UNIVERSAL TAEKWON-DO FEDERATION

(utftkd.com)

Pattern Front

HWA-RANG HYUNG (12-11-17)

29 Steps, Red Belt level

Hwa-Rang was a 7th-c. group of "Flowering Youth" dedicated to developing themselves to serve their country. 29 moves refer to 29th Infantry Division, ROK, where TKD was developed.

Pattern Left

Pattern Right

Begin: Close Ready Stance C (twin knife-hands crossed low in front, below belt knot)

Pattern Rear

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- 1. Keeping both feet together, tilt aligned body into a slow fall over to left and, just before it is too late, center-extend left leg leftwards to simultaneously land in a **sitting stance** with a center-pull-and-extended **left palm middle front pushing block** > PF (with right fist counter-pulled to right hip). [Keep this finishing center focus for start of next move. See below *]
- 2. Center-reverse fists sharply into **right middle front punch** with left fist pulled to left hip, and immediately . . .
- 3. . . center-reverse fists sharply into **left middle front punch** with right fist pulled to right hip.
- 4. Look right while simultaneously center-pulling onto left leg in a **left L-stance** and center-pulling forearms across abdomen and then continue center-spiraling and -expanding them outward into a **twin forearm** clearing **block** > PR.
- 5. Center-pull left fist in a vertical circle: from overhead rearward, downward, across your center and center-spiral it into a **left upward punch** (to opponent's chin) > PR while simultaneously center-pulling **right fist to left shoulder**.
- 6. Leaving the left upward punch in place, continue the torso's center-spiral to the right while pulling your right forearm behind you so the right fist is on your hip and center-untwist a **right forward punch** > PR while **center-sliding** the right leg into a **fixed stance** > PR.
- 7. Simultaneously center-pull with leftward spiral of hips the right leg back toward left foot and right fist horizontally to left shoulder and continue spiral with knife-hand going past head until reversing to rightward spiral pulls the elbow up to lead the knife-arm vertically across the face and the entire right-side of the torso adds to center-pulling downward a **right knife-hand**

- **downward strike** to horizontal level while simultaneously pulling the right leg to form a **left** vertical stance (60/40) > PR.
- 8. Center-contract onto right ball-of-foot and center-extend left leg forward into a **left walking** stance while center-extending a **left punch** > PR.
- 9. Look left while center-contracting onto right ball-of-foot with a 1/4 turn spiral leftward and center-extend left leg into a **left walking stance** > PF with center-spiraling outwards of a **left outer forearm low block**.
- 10. Center-contract onto left ball-of-foot and center-extend right leg forward into a **right walking stance** with a center-extended **right middle punch** > PF.
- 11. Simultaneously center-gather forward onto right foot while bending the right elbow slightly to quickly slap the left hand on top of right fist and grasp it.
- 12. Center-pull both fists rearward to left shoulder while simultaneously center-extending a **right forward side kick** forward, and then lower the right leg forward into a **left L-stance** while simultaneously center-spiraling rightwards a **right knife-hand** strike > PF.
- 13. Center-pull-and-extend into a simultaneous **left walking stance** and **left middle punch**.
- 14. Center-pull-and-extend into a simultaneous **right walking stance** and **right middle punch**.
- 15. Look leftward over shoulder while center-contracting onto right foot and center-spiraling leftwards 3/4 turn into **right L-stance** with **swordarm guarding block** > PR. [swordarm, see ** }
- 16. Center-pull to left foot while spiraling torso rightwards 1/4 turn (least-target position) and leaving right swordarm behind and bringing left swordarm vertically in front as guard (with palm turned toward you), and then center-extend forward while center-pulling left palm downward to clear front attacks and, as the forearm gets to horizontal, center-spiral 1/4 turn leftwards and center-extend forward a **right straight fingertip thrust** with a **right walking stance** > PR, and immediately . . .
- 17. . . center-pull right ball-of-front leftward to your centerline while looking leftwards behind you and center-spiraling leftwards onto the line in a **right L**-stance with a **swordarm guarding block** > PL.
- 18. Center-spiral a **right foot high front roundhouse kick**, and use the power in lowering the right foot forward to . . .
- 19. . . . start acceleration of a rightward center-spiraling **left foot** <u>high</u> **front roundhouse kick**, and use the power in lowering the foot downward into a **right** L-stance to begin a center-spiraled **swordarm guarding block** > PL.

- 20. Look left while center-contracting onto right ball-of-foot foot with a 1/4 turn leftward spiral and center-extend left leg into a **left walking stance** with center-spiraling outwards of a **left outer forearm low block** > PRr.
- 21. Simultaneously center-pull the left leg back to form a **right L-stance** while center-extending a **right middle punch** > PRr.
- 22. Simultaneously center-extend right leg forward into a **left L-stance** while center-extending a **left punch** > PRr
- 23. Simultaneously center-extend left leg forward into a **right L-stance** while center-extending a **right punch** > Rr.
- 24. Center-contract to right ball-of-foot foot and simultaneously center-extend into an **X-fist** pressing block and left walking stance > PRr.
- 25. Center-contract arms and right leg forward to the left foot while center-spiraling 1/2 turn leftwards (keeping eyes > PRr) center-push away with the left foot to continue forward motion into a <u>backwards sliding</u> **right rear elbow strike** > PRr in a **right L-stance** (towards PF).
- 26. Look leftwards while center-spiralling and -expanding 1/4 turn leftwards on right ball-of-foot and simultaneously center-crossing **right** <u>inner</u> forearm outward middle front block and left <u>outer</u> forearm low front block finishing in a close stance > PL, and immediately . .
- 27. . . center-close both vertical forearms toward your centerline and, bending elbows, center-rotate forearms into left <u>inner</u> forearm outward middle front block and right <u>outer</u> forearm low front block.
- 28. Simultaneously center-contract and -spiral onto right leg into a **right L-stance** with a center-spiraled **swordarm guarding block** > PL.
- 29. Look quickly to the right behind you while pulling left leg to right leg and center-spiral and extend right leg rightwards into a **left L-stance** with **swordarm guarding block** > PR.

End: Look left while center-pulling right leg back into the beginning ready stance C.

PYI/BFH