

HWA-RANG

CHILDREN: ALL RED & BLACK RECOMMENDED; [2ND-RED-R to 1-BLACK-R]

ADULT: 2ND GRADE; [2ND-RED-R to 2ND-RED-D]

31 MOVEMENTS

[Is named after the youth movement, which originated in the Silla Dynasty about 1350 years ago & later became the driving force behind the unification of the 3 kingdoms (Koguryo, Paekche & Silla) of Korea.]

Considered the forerunners of the Japanese Samurai, the Hwa-Rang helped to perpetuate the Korean people for 1,500 years. Established in 57 B.C., Silla was the smallest in area & population compared to the other two kingdoms of Korea. The 24th king of Silla, Chin-Hung established the order of Hwa-Rang meaning the flower of knighthood to train these elite few to help lead and defend its kingdom. The Hwa-Rang were generals of the army of Silla. These men were the sons of nobility. The Hwa-Rang had several groups consisting of thousands of men led by a Kuk-Son, meaning senior leader. These men studied for ten years the five cardinal principles of human relations, the three scholarships, the six ways of service and the Code of Hwa-Rang (Sesok Ogye), which was considered more ancient and refined compared to the Bushido. The Hwa-Rang were taught martial arts and the Buddhist faith. These knights transformed the national art of foot fighting known as Soo-Bak by intensifying and adding hand techniques and renamed it Tae-Kyon. The rank of Hwa-Rang meant the man commanded an army of 5,000 men called Hwa-Rang Do. Some famous Hwa-Rang warriors were Kwi-San and Chu-Hang. These two men died in battle to save their fallen general. One noted Kuk-Son was General Kim Yoo-Sin, who was regarded as the driving force in the unification of Korea. He will forever be remembered for defeating in battle and killing, the great Paekche general, Kae-Bak. The Hwa-Rang fell out of favor under the Yi Dynasty and thus a decline in the following. But through Admiral Yi Sun-Sin and some Buddhist monks, the legacy lived on.



Begin: Ready Position starting at [X] facing North

1. Move left foot West, forming horse stance facing North while executing palm attack with left hand (aiming below the sternum).
 2. Stationary. Facing North, execute middle-section punch with right fist.
 3. Stationary. Facing North, execute middle-section punch with left fist.
 4. Move right foot forming RFF back stance facing East while executing double rising hand block.
 5. Stationary. Facing East, right hand grabs pulling right fist to left shoulder while executing uppercut punch with left fist.
 6. Stationary. Facing East, execute side punch with right fist.
 7. Move right foot to left foot (touching) while executing downward knife-hand strike (body faces North & head looks East).
 8. Move left foot East, forming LFF front stance while executing middle-section punch with left fist.
 9. Move left foot North (turning counter-clockwise 90 degrees) forming LFF front stance, while executing inside down block with left forearm
 10. Move right foot North, forming a RFF front stance while executing middle section punch with right fist.
 11. Move left foot to right foot (touching; feet point West), knees bent, facing North, pull right fist to left palm at sternum (elbows point North & South)
 12. Execute side-kick North with right foot.
 13. Landing in RFF back stance, execute knife-hand attack with right hand. (attack is done at the same time the foot lands)
 14. Move left foot North, forming LFF front stance while executing middle-section punch with left fist.
 15. Move right foot North, forming RFF front stance while executing middle-section punch with right fist. [YELL]
 16. Move left foot East (turning counter-clockwise 270 degrees) forming LFF back stance while executing middle-section double knife-hand block.
 17. Move right foot East, forming RFF front stance while executing spear-hand attack (vertical) with right hand (aiming for the groin area)
 18. Move left foot West (turning counter-clockwise 180 degrees) while executing middle-section double knife-hand block.
 19. Facing West, execute high-section roundhouse kick with right foot.
 20. Facing West, execute high-section roundhouse kick with left foot.
 21. Landing in a LFF back stance, execute middle-section double knife-hand block. (block is done at the same time the foot lands)
 22. Move left foot South (turning counter-clockwise 90 degrees), forming LFF front stance (facing South) while executing inside down block with left outer forearm.
 23. Shift left foot into LFF back stance (do not step forward), shoulders point North & South, facing South, while executing South West 45 degrees reverse middle-section punch with right fist.
 24. Move right foot South, forming RFF back stance while executing South East 45 degrees middle-section reverse punch with left fist.
 25. Move left foot South, forming LFF back stance while executing South West 45 degrees middle-section reverse punch with right fist.
 27. Shift the left foot forming LFF low-section front stance (do not step forward) facing South, execute low-section X block
 27. Move right foot South, shifting direction to LFF back stance facing North while executing double elbow attack. [YELL]
 28. Move left foot to right foot (touching) turning 90 degrees facing West while executing nine blocks; right forearm (inside block); left forearm (down block)
 29. Stationary. Facing West, arms shift; left forearm (inside block); right forearm (down block).
 30. Move left foot West, forming LFF back stance, while executing middle-section double knife-hand block.
 31. Move East, left foot to right foot (touching) then right foot to East forming RFF back stance while executing middle-section double knife-hand block.
- End: Move right foot back to [X] forming ready stance facing North.

Reminders:

Ready Stance: body is upright; feet are touching; open hand covering each other in front of the belt forming a circle. (C Position)

Nine Blocks: Hand coming to the top moves in the outside direction. Arms are shoulder width apart. Imaginary axis going through the elbow. Bottom arm is straight and top is bent. Top hand is eye level.

RFF: Right Front Foot **LFF:** Left Front Foot

Testing Requirements:

I. Hwa-Rang Form II. Basics: Judge's Choice (2) III. Free Sparring IV. Board Breaking: [11 Years Old & Under: 1 station/1 child size board] [12-14 Years Old: 2 stations/1 child size board] [Women: 2 stations/1 adult board] [Men: 2 stations/2 adult boards]