



West Coast Taekwondo

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Brown Belt Pattern HWA-RANG (31 movements)

Named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea.

	Ready Stance C	
1	Left Palm Heel Strike Middle	Sitting Stance
2	Right Punch Middle	Sitting Stance
3	Left Punch Middle	Sitting Stance
4	Right Square Block	Right Back Stance
5	Left Reverse Upset Punch High	Right Back Stance
6	Right Punch Middle	Right Fixed Stance
7	Right Circular Knifehand Strike High – Single Arm	L Stance
8	Left Punch Middle	Left Front Stance
9	Left Low Block	Left Front Stance
10	Right Punch Middle	Right Front Stance
11	Left Hand Grab	Parallel Stance
12	Right #1 Side Kick	
13	Right Knifehand Strike Middle	Right Back Stance
14	Left Punch Middle	Left Front Stance
15	Right Punch Middle (Yell)	Right Front Stance

STRIPES:

Black	I Wills (for Junior Students)
Yellow	Won-Hyo
Green	Jump Spin Side, Jump Spin Crescent, #1 Triple Round & Board Breaks
Blue	Hwa-Rang Half Form, Name of Form, Number of Moves & Meaning
Red	Free spar with Belt Rank Kicks