

REVISION NOTES

1. GENERAL TERMS

Inside AN
Outside BAKAT

2. PARTS OF THE BODY

Fingertips SONKUT
Instep BALDUNG
Reverse footsword BANDAL DUNG

3. BASIC MOVEMENTS**1. DEFENSIVE**

Sweeping block HULLYO MAKGI
Pushing block MIRO MAKGI

2. OFFENSIVE

Upwards punch OLLYO JIRUGI
Vertical kick SEWO CHAGI
Twisting kick BITURO CHAGI
Twin foot kick SANG BAL CHAGI
Flying high kick TWIMYO NOPI CHAGI

4. PATTERN (TUL)

HWA RANG 29 MOVES

5. SPARRING (MATSOKI)

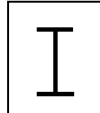
One step sparring ILBO MATSOKI

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PATTERN HWA RANG

NUMBER OF MOVEMENTS 29

DIAGRAM



STEP MOVE		STANCE	TECHNIQUE
START IN MOA CHUNBI SOGA C			
1	Move Left Ft To Left	Annun	Kaunde Son Badak Miro Makgi
2	-	-	Kaunde Orun Ap Jirugi
3	-	-	Kaunde Wen Ap Jirugi
4	Pull R Ft	L Niunja	Sang Palmok Makgi
5	-	-	Wen Ollyo Jirugi
6	Slide Both	R Gojong	Kaunde Orun Yop Jirugi
7	Pull R Ft	R Soojik	Naeryo Sonkal Taerigi
8	Move Fwd	L Gunnun	Kaunde Baro Jirugi
9	Turn To Left 90	L Gunnun	Najunde Bakat Palmok Makgi
10	Fwd	R Gunnun	Kaunde Baro Jirugi
11	Pull Left Ft Fwd	-	(Grasp Right Hand With Left Hand)
12	Using R Ft & R Hand	-	Kaunde Yop Chajirugi Kaunde Sonkal Taerigi
13	L Leg Fwd	L Gunnun	Kaunde Baro Jirugi
14	R Leg Fwd	R Gunnun	Kaunde Baro Jirugi
15	Turn 270 Anti Clockwise	R Niunja	Kaunde Sonkal Daebi Makgi
16	Step Fwd	R Gunnun	Kaunde Son Sonkut Tulgi
17	Dwiyo Torro	R Niunja	Kaunde Sonkal Daebi Makgi
18	Using R Ft	-	Nopunde Dollyo Chagi
19	Using L Ft Land In	R Niunja	Nopunde Dollyo Chagi Kaunde Sonkal Daebi Makgi
20	Move L Ft To Left 90	L Gunnun	Najunde Bakat Palmok Makgi

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21	Pull Up L Ft	R Niunja	Kaunde Baro Jirugi
22	Step Fwd	L Niunja	Kaunde Baro Jirugi
23	Step Fwd	R Niunja	Kaunde Baro Jirugi
24	Slip L Ft	L Gunnun	Najunde Kyocha Makgi
25	Slide Fwd Turning Body 180	R Niunja	Orun Yop Palkup Taerigi
26	Turn Left 90	Moa	Orun Kaunde An Palmok Makgi & Wen Najunde Bakat Palmok Makgi
27	-	-	Wen Kaunde An Palmok Makgi & Orun Najunde Bakat Palmok Makgi
28	L Ft Fwd	R Niunja	Kaunde Sonkal Daebi Makgi
29	Pull L Ft Move R In Opposite Direction	L Niunja	Kaunde Sonkal Daebi Makgi

