

2ND GRADE RED BELT

HWA RANG

<u>TECHNIQUE</u>	<u>STANCE</u>
Closed ready position C	
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	
7. Right downward knifehand strike	Closed
8. Left middle punch <i>turn lt 90°</i>	Left front
9. Left low block <i>turn left 90°</i>	Left front
10. Right middle punch	Right front
11. Right side kick	
12. Right knifehand strike	Left back
13. Left middle punch <i>turn at 90°</i>	Left front
14. Right middle punch (kihap)	Right front
15. Left double knifehand block <i>turn left 270°</i>	Right back
16. Right middle spearhand strike	Right front
17. Left double knifehand block <i>turn left 180°</i>	Right back
18. Right round kick	
19. Left round kick	
20. Left double knifehand block	Right front
21. Left low block <i>turn left 90°</i>	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 X-block with fists	Left front
26. Right elbow strike (kihap) <i>turn right 90°</i>	Right back
27. Right inner forearm- left low blocks	Closed
28. Left inner forearm-right low blocks	
29. Left double knifehand block <i>turn left</i>	Right front
30. Right double knifehand block	Left back

Move right foot back to ready position