

HWA RANG

- 1 Jhum be downward block
- 2 Slide Left foot towards left while executing a middle pushing block the left palm
- 3 Double forearm block while forming a left L-stance toward right,
- 4 Right arm draws in, left Arm makes circle (clockwise) with capture
- 5 Right hand makes upward circular (clockwise) motion to right side of body
- 6 Step to right with Upward punch with the left fist
- 7 Step back to centerline and as turning to the left (90 degrees) strike with left side fist to groin
- 8 Step forward and Punch with the right fist
- 9 Right foot forward Cat Stance. Strike with right hand support target with left hand
- 10 (Close in) Side kick with Right foot and then strike with the right knife-hand
- 11 Quickly Step and Punch with left hand then step and punch with right hand
- 12 Right hand grabs cross elbow as you turn (counterclockwise) 270 degrees into double block step forward into double spear hands strike.
- 13 180 degree turn (counter Clockwise) with double block
- 14 Close in Roundhouse Kick with Right leg
- 15 Close in Roundhouse Kick with Left leg
- 16 Rotate 90 degrees (counter Clockwise) into left front stance. Pull back into reverse punch.
- 17 Step Forward into right reverse punch
- 18 Step forward into left Reverse Punch
- 19 Step forward and grab with both hands and spin 180 degrees (counter Clockwise) into reverse punch stance but with both hands at hips
- 20 Rotate 90 degrees to the left into neutral stance (pull right foot to left) while the Right hand reaches out and grabs (from the left front) and pulls downward and toward you moving circularly and then back outward to end up at the right front of you at 45 degrees. At the same you bring the left palm first to the lower right side of the body, then moving circular upward and outward to the left front of you at 45 degrees
- 21 [This is the reverse of #19] remain in neutral stance while the left hand pulls from the upper right side of the body, then moving circular downward and outward to the left side in front of you at 45 degrees. At the same time Right hand reaches out from (to the left front) and moves upward and outward circularly to end up at the right front of you at 45 degrees
- 22 Step forward into double block with grab
- 23 180 degree turn (Clockwise) step into forward double block
- 24 Return to Jhum be

The additional Emphasis of Red belt katas is to train emotional control so students should practice being as angry as they possible can while they are doing this kata and then it is essential that they gain control of themselves and return to a calm state as soon as the kata is done. Repeat the COMPLETE process several times in a row!

If you are in control your emotions no one else can be!