</sup>
25	N	R foot steps forward to S, then turn 180° CC and pull L foot up to R foot	R L-stance	R reverse elbow to S <sup>6</sup>
26	W	R foot pivots, then L foot steps across. Turn 90° CC	Parallel ready stance	R inner-forearm block + L lower-section block <sup>7</sup> followed quickly by
27	W			L inner-forearm block + R lower-section block
28	W	Pivot R foot to N, move L foot to R, then L foot W to	R back stance	Knife-hand guarding block
29	E	L foot to R foot, then R foot E to	L back stance	Knife-hand guarding block <b>KIUP</b>
	N	On “Keuman” bring R foot to L foot	Closed ready stance C	

<sup>4</sup> Ball of the foot

<sup>5</sup> L hand on top

<sup>6</sup> L fist chambered at lowest rib.

<sup>7</sup> R forearm sweeps across the lower-section from R to L and scoops upward, momentarily forming an 'X' in front of the chest with the L forearm. Block simultaneously with both hands. Hip movement supports the R block.