

PATTERNS

HWA - RANG

The Virtual Dojang Introduction

Finally a patterns training tool that makes sense!

Learning a pattern has never been easier. Unlike other products, The Virtual Dojang's patterns training tool actually follows you around the dojang while you move.

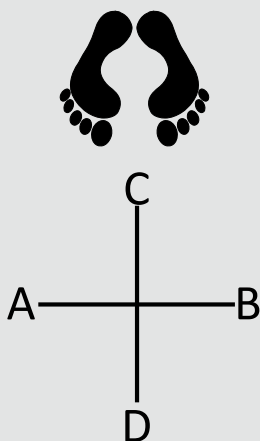
When you turn, the orientation of the diagram on the screen/page turns with you. So rather than having to concentrate on which way you are facing compared to the instructions, you only have to focus on the movement itself.

Complete the movement, turn the page, and you will find the diagram is pointing in the right direction. Your current foot position is shown with white feet, and your finishing position with black feet. Lines and arrows help you understand how the feet should move.

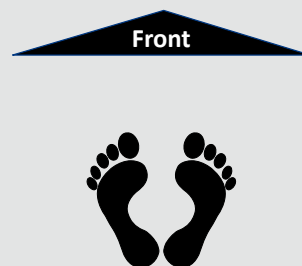
On top of all that, there are pictures and helpful hints. There's even a helpful arrow pointing to where the front of the dojang is, to help you maintain correct orientation. At the start of every movement, check that the arrow is pointing to the front - if it is you know you are on track.

We have also simplified the movement and technique descriptions, the aim being to aid learning Taekwon-Do outside the Dojang.

Of course, nothing replaces learning Taekwon-Do from a qualified instructor. By all means use our tool, but for more detailed and technical help please see your instructor.



Traditional diagram



The Virtual Dojang diagram

This pattern, Hwa-Rang is for 2nd Kup and above

29 Movements

Ready position : Close Ready Stance C

New Stances :
Close Ready Stance C

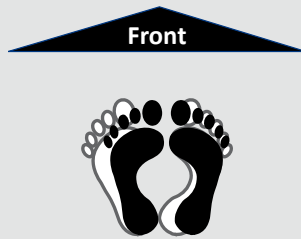
New Techniques :
Vertical Stance
Sitting Stance Plam Pushing Block
L-Stance Upward Punch
Vertical Stance Knife-hand Downward Strike
High Turning Kick
L-Stance Obverse Punch
L-Stance Side Elbow Thrust
Close Stance Inner Forearm Middle side Front Block

Meaning

HWA-RANG is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity

Ready position

Close Ready Stance C

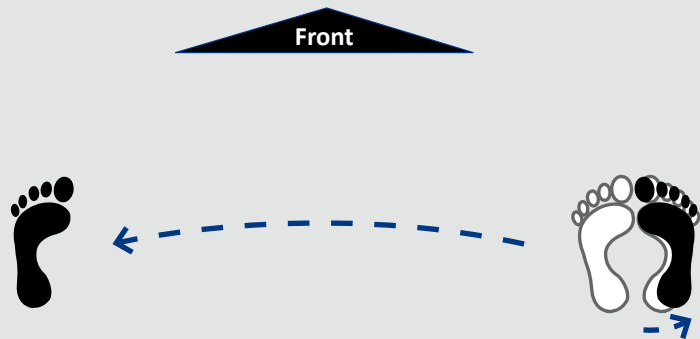


- If in attention stance, straighten your right foot by moving your heel, then move the left foot to the right to form close ready stance C



Pattern movements and techniques

1. Step your left foot out into sitting stance left middle palm pushing block



2. Right middle punch



- Leave your feet where they are.
- Drop your weight, raise it up, then drop again.



3. Left middle punch

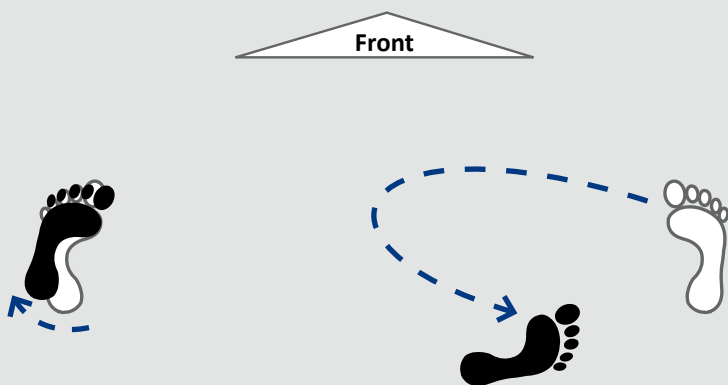


- Leave your feet where they are.
- Drop your weight, raise it up, then drop again.

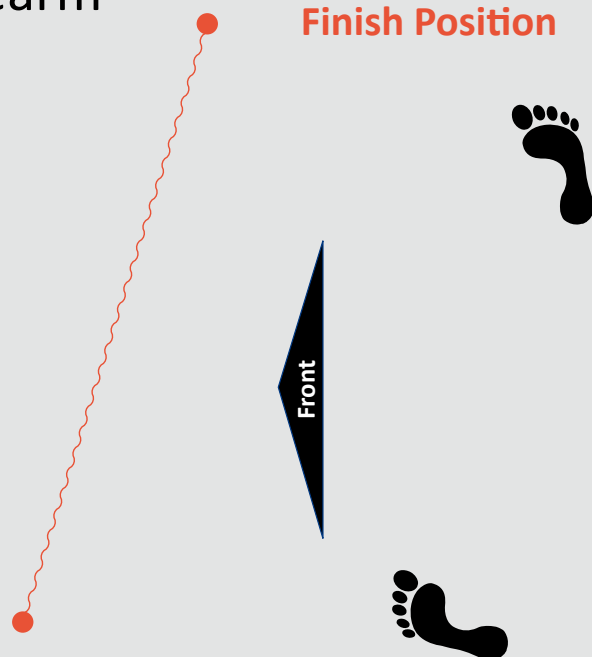


4. Bring your weight onto your left foot, turn 90° (1/4 turn) to the left, dropping into L-stance twin forearm block

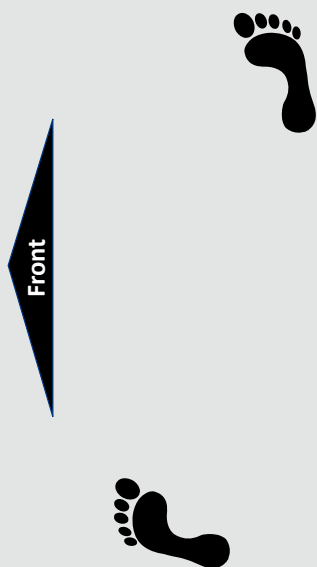
Start Position



Finish Position



5. Left upward punch, bringing the right wrist in front of the left shoulder

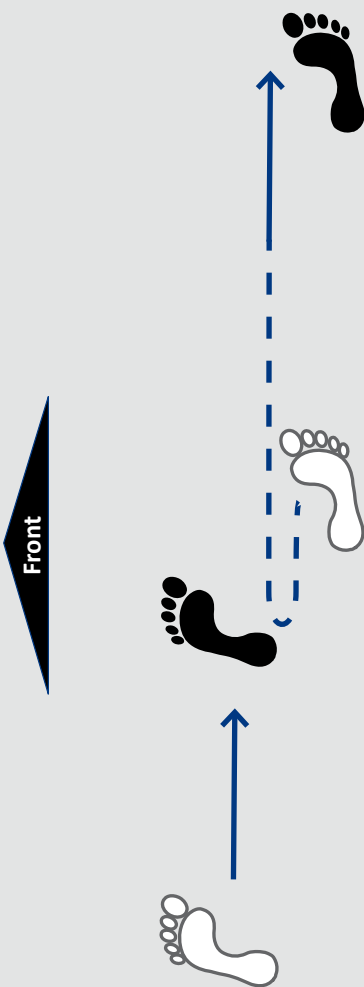


- Leave your feet where they are.
- Drop your weight, raise it up, then drop again.

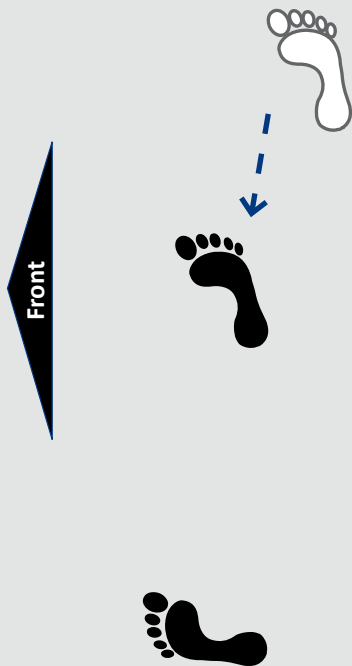


6. Slide forward into right fixed stance middle side punch

- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then step out into walking stance.



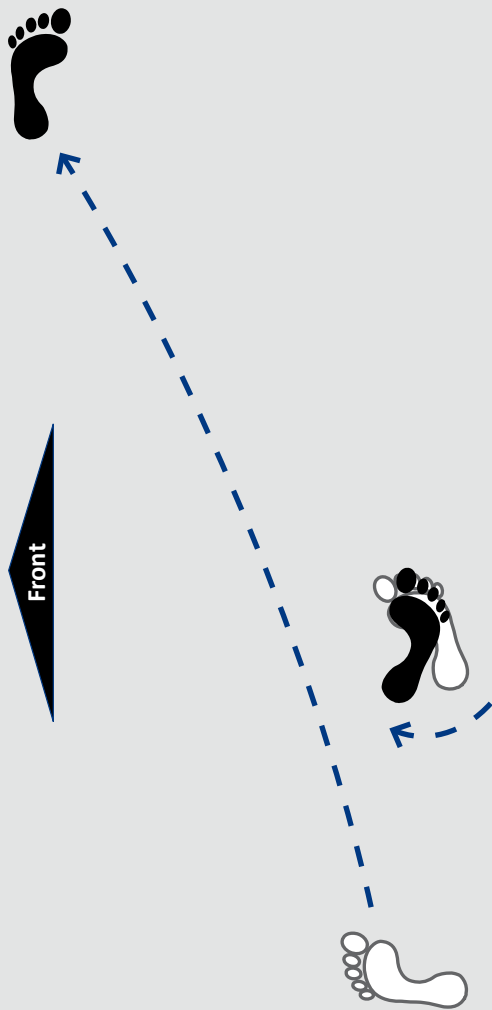
7. Shift your right foot back towards your left, landing in vertical stance knifehand downward strike



- When you bring your foot back, come up on the balls of your feet then drop into stance.
- Your right hand moves in a circular motion.



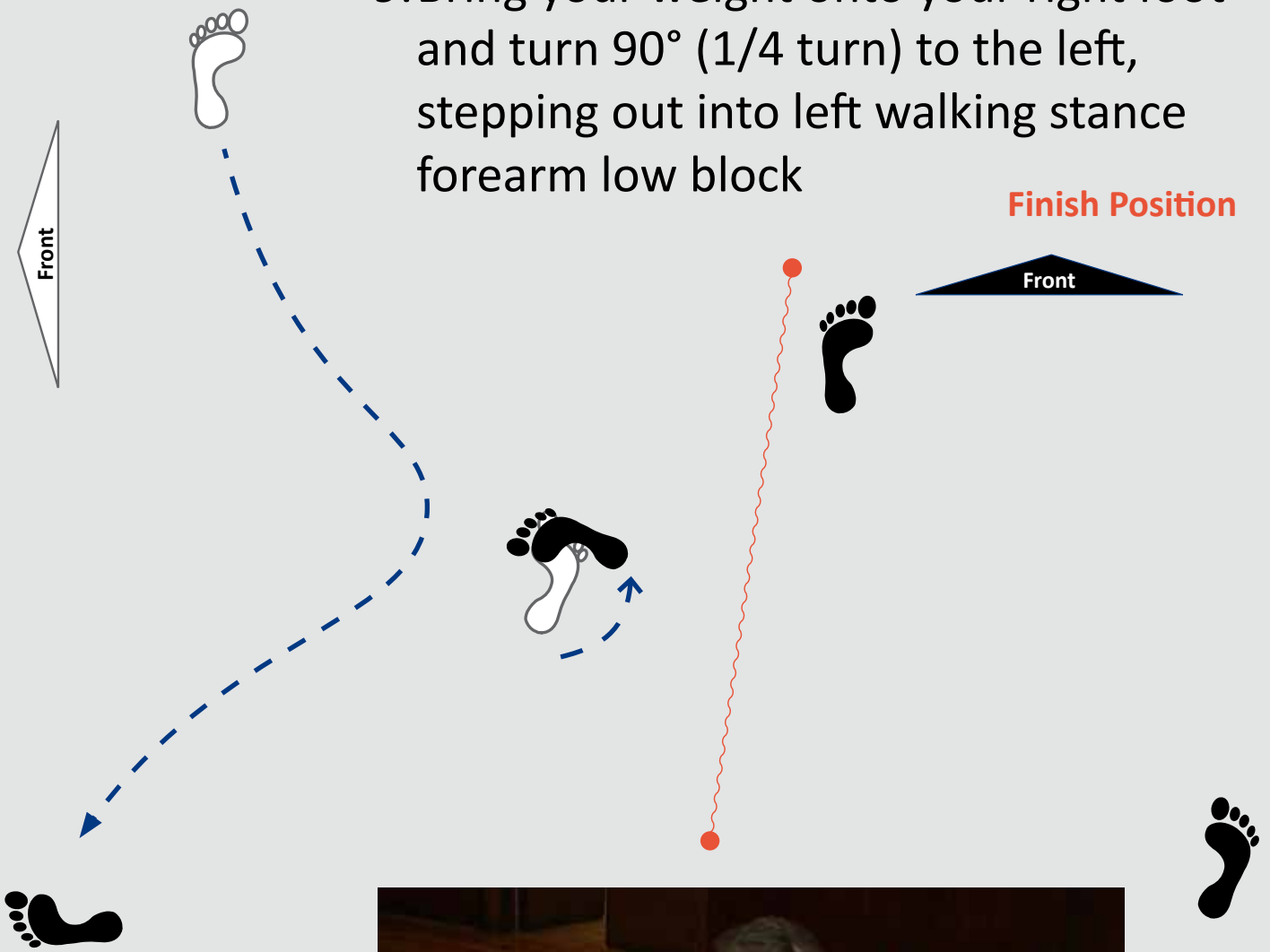
8. Step forward into left walking stance middle punch



Start Position

9. Bring your weight onto your right foot and turn 90° (1/4 turn) to the left, stepping out into left walking stance forearm low block

Finish Position



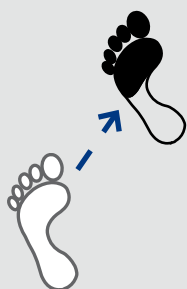
10. Step forward into right walking stance middle punch



11. Pull the left foot toward the right foot, and bring your left palm to your right fist, bending your right arm about 45°



- Do not bend your arm too much.
- Try to let the right fist stay in the same place, and you just move your body toward your fist, not bring your fist to your body.



12. Right middle side piercing kick, then lower the foot into left L-stance knifehand side strike

Part 1

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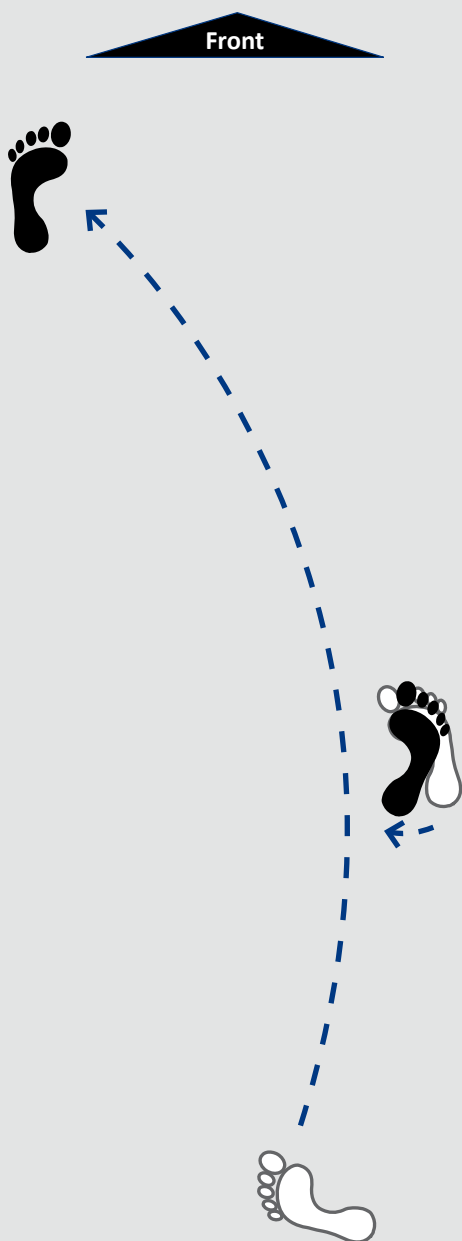
Part 2



- When you kick, pull the hands in the opposite direction.



13. Step forward into left walking stance middle punch

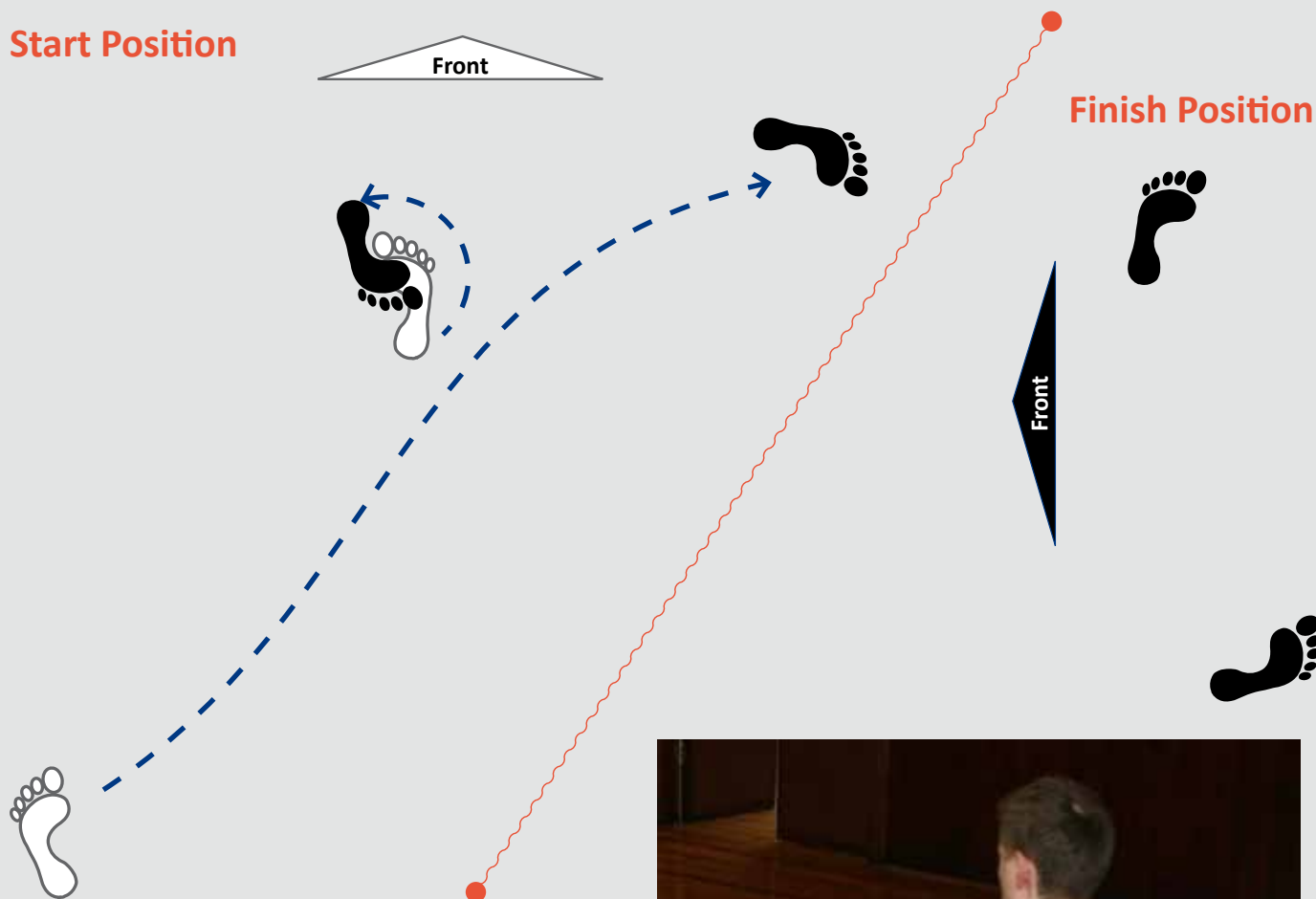


14. Step forward into right walking stance middle punch



15. Bring your weight forward onto your front foot, then turn 270° (3/4 turn) counter-clockwise, dropping into right L-stance knifehand middle guarding block

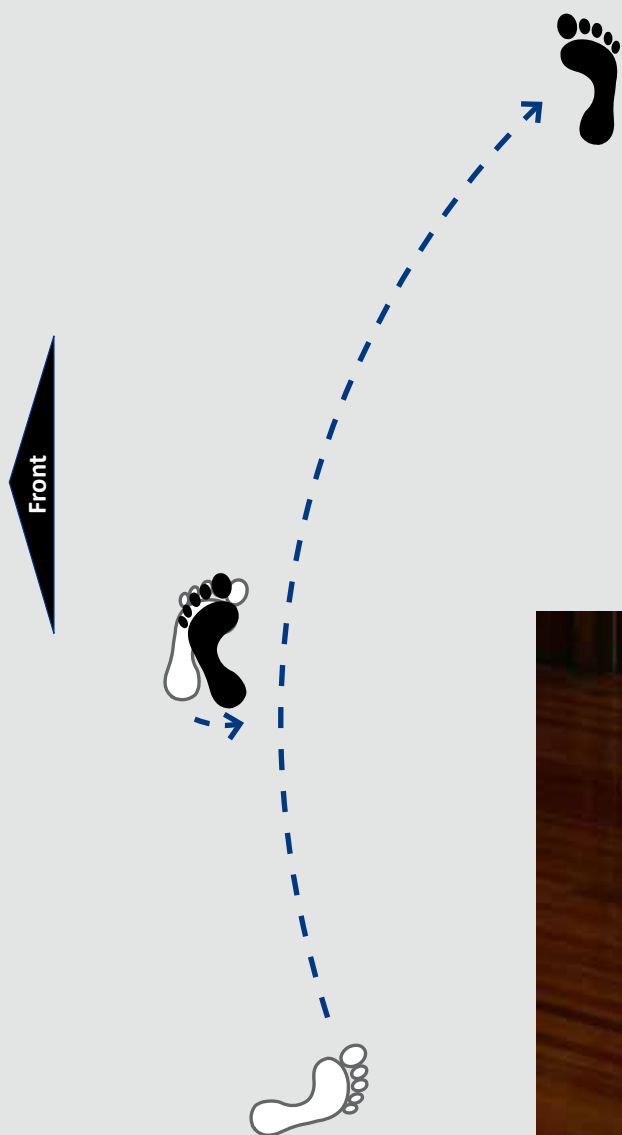
Start Position



Finish Position

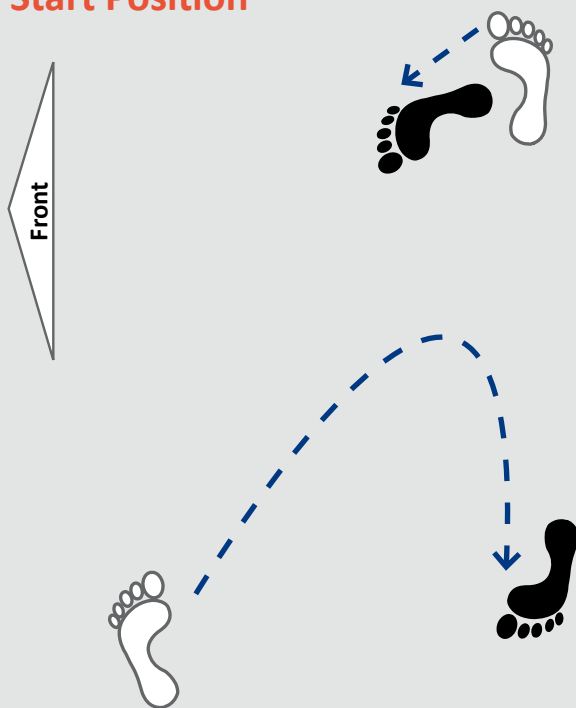


16. Step forward into right walking stance straight fingertip thrust

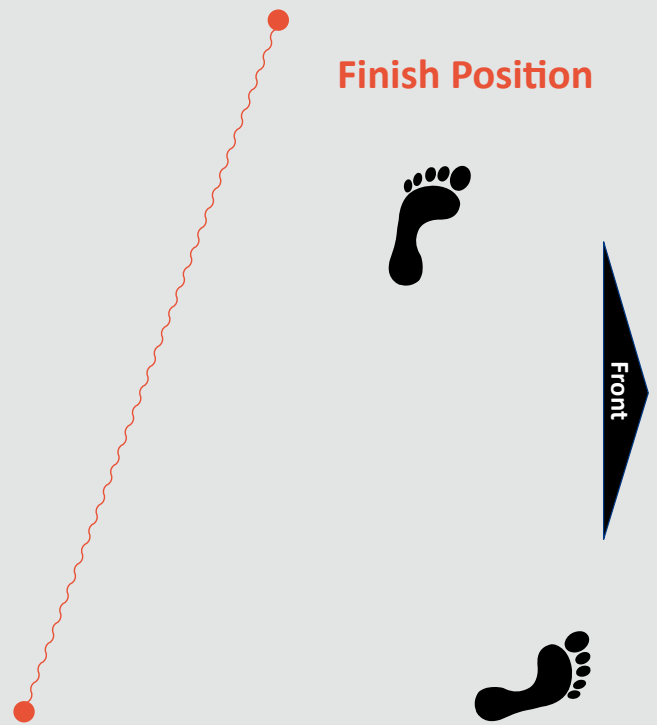


17. Turn 180° counter-clockwise dropping into right L-stance knifehand middle guarding block

Start Position



Finish Position



- For the turn, bring your left foot back and in towards your center slightly.



18. Right high turning kick and **in fast motion...**



- This movement is followed immediately by the next movement in one count (fast motion).

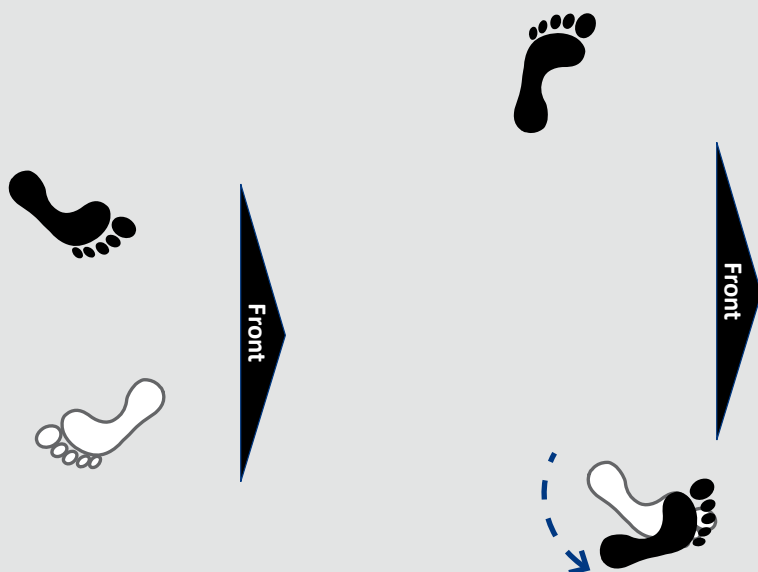


19. Left high turning kick, then drop into right L-stance knifehand middle guarding block

Part 1

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Part 2

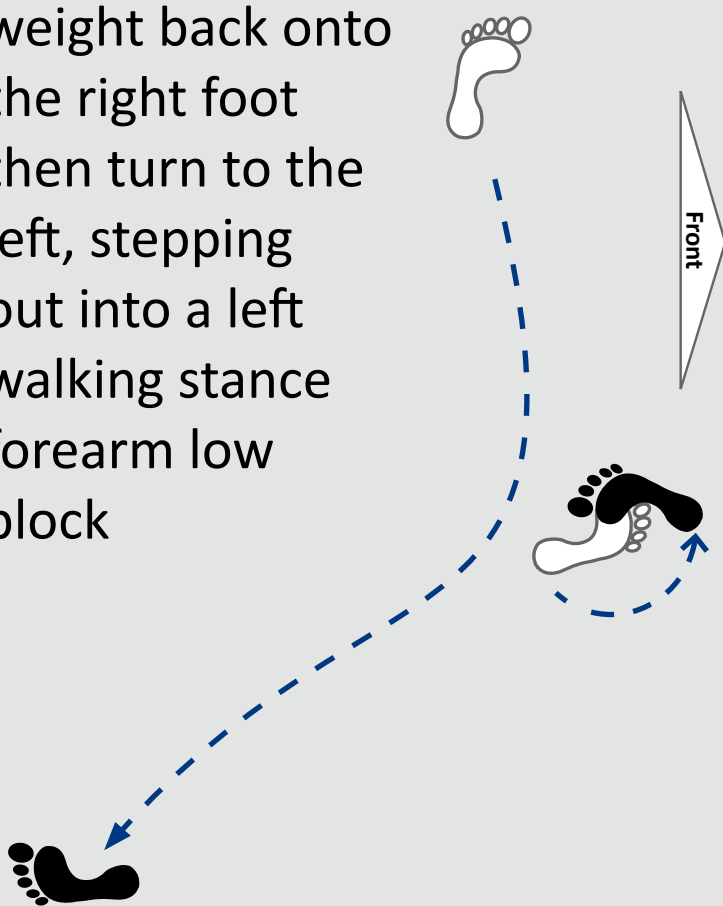


- This movement is done immediately after the last movement (fast motion).

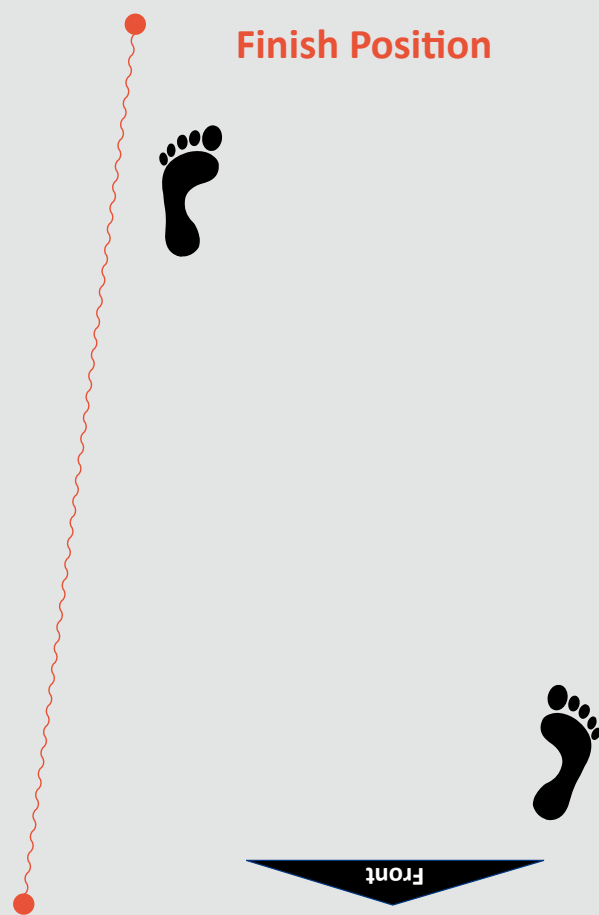


20. Bring your weight back onto the right foot then turn to the left, stepping out into a left walking stance forearm low block

Start Position



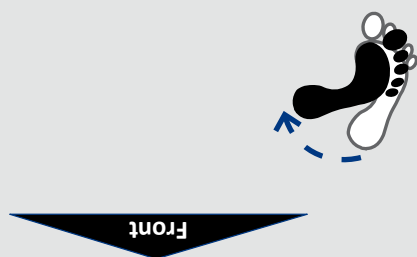
Finish Position



21. Shift into right L-stance middle punch



- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then drop into L-stance. The punch is done with the rear hand, and should be parallel with the front foot.



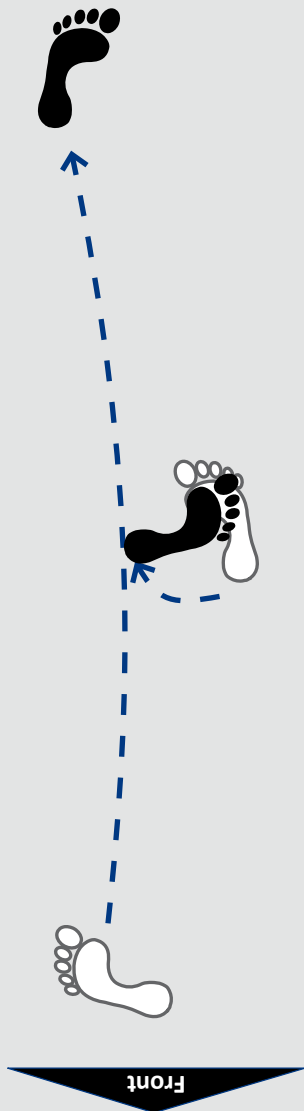
22. Step forward into left L-stance middle punch

- The punch is done with the rear hand, and should be parallel with the front foot.

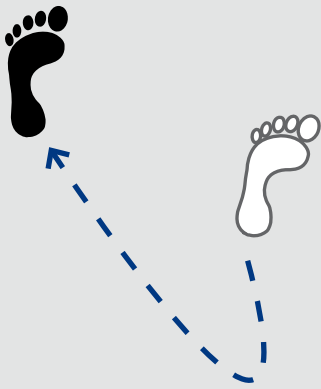


23. Step forward into right L-stance middle punch

- The punch is done with the rear hand, and should be parallel with the front foot.



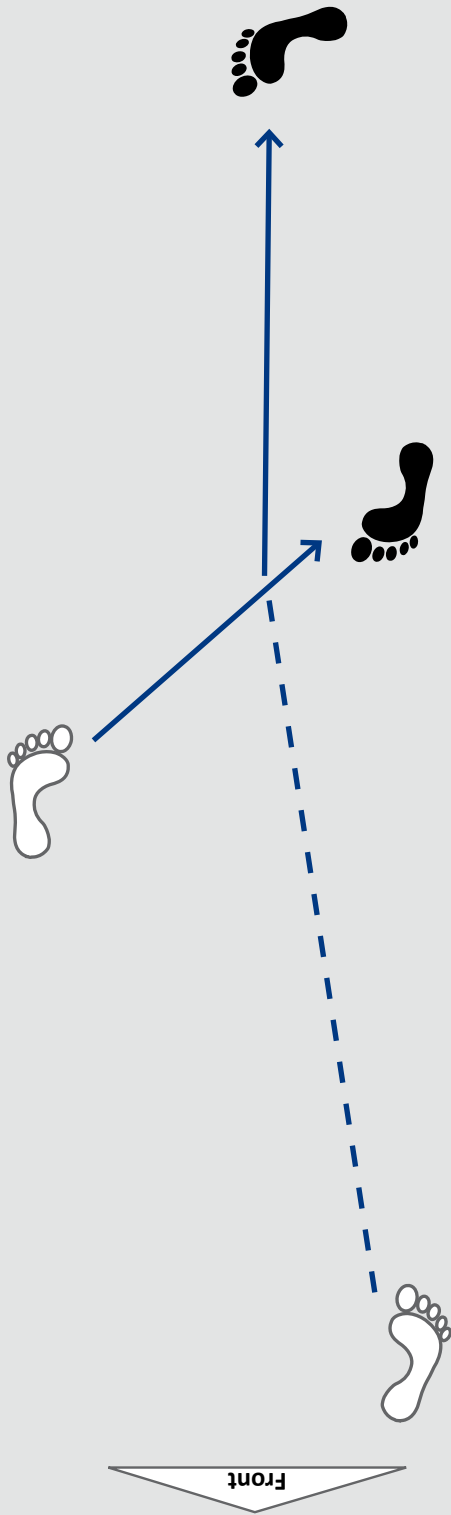
24. Shift into left walking stance X-fist pressing block



- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then step out into walking stance.



Start Position



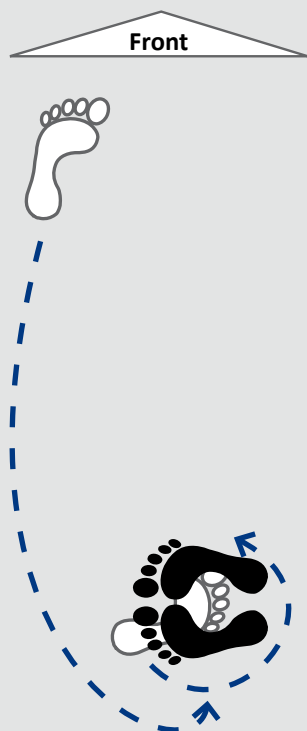
25. Bring your weight forward onto your left foot while turning 180° (1/2 turn) counter-clockwise, then slide backwards into right L-stance side elbow thrust

Finish Position



26. Bring your left foot towards your right foot while turning 90°(1/4 turn) counter-clockwise into a close stance right side front block. The left arm extends to the side-downward

Start Position

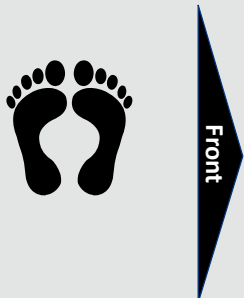


Finish Position

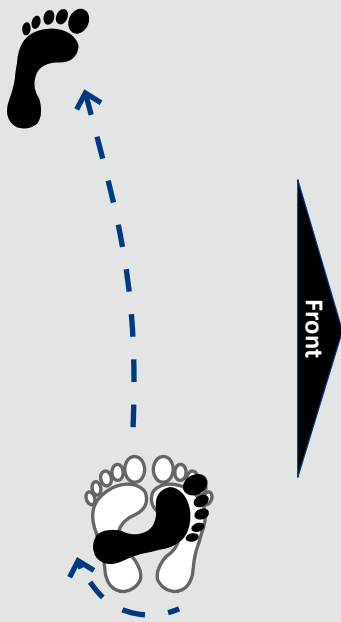


27. Close stance left side front block. The right arm extends to the side-downward

- Raise your feet slightly then drop into the block.

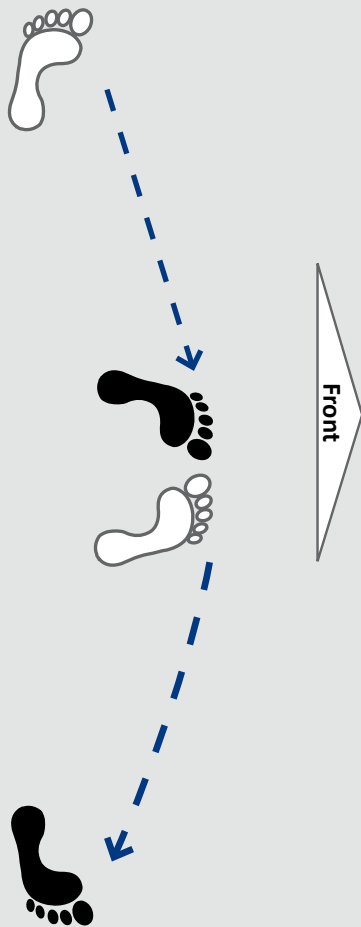


28. Forward into a right L-stance knifehand middle guarding block

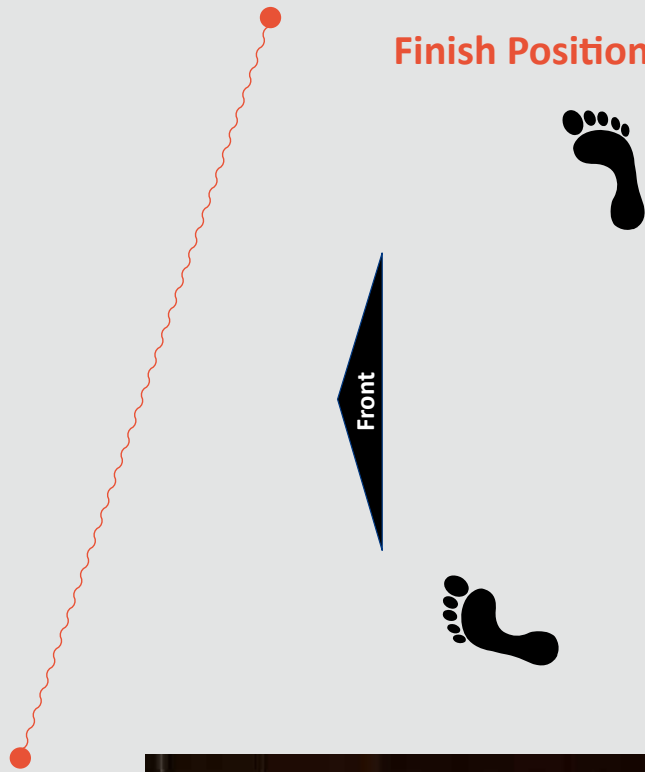


29. Bring your feet together then drop into left L-stance knifehand middle guarding block

Start Position

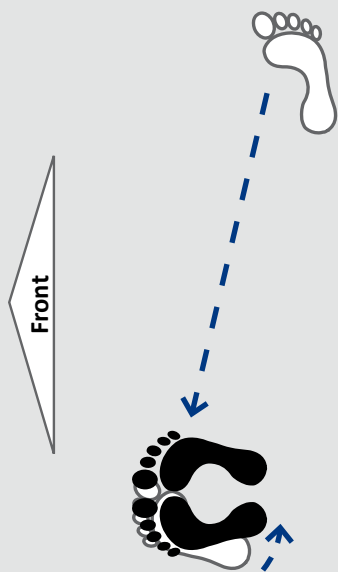


Finish Position



End. Bring the right foot back to close ready stance C

Start Position



Finish Position

