

Notes From Master Trento Seminar 2019-11-1: Application of Hwa-Rang

Hwa-rang was the first TKD form, named for the youth group in the early 7th century during the Silla dynasty. The 29 movements represent the 29th infantry division in which TKD grew into its maturity. The original 5 forms: Hwa-Rang, Choong Moo, Sam Il, Ul Ji, and U-Nam.

How to Drill Forms: “Drillers make Killers”

Memorization:

- Say it as you do the form.
- Say it without doing the form.
- Do the form 5 times rapidly and flawlessly. (if you make a mistake then restart from the beginning.)

[If you continue to have a problem with a particular section, go back to step 1 and 2 for that section.]

Cleanup:

- Focus on stances only: hands on the hips, kick only bring the knee up.
- Prep: stay in each position for 5 seconds to emphasize the prep (chambering).
- Double hand technique (for each stance) and hip set at accelerated pace

Challenges:

- Perform the form in all 8 directions
- Do the form ‘reflected’ as if in a mirror
- Do the form backwards (reverse order)

Master Trento then has ‘advanced’ exercises after these.

What Are We Looking For In Forms?

“Self Perfection”:

Sport
Sparring
Athleticism
Fitness

“Self Protection”

Combat
Forms
Combat Fitness
Self Defense

Principles Within Hwa-Rang: “Principles Never Die”

Advanced belts should have at least 3 examples in EACH category.

1. A literal translation of the move.
2. A ‘conceptual’ translation of the move: how can the same, general movement be used in various ways.
3. Developing a skill: improving through repetition of the technique to develop balance, strength, and motion.
4. Lego pieces: combining the techniques from the form in various ways to create a new sequence of moves.

Goals:

1. Body connection
2. Muscle memory
3. Coordination
4. Fighting methods