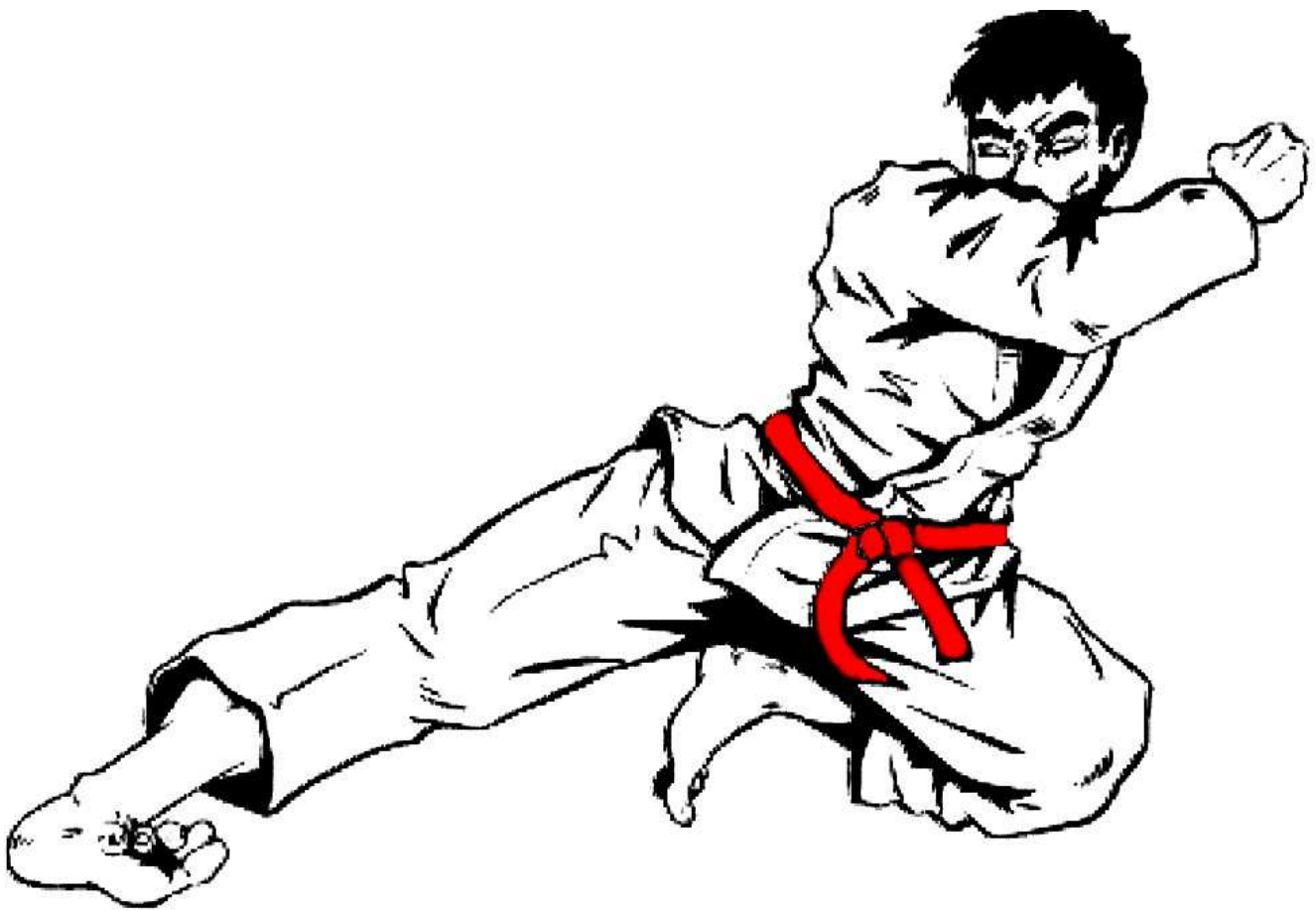
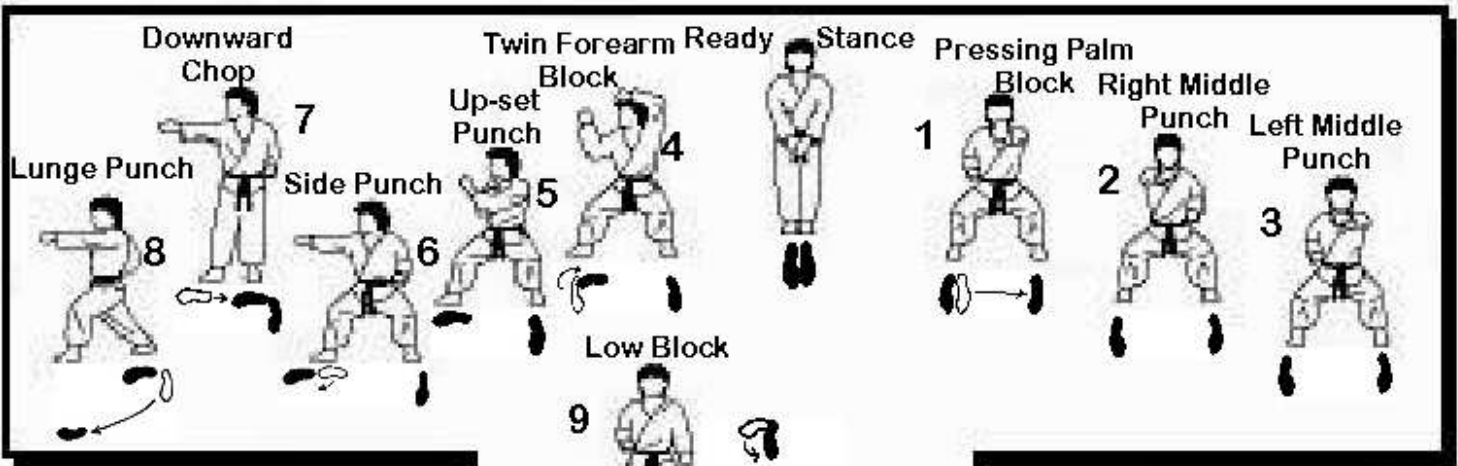


Red Stripe To Red Belt



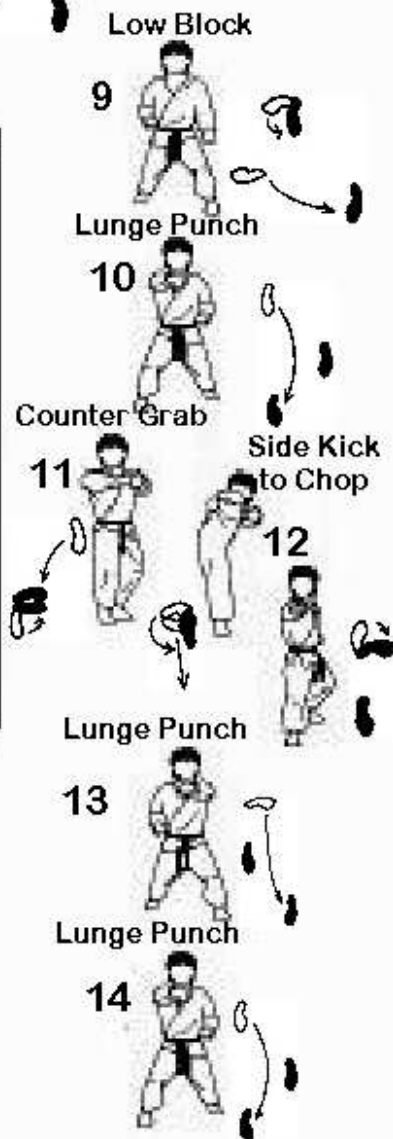
Self Defense
(Red Stripe to Red Belt)

- 41) One Hand Push To Chest: Clamp hand to chest; support wrist underneath; drop back to front stance; knee to groin; horizontal elbow to head.**
- 42) Front Head Lock: Counter grab; step forward with outside foot; ridge hand to groin; rising elbow to jaw (same hand).**
- 43) Reverse Hammer Lock And Cross Shoulder Grab: Stomp to foot; side thrust to knee; plant back; palm thrust to jaw; knee to groin.**
- 44) Side Punch Stomach Opposites: Double forearm cover block; side stomp to knee; outward hammer fist to head; reverse punch to body.**
- 45) Side Punch Stomach The Same: Step forward with outside foot; knife hand block; side stomp kick to knee; palm thrust to head; knee to groin.**



Hwa-rang

29 Movements



Hwa-rang is named after the Hwarang youth group. It was this group and its driving force that led to the unification of the three kingdoms of the Silla Dynasty. Members of the Hwarang were political and military leaders in Korea for more than 700 years.

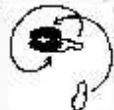
Twin Knife-hand
Block w/ Kiap



29

K-Block

26



K-Block

27



Double Elbow Strike

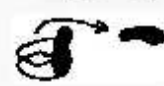
25



Twin Knife-hand
Block



28



Reverse Punch

23



Reverse Punch

24



Low X-Block

22



Low Block

Reverse Punch

20



21



화랑

Hwa-rang

Lunge Spear

16



Twin Knife-hand
Block

15



Twin Knife-hand
Block

17



Round Kick to
Twin Knife-hand
Block

18



Round Kick to
Twin Knife-hand
Block

19



The 29 movements of this form refer to the 29th Infantry Division, where the Hwarang developed a martial art that would mature into Tae Kwon Do. The form is required for promotion to Red Belt (2nd gup) and Red Belt with Black Stripe (1st gup).

Notes
