



KINETIC TAE KWON-DO

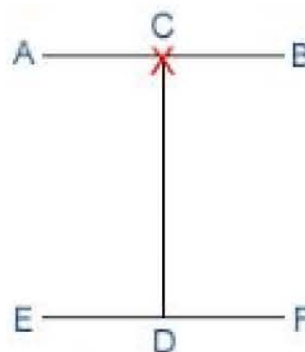
An ITF Martial Arts School

HWA-RANG

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 Taekwon-Do developed into maturity.

Movements - 29

Ready Posture - CLOSED 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 while 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.

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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 at the same time executing a middle punch to D with the right fist.

Ki-Hap

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 finger tip.

17 Move the right foot on 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 the left forearm.

21 Execute a middle punch to C 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 while 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.

Ki-Hap

26 Bring the left foot to the right foot, turning counter clockwise to form a closed 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 closed stance toward B.



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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 a left L-stance toward A while executing a middle guarding block to A with a knife-hand.

END: Bring the right foot back to a ready posture.