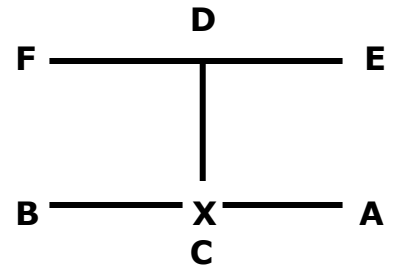


HWA-RANG: 2ND GRADE LOW-RED BELT FORM

NEW BLOCKS: Palm Block, Inner High/Low Block
NEW STRIKES: Reverse Upset Punch,
Downward Knifehand Strike,
Back Elbow Strike
NEW KICKS: #2 Round Kick
NEW STANCES: Vertical Stance



READY STANCE: Closed Ready Stance C

1. Left foot steps to B into middle stance (facing D), left palm block to mid section.
2. No step. Right punch to mid section.
3. No step. Left punch to mid section.

4. No step. Pivot clockwise to A into left back stance, right square block.
5. No step. Left reverse upset punch to high section. At the same time, right fist pulls to left shoulder (palm in.)
6. No step. Right punch to mid section.
7. Right foot slides back into left vertical stance, right downward knifehand strike to high section.
8. Left foot steps to A into left front stance, left punch to mid section.

9. Left foot steps counter clockwise to D into left front stance, left low block.
10. Right foot steps to D into right front stance, right punch to mid section.

11. Left foot steps to right foot into closed stance (facing B.) Bring right fist to front horizontal position and grab right fist with left closed hand. Left hand pulls right fist to left side, right #1 side kick.
12. Right foot steps down to D into left back stance, right knifehand strike to mid section.
13. Left foot steps to D into left front stance, left punch to mid-section.
14. Right foot steps to D into right front stance, right punch to mid section. **KIHAP**

15. Left foot steps counter clockwise to E into right back stance, left double knifehand block.
16. Right foot steps to E into right front stance, right vertical spearhand (back of left open hand is placed under right elbow) to mid section.

17. Right foot steps counter clockwise to line EF into right back stance to F, left double knifehand block.
18. Right #2 round kick to F.
19. Right foot steps down one stance length, left #2 round kick to F.
20. Left foot steps down to F into right back stance, left double knifehand block.

21. Left foot steps counter clockwise to C into left front stance, left low block.
22. Left foot steps to C into right back stance, right reverse punch to mid section.
23. Right foot steps to C into left back stance, left reverse punch to mid section.
24. Left foot steps to D into right back stance, right reverse punch to mid section.

25. Left foot steps to C into left front stance, X-fist block to low section.
26. Right foot steps to C (one stance length) turning counter clockwise into right rear stance to D, right back elbow strike to C. **KIHAP**

27. Left foot steps to right foot turning counter clockwise to B into closed stance, right inner high/low block.
28. No step. Left inner high/low block.
29. Left foot steps to B into right back stance, left double knifehand block.
30. Left foot steps to right foot. Right foot steps to A into left back stance, right double knifehand block.

END: Right foot steps back to ready stance.