

# Red Belt / Hwa-Rang

**Form Name: Hwa-Rang** (pronounced "wha rong")  
 Hwa-Rang was named after the youth group who helped reunify the three kingdoms of Korea.

~ 30 Movements / 2 yells ~

The red color of the belt represents the flow of sap in a tree. The student feels the energy from the rain and explodes in physical skills. Red is a warning to control the physical by equally developing the mental.

## Technique

1. Left palm heel block -----
2. Right middle punch -----
3. Left middle punch -----
4. Right square block -----
5. Left reverse upset punch -----
6. Right middle side punch -----
7. Rt. downward knifehand strike -----
8. Left middle punch -----
9. Left low block -----
10. Right middle punch -----
11. Right sidekick -----
12. Right knifehand strike -----
13. Left middle punch -----
14. Right middle punch ----- (kihap)
15. Left double knifehand block -----
16. Rt. low spearhand strike -----
17. Left double knifehand block -----
18. Right round kick -----
19. Left round kick -----
20. Left double knifehand block-----
21. Left low block -----
22. Right reverse middle punch -----
23. Left reverse middle punch -----
24. Right reverse middle punch -----
25. Low X block -----
26. Right back elbow strike ----- (kihap)
27. Rt Inner forearm block/Lt Low block-----
28. Lt Inner forearm block/Lt Low block-----
29. Left double knifehand block -----
30. Right double knifehand block -----

## Stance

1. Middle
2. --
3. --
4. Left Back
5. --
6. Left Back
7. Walking
8. Left Front
9. Left Front
10. Right Front
11. --
12. Left Back
13. Left Front
14. Right Front
15. Right Back
16. Right Front
17. Right Back
18. --
19. --
20. Right Back
21. Left Front
22. Right Back
23. Left Back
24. Right Back
25. Left Back
26. Right Back
27. Closed
28. --
29. Right Back
30. Left Back

Ba-roh!

Right foot back to ready position

## One Step / Knife Defense

1. **Attacker:** Right-handed downward "ice pick" stepping in with right foot.  
**Defender:** Step back with right foot and kihap! Left arm up to block and left foot in, right arm over attackers bicep, apply figure 4 lock on the arm, walk forward to take attacker down, execute finishing punch.
2. **Attacker:** Right-handed "spearing jab" attack while stepping in with right foot.  
**Defender:** Step back with right foot and kihap! X block the wrist (right handed over left), right thumb grabs attackers hand and peels the hand over clockwise, bring the left hand up to grab, use thumbs to apply pressure, force attacker down to the floor, step over with left leg straddling the arm, execute arm break on inside of leg.
3. **Attacker:** Right-handed inwards slash followed by an outward slash  
**Defender:** Step back with right foot and kihap! Avoid the first slash & step into the guard, block with an upset double knifehand block and grab arm with right hand, conduct palm heel strike with left hand to opponents elbow, right knifehand strike to back of neck, right sidekick to back of knee, right ax kick to back of opponents head.

