



# West Coast Taekwondo

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## Brown Senior 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
16	Left Double Knifehand Block	Left Back Stance
17	Right Spearhand Middle	Right Front Stance
18	Left Double Knifehand Block	Left Back Stance
19	Right #2 Round Kick	
20	Left #2 Round Kick	
21	Left Double Knifehand Block	Left Back Stance
22	Left Low Block	Left Front Stance
23	Right Reverse Punch Middle	Left Fixed Stance
24	Left Reverse Punch Middle	Right Fixed Stance
25	Right Reverse Punch Middle	Left Fixed Stance
26	Left X-Block Low	Left Front Stance
27	Right Reverse Elbow Strike (Yell)	Left Back Stance
28	Right Inner Forearm Block/ Left Low Block	Closed Stance
29	Left Inner Forearm Block/ Right Low Block	Closed Stance
30	Left Double Knifehand Block	Left Back Stance
31	Right Double Knifehand Block	Right Back Stance

### STRIPES:

Black	I Wills (for Junior Students)
Yellow	Yul-Guk
Green	Jump Spin Hook Kick, 360 Jump Front Kick, Jump Spin Heel Kick, #1 Triple Side Combo, Board Breaks
Blue	Hwa-Rang Full Form, Name of Form, Number of Moves & Meaning
Red	Free spar with Belt Rank Kicks