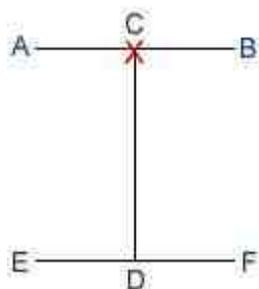


## ITF Taekwondo Hwa-Rang Position Diagram



There are 29 movements in this ITF pattern.

Students start at C facing towards D (see position diagram below) and in closed ready stance C

1. Turn left 90 degrees, move left foot towards B to form a sitting stance while executing a middle pushing block towards D with the left palm
2. Middle punch towards D with the right fist while maintaining a sitting stance toward D
3. Middle punch towards D with the left fist while maintaining a sitting stance toward D
4. Twin forearm block while forming a left L-stance toward A, pivoting with the left foot
5. Upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A
6. Middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion
7. Downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot
8. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist
9. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm
10. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist
11. Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward
12. Middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand
13. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist
14. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist
15. Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand
16. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip
17. Move the right foot on line EF forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand
18. High turning kick to DF with the right foot and then lower it to F
19. High turning kick to CF with the left foot and then lower it to F forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand - *Execute steps 18 and 19 in rapid sequence.*
20. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm
21. Middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot

22. Move the right foot to C forming a left L-stance toward C while executing a middle punch to C with the left fist
23. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the right fist
24. Pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C
25. Move the right foot to C in a sliding motion forming a right L-stance toward D while thrusting to C with the right side elbow
26. Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward
27. Side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B
28. Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand
29. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand

Final step - Bring right foot back and return to the ready position.