

Hwa-Rang
Close Ready Stance C

1. Step left foot into a straddle stance (facing north) while executing a (middle, inward) left pushing block (fingers upright palm facing east-northeast).
- 2a. Maintain straddle stance while executing a (middle) right hand punch to the north.
- 2b. Maintain straddle stance while executing a (middle) left hand punch to the north.
3. Execute a twin forearm block to the east; allow the hips to pull the feet into a left L-stance (facing east), do not step.
4. Maintain left L-stance while executing a (middle, guarded) reverse uppercut to the east (right side-fist to left shoulder).
5. Shift right foot into a left fixed stance (facing east) while executing a (middle) straight punch.
6. Draw right foot into a left vertical stance (facing east) while executing a (high, downward) straight knife-hand strike.
7. Step left foot into a left walking stance (facing east) while executing a (middle) straight punch.
8. Step left foot into a left walking stance (facing north) while executing a (straight) low defense.
9. Step right foot into a right walking stance (facing north) while executing (middle) straight punch.
10. Maintain punch and step left foot into a close ready stance (facing northwest) while securing opponent's grip of your right hand. (Left palm to back of right fist, fingers wrapped around side-fist, thumb against index knuckle.)
- 11a. Maintain grab while simultaneously executing a (middle, right leg) side-piercing kick to the north and pulling both hands past your chest.
- 11b. Set down into a left L-stance (facing north) while executing a (outward) straight single knife-hand strike.
12. Step left foot into a left walking stance (facing north) while executing a (middle) straight punch.
13. Step right foot into a right walking stance (facing north) while executing a middle straight punch.
14. Spin counterclockwise on right foot and step left foot into a right L-stance (facing east) while executing a double knife-hand block.
15. Step right foot into a right walking stance (facing east) while executing a (straight, guarded) spear-finger strike (left hand executes a downward palm block under right elbow, hands start palm forward in front of outer shoulders).
16. Half-step right foot to the north, turn counterclockwise and step left foot into a right L-stance (facing west) while executing a double knife-hand block.
- 17a. Maintain knife-hands while executing a (high, right leg) turning kick to the west.
- 17b. Set down west of left foot and maintain knife-hands while executing a (high, left leg) turning kick to the west.
- 17c. Set down into a right L-stance (facing west) while executing a double knife-hand block.
18. Spin counterclockwise on right foot and step left foot into a left walking stance (facing south) while executing a (straight) low defense.
19. Shift left foot into a right L-stance (facing south) while executing a (middle) reverse punch.

20. Step right foot into a left L-stance (facing south) while executing a (middle) reverse punch.
21. Step left foot into a right L-stance (facing south) while executing a (middle) reverse punch.
22. Shift left foot into a left walking stance (facing south) while executing a (low) X-block.
23. Spin counterclockwise on left foot and step right foot rearward into a right L-stance (facing north) while simultaneously executing a left #3-elbow strike to the west-southwest and a right #3-elbow strike to the south-southeast.
24. Spin counterclockwise on right foot drawing left foot into a close ready stance (facing west) while bringing hands to ready position (left hand assumes high inner forearm block and right hand assumes low outer forearm block positions).
- 25a. Maintain close ready stance while simultaneously executing a (high) right inner forearm block and a (low) left outer forearm block to the west.
- 25b. Maintain close ready stance while simultaneously executing a (high) left inner forearm block and a (low) right outer forearm block to the west.
26. Step left foot into a right L-stance (facing west) while executing a double knife-hand block.
27. Step left foot to right foot and step right foot into a left L-stance (facing east) while executing a double knife-hand block.

Move Right Foot To Paro

Pattern Count: 27

(Techniques: 32)

Definition: **Hwa-Rang:** This pattern should remind the student that every effort must be made to bring unity to their family, their nation, their martial art, and themselves.

(3rd.Grade-Blue Belt with Red Stripe---First Hint of Danger.)