

Hwa-Rang

Lf = Left Foot, Rf = Right Foot, cw = clockwise, ccw = counter clockwise
Punches are middle section unless otherwise noted

1. Hwa-Rang Joombi (Lf to Rf, left hand wraps around right fist, clasped hands to solar plexus, finish at belt level)
2. Lf horse stance, tension left palm block, double punch
3. Pivot Rf 90° cw to back stance inverted diamond block, left uppercut, right punch
4. Draw Rf back to cat stance, descending knife hand strike
5. Step forward to front stance middle punch
6. Lf 90° ccw to front stance down block
7. Front stance punch, Rf draws to back stance, hook punch
8. Step-in side kick (crossing in front, hands stay together for rear punch), back stance reverse knife hand strike
9. Front stance punch, front stance punch (double time), KIYAP!
10. LF 90° ccw to back stance double knife hand block
11. Front stance spear hand strike
12. Lf pivots 180° cw to back stance double knife hand strike
13. High section turning kick, high section turning kick, back stance double knife hand block
14. Lf 90°ccw to front stance down block, close to back stance reverse punch
15. Back stance reverse punch
16. Back stance reverse punch, open to front stance low X block
17. Slide forward to back stance double reverse elbow strike (looking over right shoulder), KIYAP!
18. Lf matches to Rf, turning 90° ccw with scissor block
19. Lf steps out to back stance double guarding block
20. Lf matches to Rf, turning 180° cw, Rf steps out to back stance double guarding block
21. Rf matches to Lf for Hwa-rang Joombi.