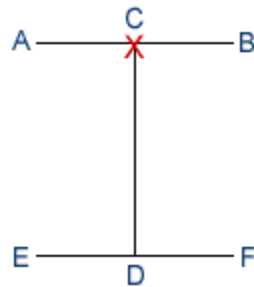


**HWA-RANG** is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

### Movements - 29



### Starting Position - CLOSED READY STANCE C

**The illustration for this pattern assumes that the student is standing on the X and facing D.**

1. Move the left foot to B to form a sitting stance toward D while executing a middle left palm pushing block to D.
2. Execute a right fist middle punch to D while maintaining a sitting stance toward D.
3. Execute a left fist middle punch to D 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 a left fist upward punch while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a right fist middle punch to A while forming a right fixed stance toward A in a sliding motion.
7. Execute a right knife-hand downward strike 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 left fist middle punch to A.
9. Move the left foot to D forming a left walking stance toward D while executing a left low outer forearm block to D.
10. Move the right foot to D forming a right walking stance toward D while executing a right fist middle punch to D.
11. Pull the left foot toward the right foot while bringing the left palm to the right forearm, at the same time bending the right elbow about 45 degrees outward.
12. Execute a right foot middle side piercing kick to D 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 right knife-hand outward strike to D.
13. Move the left foot to D forming a left walking stance toward D while executing a left fist middle punch to D.



14. Move the right foot to D forming a right walking stance toward D at the same time executing a right fist middle punch to D.
15. Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle knife-hand guarding block to E.
16. Move the right foot to E forming a right walking stance toward E while executing a middle right straight finger tip thrust to E.
17. Move the right foot on line EF forming a right L-stance toward F while executing a middle knife-hand guarding block to F.
18. Execute a high right foot turning kick to DF and then lower it to F.
19. Execute a high left foot turning kick to CF and then lower it to F forming a right L-stance toward F while executing a middle knife-hand guarding block to F. **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 left low outer forearm block to C.
21. Execute a right fist middle punch to C 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 left fist middle punch to C.
23. Move the left foot to C forming a right L-stance toward C while executing a right fist middle punch to C.
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.
26. Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a right inner forearm side front block while extending the left forearm to the side downward.
27. Execute a left inner forearm side front block while extending the right forearm to the side downward while maintaining a closed stance toward B.
28. Move the left foot to B forming a right L-stance toward B at the same time executing a middle knife-hand guarding block to B.
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 knife-hand guarding block to A.

**END: Bring the right foot back to Closed Ready Stance C**