

Hwa-Rang Step-by-Step

Here on this wiki, the wording used to describe this form deviates from the conventional wording historically used to describe the form. This was done to facilitate wiki-style links to the names of associated techniques. To view the conventional wording, see [ITF Forms Summary Description](#).

- Ready Posture: [Closed Ready Stance Type C](#)
- 1. Step the left foot toward B to form a [Sitting Stance](#) facing D. Left [Middle Palm Pushing Block](#) to D.
- 2. Execute a Right [Middle Punch](#) to D, while maintaining a [Sitting Stance](#) facing D.
- 3. Execute a Left [Middle Punch](#) to D, while maintaining a [Sitting Stance](#) facing D.
- 4. Execute a [Twin Forearm Block](#), while, pivoting with the left foot into a Left [L-Stance](#) (i.e., right foot forward) facing A.
- 5. Execute a Left [Upward Punch](#), while pulling the right side fist in front of the left shoulder, maintaining a Left [L-Stance](#) (i.e., right foot forward) facing A.
- 6. Execute a Right [Middle Punch](#) to A, while sliding into a Right [Fixed Stance](#) facing A.
- 7. Execute a Right [Knifehand Downward Strike](#), pulling the right foot into a Left [Vertical Stance](#) facing A.
- 8. Step the left foot toward A into a Left [Walking Stance](#) facing A. Left [Middle Punch](#) to A.
- 9. Step the left foot toward D into a Left [Walking Stance](#) facing D. Left [Low Block](#) to D.
- 10. Step the right foot toward D into a Right [Walking Stance](#) facing D. Right [Middle Punch](#) to D.
- 11. Pull the left foot toward the right foot, while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.
- 12. Execute a Right [Middle Side Piercing Kick](#) to D, while pulling both hands toward you. Lower the right foot to D into a Left [L-Stance](#) (i.e., right foot forward) facing D, at the same time executing a Right [Middle Side Knifehand Strike](#) to D.
- 13. Step the left foot toward D into a Left [Walking Stance](#) facing D. Left [Middle Punch](#) to D.
- 14. Step the right foot toward D into a Right [Walking Stance](#) facing D, at the same time executing a Right [Middle Punch](#) to D.
- 15. Step the left foot toward E, turning counterclockwise to form a Right [L-Stance](#) (i.e., left foot forward) facing E. [Middle Knifehand Guarding Block](#) to E.
- 16. Step the right foot toward E into a Right [Walking Stance](#) facing E. Right [Vertical Fingertip Thrust](#) (spearhand) to E.
- 17. Move the right foot on line EF into a Right [L-Stance](#) (i.e., left foot forward) facing F. [Middle Knifehand Guarding Block](#) to F.
- Perform 18 and 19 in a fast motion:
- 18. Execute a Right [High Turning Kick](#) to DF and then lower the right foot to F.
- 19. Execute a Left [High Turning Kick](#) to CF and then lower the left foot to F, into a Right [L-Stance](#) (i.e., left foot forward) facing F. [Middle Knifehand Guarding Block](#) to F.
- 20. Step the left foot toward C into a Left [Walking Stance](#) facing C. Left [Low Block](#) to C.
- 21. Execute a Right [Middle Punch](#) to C, pulling the right foot into a Right [L-Stance](#) (i.e., left foot forward) facing C.
- 22. Step the right foot toward C into a Left [L-Stance](#) (i.e., right foot forward) facing C. Left [Middle Punch](#) to C.

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- 23. Step the left foot toward C into a Right [L-Stance](#) (i.e., left foot forward) facing C. Right [Middle Punch](#) to C.
- 24. Execute a [X-Fist Pressing Block](#), pulling the left foot into a Left [Walking Stance](#) facing C, to C.
- 25. Step the right foot toward C in a sliding motion forming a Right [L-Stance](#) (i.e., left foot forward) facing D. Right [Elbow Thrust](#) to C.
- 26. Bring the left foot to the right foot, turning counterclockwise to form a [Closed Stance](#) facing B. Right [Inner Forearm Side Front Block](#), while extending the left forearm downward to the side.
- 27. Execute a Left [Inner Forearm Side Front Block](#), extending the right forearm downward to the side, while maintaining a [Closed Stance](#) facing B.
- 28. Step the left foot toward B into a Right [L-Stance](#) (i.e., left foot forward) facing B at the same time executing a [Middle Knifehand Guarding Block](#) to B.
- 29. Bring the left foot to the right foot and then step the right foot toward A into a Left [L-Stance](#) (i.e., right foot forward) facing A. [Middle Knifehand Guarding Block](#) to A.
- End: Bring the foot back to the ready position.

