

Notes for Hwa-Rang ITF Form from Master Andrew Trento

“The Complete Book of Taekwondo Forms” by Keith D. Yates is a reasonable resource for the ITF forms. Master Trento recommends the “Encyclopedia of Taekwon-Do Patterns, 3 Volume Set” as a better reference.

Differences and clarification from the 1st reference for Master Trento’s performance of the form:

1. Begin in the “C” stance with feet together and hands downward with the left hand on top.
2. He does not care whether you do a high or middle punch. It is the same use of technique.
3. After the double forearm block, the upper cut is executed at a 45° angle to the left side (all reverse techniques in a back stance are executed 45° to the side).
4. On the side punch after the upper cut, the left hand ‘marks’ the target, pull the right foot back as the right hand chambers at your side, and then step back to the side and punch with the right hand.
5. Pull the hand back and immediately perform a downward sudo ‘chop’ to the collar bone.
6. Before the side kick, the left hand comes on top or the fully extended right fist, the left foot comes up next to the right as the left hand pulls the right fist back to bend the right elbow 90°, and then as you chamber for the side kick, the hands are pulled back to the chest. Perform the side kick, come down into a back stance, and perform a high sudo (knife hand) with the right hand.
7. The two round house kicks into a double sudo are done as a continuous move.
8. The reverse punches from a back stance are done to the side at 45°, as above.
9. He does NOT do the ‘sweep’ or low block after the 3rd reverse punch; rather the right foot steps forward as you turn 180° into a back stance and perform a ‘reinforced’ backward elbow (the left hand over the right fist pushing backwards). He reminds us the backward motion should be the same as withdrawing a punch: palm down to begin and turning to palm up at the end for that max transfer of power.
10. As you turn into a joonbi stance, the right hand is the first outside middle block in the scissors combo.
11. Between the two final double sudos come back to a joonbi stance and then step out with your right foot.
12. Return to a ‘C’ stance.

The higher level of this form is not to stay static in a stance but to learn the flow of the transition between the stances.

Master Trento states you should do the form 300 times before you test.

For Master Trento the ‘kiyap’ is a means of giving yourself more power. In ITF forms there is no ‘standard’ place for a kiyap; use them when you need more power or they seem appropriate. He uses them after the side kick (with the ridge hand) and the final double sudo.

ITF forms are asymmetrical and move differently than Taegeuk or Palgwae forms. Master Trento indicates they are more “complicated” but provide you with a different ‘language’ of movement. The more languages you know, the easier it is to learn.

An “A” stance is the right fist in the left palm held at lower chest level. “B” stance is the right fist in the left palm held at bellybutton level. “C” stance is as above.