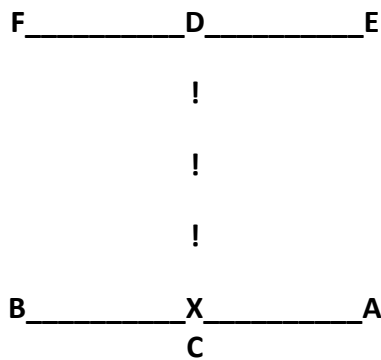


#8 - HWA-RANG PATTERN - (29 MOVEMENTS)



1. Move Left foot to 'B' forming Riding stance while executing (slowly) pushing block with Left palm fist.
2. Execute Middle section punch with Right fist.
3. Execute Middle section punch with Left fist.
4. Execute twin forearm block while forming Left back stance towards 'A.'
5. Execute Middle section block with Left outside forearm at the same time pull Right fist in front of Left shoulder.
*Keep Right back fist faced downward.
6. Execute Middle section punch with Right fist while forming Right Fixed stance toward A in a sliding motion.
7. Execute downward strike to 'A' with Right knife-hand while forming a Left Vertical stance (standing up) pulling Right foot slightly toward Left foot.
8. Move Left foot to 'A' forming Left front stance while executing Middle section punch with Left fist.
9. Move Left foot to 'D' forming Left front stance at the same time execute a Low section block with Left forearm.
10. Move Right foot to 'D' forming Right front stance while executing Middle section punch with Right fist.
11. Pull Left foot toward Right foot at the same time bring Left palm on Right fore-fist bending Right elbow slightly.
12. Execute Middle section side thrusting kick with Right foot while pulling both hands in the opposite direction and then lower Right foot to 'D' forming Left back stance while executing Middle section side strike with Right knife-hand.
13. Move Left foot to 'D' forming Left front stance while executing Middle section punch with Left fist.
14. Move Right foot to 'D' forming Right front stance while executing Middle section punch with Right fist.
15. Move Left foot to 'E' (turning counter-clockwise 270°) forming Right back stance while executing a Middle section guarding block with knife-hand.

16. Move Right foot to 'E' forming Right front stance while thrusting with Right straight spear finger (support right arm with Left back-hand).
17. Move Right foot on line 'EF' forming Right back stance toward 'F' while executing Middle section guarding block with knife-hand.
18. Execute a High section turning kick with Right foot and lower it to 'F'.
19. Execute a High section turning kick with Left foot and then lower it to 'F' forming Right back stance while executing Middle section guarding block with knife-hand.
* Perform 18 & 19 in a fast motion.
20. Move Left foot to 'C' forming Left front stance while executing Low section block with Left forearm.
21. Execute Middle section punch with Right fist while forming Right back stance pulling Left foot. (The punch is at a 45° angle towards 'BC')
22. Move Right foot to 'C' forming Left back stance while executing Middle section punch with Left fist. (The punch is at a 45° angle towards 'AC')
23. Move Left foot to 'C' forming Right back stance while executing Middle section punch with Right fist. (The punch is at a 45° angle towards 'BC')
24. Execute pressing block with X-fist while forming Left front stance (towards C) slipping Left foot.
25. Move Right foot to 'C' in a sliding motion forming Right (~~back stance~~) rear foot (semi-cat) stance (stance towards 'D') while thrusting to 'C' with Right side elbow (pushing with left hand).
26. Bring Left foot to Right foot turning counter-clockwise to form a Closed stance toward 'B' while executing Middle section block with Right inside forearm and Low section block with Left forearm.
27. Change position of hands.
28. Move left foot to 'B' forming Right back stance while executing Middle section guarding block with knife-hand.
29. Bring Left foot to Right foot and then move Right foot to 'A' forming Left back stance while executing Middle section guarding block with knife-hand.

End. Bring Right foot back to ready stance.

Pattern demonstrated: Blackbeltwiki.com/itf-taekwondo-patterns (ITF Taekwondo Patterns)

Taekwondoanimals.com/taekwondo-itf-forms