

Red Belt

Form Name: Wha-Rang (Pronounced: Wha Rang)

Wha Rang was named after the youth group who helped to reunify the three kingdoms of Korea.

30 Movements 2 Yells

The Red belt represents a warning to the student.

Mental and physical development must be at an equal level in order for the student to advance any further.

TECHNIQUE	FORM	STANCE
1. Left Palm Heel Block		Middle
2. Right Middle Punch		
3. Left Middle Punch		
4. Right Square Block		Left Back
5. Left Reverse Upset Punch		
6. Right Middle Side Punch		Left Back
7. R Downward Knifehand Strike		Walking
8. Left Middle Punch		Left Front
9. Left Low Block		Left Front
10. Right Middle Punch		Right Front
11. Right Side Kick		Left Back
12. Right Knifehand Strike		Left Front
13. Left Middle Punch		Right Front
14. Right Middle Punch (Kihap)		Right Back
15. Left Double Knifehand Block		Right Front
16. R Low Section Spearhand Strike		Right Front
17. Left Double Knifehand Block		Right Back
18. Right Round Kick		
19. Left Round Kick		
20. Left Double Knifehand Block		Right Back
21. Left Low Block		Left Front
22. Right Reverse Middle Punch		Right Back
23. Left Reverse Middle Punch		Left Back
24. Right Reverse Middle Punch		Right Back
25. Low Section X-Block		Left Front
26. Right Back Elbow Strike (Kihap)		Right Back
27. R Inner Forearm & L Low Block		Closed
28. L Inner Forearm & R Low Block		
29. Left Double Knifehand Block		Right Back
30. Right Double Knifehand Block		Left Back

Baroh! Right foot back to ready position

ONE-STEPS

- 1. Attacker:** Right handed downward "ice pick" stepping in with the right foot.
Defender: Step back with right foot and kihap! Left arm up to block & left foot in, Right arm over Attacker's bicep, Apply figure-four lock on the arm, Walk forward to take Attacker down, Execute finishing technique (Kihap).
- 2. Attacker:** Right handed "spearing jab" attack while stepping in with the right foot.
Defender: Step back with right foot and kihap! X-block the wrist (Right hand over Left), Right thumb grabs Attacker's hand, Peel 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 leg (Kihap).
- 3. Attacker:** Right handed inward slash followed by and outward slash.
Defender: Step back with right foot and kihap! Avoid first slash & step into the guard, Block with both arms & roll clockwise, Right knifehand strike to back of neck, Right sidekick to back of the knee, Force Attacker down, Execute finishing technique (Kihap!).

