



## HWA RANG

Close Ready Stance C

Start On C facing D

1. Move left foot to B sitting stance middle pushing block to D with left palm.
  2. Middle punch right fist.
  3. Middle punch left fist.
- Perform 2 & 3 in a continuous motion.
4. Twin forearm block towards A left L-stance pivoting on left foot.
  5. Upward punch with left fist pulling right sidefist in front of left shoulder.
  6. Middle punch to A right fist sliding to A left fixed stance.
  7. Right knife hand downward strike to A pulling right foot into left vertical stance.
  8. Move left foot to A left walking stance middle obverse punch.
  9. Move left foot to D walking stance forearm low obverse punch.
  10. Move right foot to D right walking stance middle obverse punch.
  11. Pull left towards right foot bring left palm onto right bending elbow slightly.
  12. Middle side piercing kick to D pulling both hands in opposite directions and then lower right foot to D left L-stance knife hand middle reverse side strike. Perform in a continuous motion.
  13. Move left foot to D walking stance middle obverse punch.
  14. Move right foot to D walking stance middle obverse punch.

15. Move left foot to E right L-stance knifehand middle guarding block.
  16. Move right foot to E right walking stance middle straight fingertip thrust right hand.
  17. Move right foot to line EF right L-stance knifehand middle guarding block.
  18. High turning kick with right foot to F.
  19. High turning kick with left foot to F, lower left foot to F right L-stance knifehand middle guarding block.
- Perform 18 & 19 in a continuous motion.
20. Move left foot to C left walking stance low forearm obverse block.
  21. Middle obverse punch forming right L-stance pulling right foot.
  22. Move right foot to C left L-stance middle obverse punch.
  23. Move left foot to C right L-stance middle obverse punch.
  24. X-fist pressing block slipping left foot into walking stance.
  25. Move right foot to C in sliding motion right L-stance facing D side and back elbow thrust (back elbow towards C).
  26. Move left foot to right turning counter clockwise, close stance facing B middle block with right inner forearm and low block with left outer forearm.
  27. Change the position of the hands.
  28. Move left foot to B right L-stance knifehand middle guarding block.
  29. Move left foot to right foot, right foot to A left L-stance knifehand middle guarding block.

END Ð Move right foot back to Close Ready Stance C.