

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

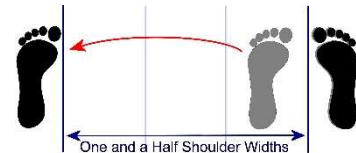
Ready Posture - Close Ready Stance C (Moa Junbi Sogi C) facing South (D)

- For Close Ready Stance C, the fingers of the left hand are placed on top of the fingers of the right hand at an angle. The distance between the hands and the abdomen is about 4 inches (10 centimeters)

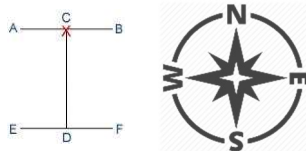


1. Move your left foot sideways into a **Sitting Stance** towards the **South**, while executing a **Full-facing Middle Pushing Block** with the **Left Palm**.

- Official ITF instructions: "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."
- From the encyclopedia, volume 2, page 148: **Sitting Stance (Anun Sogi)**
"One of the advantages of this stance is to shift into walking stance without relocating the foot. 1. Spread one leg to the side at a distance of approximately one and a half shoulder width between the big toes. 2. Point the toes to the front and distribute the body weight evenly on both legs. 3. Extend the knees outward, bending until the knee caps come over the ball of the foot..." When describing incorrect ways to perform this stance: *"Double width of the shoulders weakens the stance and speedy movement is hampered."*



- From the encyclopedia, volume 3, page 285-286: **Pushing Block (Miro Sogi)**
"This technique is one of the most effective forms to put the opponent off balance and is chiefly performed with the palm, though occasionally a double forearm, knife-hand or reverse knife-hand is used. (The Palm Pushing Block) is mainly executed from a Sitting Stance and X-Stance, though occasionally a Parallel, Close, or Walking Stance is employed. A reverse block is normal in the case of a walking stance. Be sure to execute the block against the shoulder or bottom area."
- The target of the palm pushing block is the shoulder of the opponent so should finish at shoulder height
- Gen. Choi, in a 1996 Seminar at Lai Taekwon-Do St. Albans Gym, explained that this technique finishes at the shoulder line, should demonstrate the sine wave and exhibit power
- Because we move our foot left into the stance, be careful not to lean to the left when in Sitting Stance



2. While maintaining the **Sitting Stance**, execute a **Middle Fore-Fist Punch** to **South** with the **Right Fist**.
 - Official ITF instructions: “2. Execute a Middle Punch to D with the Right Fist while maintaining a sitting stance toward D.”
 - **Sitting Stance Right Middle Front Punch** (*Annun So ApJoomuk Kaunde Jirugi*)
 - The punch should be directed to the solar plexus
 - This punch, as well as the following, are performed in normal motion rather than fast motion

3. While maintaining the **Sitting Stance**, execute a **Middle Fore-Fist Punch** to **South** with the **Left Fist**.
 - Official ITF instructions: “3. Execute a Middle Punch to D with the Left Fist while maintaining a sitting stance toward D.”
 - This punch, as well as the previous, are performed in normal motion rather than fast motion

4. Execute a **Twin Forearm Block** while forming a *half-facing* **Left L-Stance** toward East by shifting the right foot and slightly pivoting the left foot.

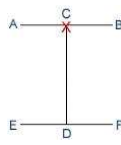
- Official ITF instructions: “4. Execute a twin forearm block while forming a Left L-Stance toward A, pivoting with the left foot.”



- To chamber, drop into the sine wave as you shift your weight onto your left foot; next, bring the right foot about half-way to the left as you pivot slightly on the left foot and cross your wrists while rising up into the sine wave; the wrists are crossed at about nose height with elbows bent at about 120 degrees
- When executing, drop into the sine wave as you move your right foot to its final position
- When finished, the lead arm will have the forearm at shoulder-level with the elbow pointing downward, the other fist executing a rising block, and the upper body half-facing
- The L-Stance is one and a half shoulder widths in length from the toes of the front foot to the foot sword of the rear foot, forming almost a right angle, or 'L'; Feet are pointed 15 degrees inwards placing the front heel beyond the heel of the rear foot by approximately 1 inch. The rear leg is bent until the knee cap forms a vertical line with the toes and the front leg is bent proportionally; ; Keep the hip aligned with the inner knee joint; always half-facing; The body weight is distributed with 70% on the back leg and 30% on the front and is half-facing



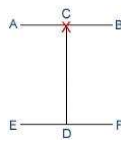
- Since the we are shifting from Sitting Stance to L-Stance, the rear foot pivots about 15 degrees



5. Without stepping, execute an **Upward Punch** with the **Left Fist** while pulling the right side fist in front of the left shoulder.
 - Official ITF instructions: "5. Execute an upward punch with the Left Fist while pulling the right side fist in front of the left shoulder."

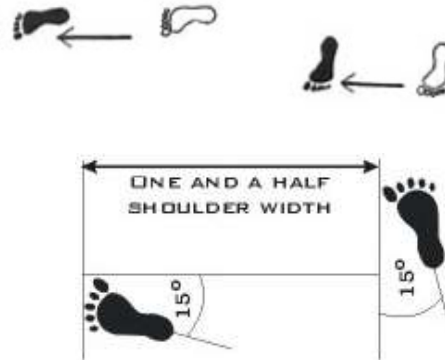


- From the encyclopedia: "**Upward Punch (Ollyo Jirugi)**
This technique is chiefly used for attacking the face or the point of the chin at a close range. Although it can be performed with nearly every stance, a rear foot stance and L-Stance are normally used. Keep the back fist facing front at the moment of impact while bringing the opposite side fist in front of the shoulder."
- Some organizations chamber this movement by extending the right hand in a grabbing motion
- An upward punch is chiefly used for attacking the face or the point of the chin at close range. In this pattern the upward punch is directed toward the South-West (a 45-degree angle between line AB and the Back/Front line)
- Make sure to bring the left hand low enough so that the punch travels in an upward direction; to make sure that the right hand travels the proper distance, you should raise that hand and extend the arm while the left hand is descending during the beginning of the movement
- Gen. Choi, in the 1996 Seminar at Lai Taekwon-Do, explained that the right fist should not actually rest on the chest; there should be some space between the fist and body
- The final position of the right fist has the wrist facing upward with the pinky finger closest to the chest and the fist at mouth level

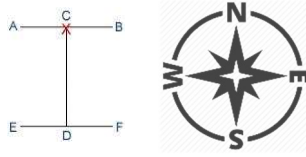


6. Execute a **Middle Punch** to **West** with the **Right Fist** while sliding about one shoulder-width into a **half-facing Right Fixed Stance** toward the **West**.

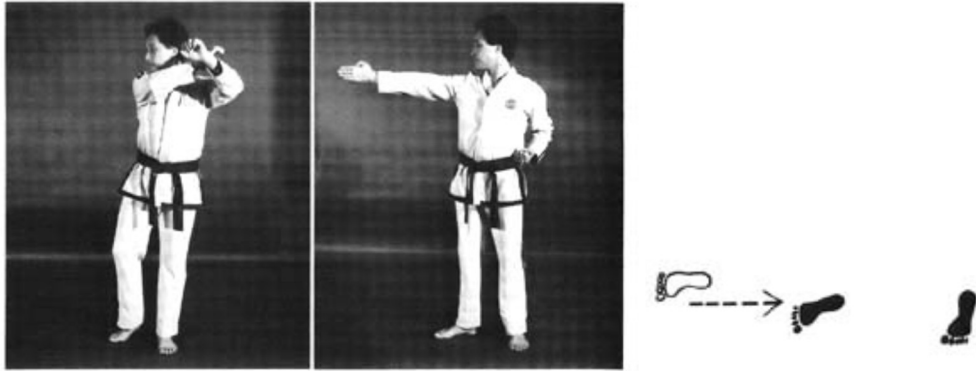
- Official ITF instructions: “6. Execute a Middle Punch to A with the Right Fist while forming a Right Fixed Stance toward A in a sliding motion.”



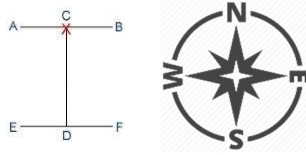
- To chamber, drop into the start of the sine wave as you while retracting your lead leg halfway to the rear leg; as you rise up into the sine wave, twist your waist so that you are completely *full-facing* to the West while you extend your left hand
- When executing the punch, drop into the end of the sine wave as you push off your rear leg to slide into the final position
- When finished, the punching fist will be at shoulder-level, the other fist at your belt, and the upper body *half-facing*
- Fixed stance is similar to the L-stance but, unlike L-stance, the body weight is distributed evenly across both legs and the distance between the big toe of each foot is one and a half shoulder widths; A Fixed Stance is always half-facing, both in attack and defense
- Sliding is one of the most effective techniques in Taekwon-Do for covering long distance in one smooth motion. In Ch’ang-Hon Taekwon-do, a slide requires that your travel approximately one shoulder width whereas a shift is “employed chiefly for covering or adjusting a short distance (*half a foot*)” -- see Encyclopedia, volume 4, pp. 184-201 “Foot Shifting (Jajun Bal)”



7. Execute a **Downward Strike** with the **Right Knife-hand** while pulling back the right foot to form a half-facing **Left Vertical Stance** toward **West**.
- Official ITF instructions: "7. Execute a downward strike with the Right Knife-hand while forming a Left Vertical Stance toward A, pulling the right foot."



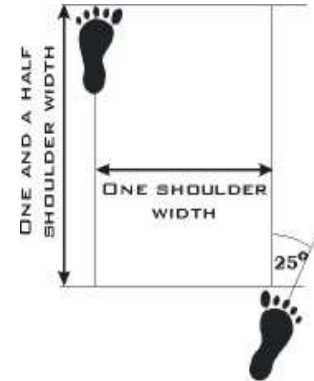
- From Grandmaster S. J. Kim: "The feet in a vertical stance are similar in position to the **L-Stance**, however the length is one-half shoulder width. The ratio of body weight is 50 percent on the rear leg and 50 percent on the front leg. Keep the toes of both feet pointed approximately 15 degrees inward and keep the legs straight. When the right foot is in the rear, the stance is called a Right Vertical Stance. When the left foot is in the rear, the stance is called a Left Vertical Stance. It is always half-facing, both in attack and defense." This is different from the Encyclopedia in two ways: 1) the length is one-half shoulder with rather than one full shoulder width; 2) the weight distribution is 50/50% rather than 40/60%
- From the encyclopedia, volume 10, p117: **Vertical Stance (Soojik Sogi)** "1. The knife-hand reaches the target in a circular motion. 2. Keep the elbow straight at the moment of impact." The encyclopedia shows an application for this movement is an attack to the clavicle.
- There is no sine wave in this technique
- To execute, the elbow should travel first and after stopping the elbow, use a whipping motion to extend the forearm; there should be a slight angle to the trajectory so the hand comes from the outside to the center line. Also, wind up with the shoulder to get more power and make sure to bring the reaction hand back to your belt with the same urgency as with the right hand
- Gen. Choi, in the 1996 Seminar at Lai Taekwon-Do (at 3:10), demonstrates that the striking hand pulls back from the previous position to near the left hip before travelling upwards in a circular manner above the head before coming down onto the final position
- Remember that the left foot pulls towards the right foot to form the stance, which is in the opposite direction to the way that you were travelling
- When finished, the knife-hand is at shoulder level, elbow only **slightly** bent, and the thumb is tucked against the side of the hand



- Although this technique is not formally performed in fast motion, this technique should be performed with a sense of urgency; therefore, while the pause between this technique and the prior technique is appropriate for normal motion, the execution of this technique is performed more quickly than normal

8. Move the rear foot forward to form a *full-facing Left Walking Stance* toward **West** while executing a **Middle Punch** with the **Left Fist**.

- Official ITF instructions: "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."
- Left Walking Stance** (*Wen Gunnun Sogi*)
- As part of the chambering, change your facing from side- to *full-facing* and demonstrate the sine wave
- As we start the sine wave, do not pull back the right arm; instead, leave it extended so that it can be pulled back when the punch is executed



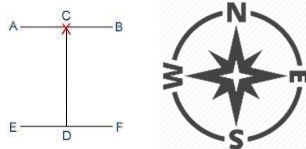
9. Pull the front foot back almost to the rear foot then pivot 90 degrees counter-clockwise on the rear foot to form a *full-facing Left Walking Stance* toward the South while executing a **Low Block** to the **South** with the **Left Outer Forearm**.

- Official ITF instructions: "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 forward to form a *full-facing Right Walking Stance* toward the **South** while executing a **Middle Punch** with the **Right Fist**.




- Official ITF instructions: "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."
- Right Walking Stance** (*Orun Gunnun Sogi*)

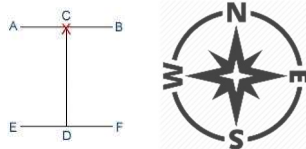


11. Pull the rear foot about halfway to the front foot while bringing the **Left Palm** to the **Right Forefist** and bending the right elbow about 45 degrees outward.

- Official ITF instructions: “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.” 
- From the encyclopedia, volume 10, p161: “Keep the left heel slightly off the ground, distributing about 70 percent of the body weight to that foot.” 
- Note that both feet finish pointing to the South-East with the heel of the rear foot kept slightly off the ground; by orienting the rear foot this way, we are better aligned to execute the side kick required in the next movement 

12. Execute a **Middle Side Piercing Kick** to the **South** with the **Right Foot** while pulling both hands in the opposite direction; then lower the right foot toward the **South** forming a **half-facing Left L-Stance** while executing a **Middle Outward Strike** with a **Right Knife-hand**.

- Official ITF instructions: “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 strike to D with the Right Knife-hand.” 
- From the encyclopedia, 1999 5th ed., p.254: **Side Piercing Kick (Yopcha Jirugi)** “...The attacking tool must reach the target in a straight line with a revolving motion... Keep the toes of the kicking foot faced slightly downward and the toes of the stationary foot pointing about 75 degrees outward at the moment of impact... For maximum height, lean the body away from the kick as far as possible while still maintaining the balance... The stationary foot pivots allowing the hip to rotate with the kick.” 
- From the encyclopedia, 1999 5th ed., p.252: **Middle Kick (Kaunde Chagi)** “If the attacking tool reaches the same level of the attacker’s shoulder at the moment of impact, it is called a middle kick.” 
- To chamber, withdraw your lead leg to your rear leg as you pivot the rear foot so that its heel points towards the target, then raise the knee of the right foot as high as possible and align with your solar plexus
- When kicking, the hips should stay over the supporting leg and the shoulders, hips, and the kicking foot should be in line. Make sure to pivot on your supporting foot so that its heel points towards the target
- Since this is a middle kick, the target should be about the same height as the attacker’s shoulder at the moment of impact; at the moment of impact, hold the kick extended for a fraction of a second before lowering the foot
- Make sure to demonstrate the sine wave when executing the knife-hand strike; as you withdraw your foot from the side kick, drop into the beginning of the sine wave and rotate the rear foot so that it is aligned for the final position of the L-Stance



13. Move the rear foot forward to form a *full-facing Left Walking Stance* toward the **South** while executing a **Middle Punch** with the **Left Fist**.

- Official ITF instructions: “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 rear foot forward to form a *full-facing Right Walking Stance* toward the **South** while executing a **Middle Punch** with the **Right Fist**.

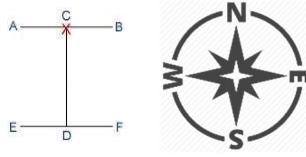
- Official ITF instructions: “14. Move the right foot to D forming a Right Walking Stance toward D at the same time executing a Middle Punch to D with the Right Fist. Ki-Hap.”

15. Turning 270 degrees counter-clockwise, move the left foot to the **West** forming a *half-facing Right L-Stance* toward the **West** while executing a **Middle Guarding Block** with **Knife-hands**.

- Official ITF instructions: “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.”
- From the encyclopedia, Vol 3, p. 290:
Guarding Block (Daebi Makgi)
 “1. Keep the blocking tool half-facing the target at the moment of impact
 2. Bring the opposite knife-hand or side fist in front of chest 3 centimeters from the body.
 3. Keep body half facing at all times.”



- To chamber, draw the rear foot towards the front foot as you shift all your weight onto the front leg and drop into the start of the sine wave by bending the knee slightly; next, as we push up, pivot counter-clockwise on the right foot to “corkscrew” 270 degree to face the West. The chamber is complete when you are *half-facing* to the West, your loosely-clenched fists are at head-level at a 45 degree angle, all of your weight is on your right foot and the ball of your left foot is lightly touching the ground near your right foot
- To execute, bring your hands forward in a straight path as you extend the left foot and drop into the stance
- When completed, your lead hand will be at shoulder level facing away from you and your other hand in front of your solar plexus, palm up; the tips of the fingers of the left hand should be directly above the toes of the left foot



16. Move forward into a *full-facing* **Right Walking Stance** while executing a **Middle-Section Vertical Fingertip Thrust** with the **Right Hand** and the left hand under the right elbow. **Ki-Hap**

- Official ITF instructions: “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.”



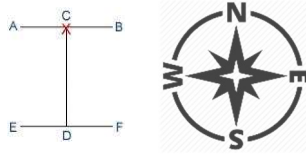
- The **Straight Fingertip Thrust**, sometimes called a **Vertical Fingertip Thrust**, **Spear hand Strike**, or **Spear-hand Thrust**, is executed with the hand held vertically (rather than horizontally, which would have the palm facing the ground)
- This thrust ends with the non-striking hand under the elbow of the striking arm; The purpose of this is so the non-striking hand would push down the opponent’s blocking arm or striking hand allowing thus allowing your striking hand an opportunity reach the opponent
- From the encyclopedia, volume 3, p.83: **Thrusting Technique (Tulgi)**
“The fingertip and elbows are the principal tools for this technique... This (fingertip thrust technique) is executed almost in the same manner as that of the fore fist, except that the attacking tool does not have to be drawn from the hip.”
- From the encyclopedia, p.150: **Thrusting Techniques (Tulgi)**
“Fingertip: This is executed almost in the same manner as that of the forefist except that the attacking tool does not have to be drawn from the hip.”
- “Flat” fingertip thrusts have the palm facing down whereas “Straight” fingertip thrusts orient the hand with the palm to the side and the thumb on top

17. Perform a Spot Turn to form a *half-facing* **Right L-Stance** toward the **East** while executing a **Middle Guarding Block** to the **East** with **Knife-hands**.

- Official ITF instructions: “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.”

- Make sure to demonstrate the sine wave during the turn
- Note that the heel of the right foot stays off the ground while we chamber the block



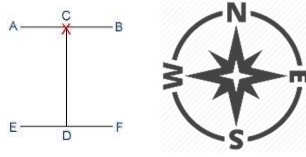


18. Execute a **High Turning Kick** to the **South-East** with the **Right Foot** and then lower it to the **East**.
Perform this and the next movement in fast motion.

- Official ITF instructions: “18. Execute a High Turning Kick to DF with the right foot and then lower it to F.”
- From the encyclopedia, p.268: **Turning Kick** (Dollyo Chagi)
“The hip must swing forward to enable the foot to reach the target in an arc... The ball of the foot must be vertical at the moment of impact... The foot must have reached the apex of the kick shortly before contact so the toes are pointed slightly downward at the instant of contact... The arms must be kept within sight while kicking.”
- From the encyclopedia, volume 10, p.118: **High Turning Kick** (Nopunde Dollyo Chagi)
“The attacking tool reaches the eye level of the attacker.”
- Make sure to push off the ground and rotate the hips to provide sufficient power for this kick
- It does not appear that there is an official distance for the placement of the right foot following the kick but most videos show the foot landing approximately one shoulder width away from the standing foot
- Although the official instructions do not require it, it is commonplace to maintain the Knife-hand Guarding Block from the previous movement while executing this and the next turning kick
- Fast Motion links two techniques such that they are both are performed faster than normal speed and the time between the techniques is eliminated. Each technique will have its own breath. There is no pause (or a very short pause) between techniques and sine waves of the two techniques are merged so that the final drop of the first sine wave is the first drop of the second sine wave. The resulting, combined sine wave will be down-up-down-up-down. It is said that the send technique has a 2/3 sine wave

19. Execute a **High Turning Kick** to the **North-East** with the **Left Foot** and then lower it to the **East** to form a *half-facing* **Right L-Stance** toward the **East** while executing a **Middle Guarding Block** with **Knife-hands**. *Perform 18 and 19 in a fast motion.*

- Official ITF instructions: “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.”
- Make sure to pause slightly after the kick before beginning to chamber the knife-hand guarding block



20. Pull the front foot back almost to the rear foot then pivot 90 degrees counter-clockwise on the rear foot to form a *full-facing Left Walking Stance* toward the **North** while executing a **Low Block** to the **North** with the **Left Forearm**.

- Official ITF instructions: “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.”
- This is the same as movement #9 but oriented to the North

21. Without stepping forward, execute an *obverse Middle Punch* with the **Right Fist** while forming a *half-facing Right L-Stance* toward the **North**.

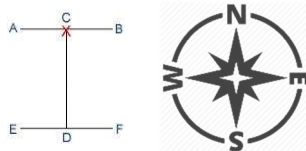
- Official ITF instructions: “21. Execute a Middle Punch to C with the Right Fist while forming a Right L-Stance toward C, pulling the left foot.”
- From Grandmaster S. J. Kim: “21. Execute a Middle Punch to the Back and right with the Right Fist while forming a Right L-Stance toward the Back by pulling the left foot.”



- From the encyclopedia, volume 10, p.119:
L-Stance Obverse Punch (Niunja So Baro Jirugi)
“1. The fist reaches the same level as the shoulder. 2. The right arm forms a parallel line with the left leg and vise-versa.”



- When in an L-Stance, an *obverse* punch is executed with the rear hand
- To chamber, pivot slightly on the rear foot to turn *half-facing* while you drop into the first part of the sine wave; pull the lead leg back about half-way to the rear leg as you rise up into the sine wave and extend your left hand to chest-level
- When executing, drop your weight as you move the lead leg into its final position
- It is a common mistake to direct the punch at an incorrect angle; the punch should be 15 degree off the North-South line – which should place the finished fist just off-center to your solar plexus



22. Move the right foot forward to form a *half-facing Left L-Stance* toward the **North** while executing a *obverse Middle Punch* with the **Left Fist**.

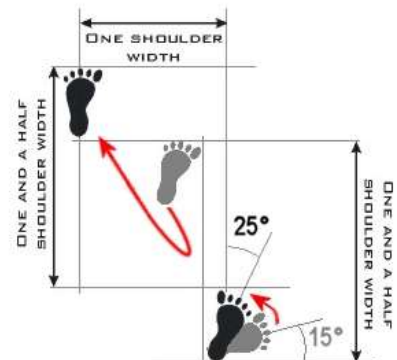
- Official ITF instructions: “22. Move the right foot to C forming a Left L-Stance toward C while executing a Middle Punch to C with the Left Fist.”
- As you move your rear foot forward, make sure to shift most of your weight onto the lead foot and align your left hip over your left foot as you change facing
- When fully chambered, you are at the top of the sine wave, so when the punch is executed, your head should drop noticeably as you extend your lead foot
- Make sure to keep your back straight

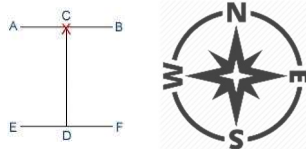
23. Move the left foot forward to form a *half-facing Right L-Stance* toward the **North** while executing a *obverse Middle Punch* with the **Right Fist**.

- Official ITF instructions: “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. Shift the lead foot and slightly pivot on the rear foot to form a *full-facing Left Walking Stance* to the **North** while executing a **Pressing Block** with an **X-fist**.

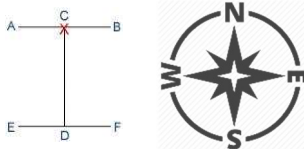
- Official ITF instructions: “24. Execute a Pressing Block with an X-fist while forming a Left Walking Stance toward C, slipping the left foot to C.”
- Grandmaster S. J. Kim: “24. Execute a Pressing Block with an X-fist while forming a Left Walking Stance toward the Back by shifting the left foot”
- **Left Walking Stance X-fist Pressing Block (Gunnun So Kyocha Noollo Makgi)**
- From the encyclopedia, Vol 3. pp.263: **Pressing Block (Noollo Makgi)**
“This block is executed against low attack only. This technique is used only when the defender wishes to check, rather than break, the attacking foot. ”
- From the encyclopedia, Vol 3. pp.266: **Pressing Block (Noollo Makgi) X-Fist**
“The X-Fist is used against the tibia of the attacking foot aimed at the defender’s lower abdomen.”
- To chamber, bring each fist to just outside the shoulder lines at head level with wrists facing mostly forward (at a “natural angle” of about 15 degrees inward) as you pull your lead foot about half-way to the rear foot; the chamber should be fully formed when the two feet are closest to each other
- A common mistake is to bend the wrists when chambering; keep wrists aligned with the forearm





- With this block, make sure that the Left Fist finishes below the Right Fist
 - Since the position of the fists is not explicitly mentioned, we should infer the orientation. Since this is a Left Walking Stance, the Left Fist is actually performing the block while the right is supporting or bracing
25. Move the right foot forward as you pivot counter-clockwise on the left foot and then slide into a half-facing **Right L-Stance** towards the **South** while executing a **Thrust** to the **North** with the **Right Side Elbow**.
- Official ITF instructions: “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.”
 - Grandmaster S. J. Kim: “25. Move the right foot to the Back in a sliding motion, forming a Right L-Stance toward the Front while thrusting to the Back with the right side elbow.
 - The rear foot will travel in a straight line, almost directly north, and turn before sliding; when sliding, make sure that the left foot travels North-East so that the L-Stance finishes in the proper orientation
 - Officially, a slide requires that your travel approximately one shoulder width whereas a shift is “employed chiefly for covering or adjusting a short distance (half a foot)” -- see Encyclopedia, volume 4, pp. 184-201 “Foot Shifting (Jajun Bal)”
 - From the encyclopedia, Vol. 3, p. 100: **Side Elbow (Yap Palkup)**
 “This is also divided into single and twin side elbow. The former is executed from an L-, rear foot or fixed stance and the latter from X, parallel, close, sitting, walking and one-leg stances...
Single Side Elbow (Wae Yop Palkup)
 The philtrum and solar plexus are the main targets with the floating ribs and chest secondary. This technique is normally performed in a sliding motion. Keep the back fist faced downward with the thrusting elbow slightly raised at the moment of impact.”
 - Since the elbow moves in a straight line, this attack is considered a thrust (as opposed to a strike)
 - The target of this attack is behind you, so make sure to turn your head toward your rear
 - To chamber, you extend the arms on a slight down angle with the palms facing down
 - To execute, bring your elbows to your side while rotating your fists; even though this is
 - When completed, both fists will be positioned at your belt, with the elbows in line with the shoulders and wrists facing up; if this were a twin elbow, the fist would not rotate so would finish wrist facing down





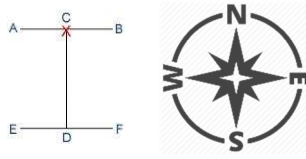
26. Pivoting 90 degrees counter-clockwise on the right foot, bring the left foot to the right foot to form a **Close Stance** toward the **East** while executing a **High-section Side-front Block** with the **Right Inner Forearm** and extending the **Left Forearm** to the side and downward.

- Official ITF instructions: “26. Bring the left foot to the right foot, turning counter clockwise to form a Close Stance toward B while executing a side front block with the right inner forearm while extending the Left Forearm to the side downward.”
- Grandmaster S.J. Kim: “26. Turning counter-clockwise, bring the left foot to the right foot to form a Close Stance toward A while executing a side front block with the right inner forearm and extending the Left Forearm to the side and downward.”
- A side front block w/inner forearm is used when intercepting an attack from a side front angle toward the high section of the body. Only an outward block is possible. Keep the middle finger of the blocking hand in a straight line with the shoulder and bend the elbow 80 degrees during the block. The opposite arm is extended to the side and downward at the moment of the block.
- The chamber is complete when the Close Stance is formed and the wrists are crossed at shoulder height while aligned with the solar plexus
- When executing, each arm pushes across the body in an outward motion
- Each fist finishes at the respective shoulder lines with the fist of the high-section block at eye height



27. Without stepping, execute a **Side-Front Block** with the **Left Inner Forearm** and extend the **Right Forearm** to the side and downward.

- Official ITF instructions: “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.”
- Grandmaster S.J. Kim: “27. Without stepping, execute a side front block with the left inner forearm and extend the Right Forearm to the side and downward.”
- From the encyclopedia, volume 10, p. 197: When chambering, “keep both heels slightly off the ground”
- Although you maintain your stance, you should rise and drop on your toes to demonstrate a sine wave; this was reinforced by Gen. Choi, in the 1996 Seminar at Lai Taekwon-Do
- Make sure to keep wrist straight by aligning it with the ulna
- To demonstrate additional power, bring the hands closer to the body by a few inches when chambering so that, when executed, the block pushes forward slightly as well as outward



28. Pivot slightly on the right foot and move the left foot forward to form a *half-facing Right L-Stance* toward the **East** while executing a **Middle Guarding Block** with *Knife-hands*.

- Official ITF instructions: “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.”
- Since this is a middle block, the knife-hand finishes at shoulder height



29. Bring the left foot to the right foot and then move the right foot to the **West**, forming a *half-facing Left L-Stance* toward the **West** while executing a **Middle Guarding Block** with *Knife-hands*.

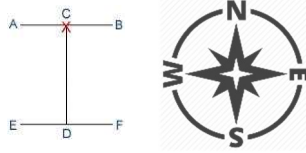
- Official ITF instructions: “29. Bring the left foot to the right foot and then move the right foot to A, forming a Left L-Stance toward A while executing a Middle Guarding Block to A with the knife-hand.”
- **Left L-Stance Middle Knife-hand Guarding Block**
(Niunja So Sonkal Kaunde Daebi Makgi)
- From the encyclopedia, p.234: **Guarding Block** (Daebi Makgi)
“1. Keep the blocking tool Half-facing the target at the moment of blocking. 2. Bring the opposing Knife-Hand or side fist in front of the chest 3 centimeters from the body... 3. Keep the body Half-facing the target at all times.”
- When chambering, make sure not to turn your face away from the opponent in front of you; also, do not bring the rear foot in front of and across the front foot – the rear foot needs only to move in a straight line
- By the time that the chamber is complete, your body should be half-facing
- Don’t rock forward when demonstrating the sine wave



End: Bring the right foot back to **Close Ready Stance C**.



Hwa-Rang



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