



## Brown Belt (1st) Hwa-Rang

1. Left (L) foot step into middle stance & L hook palm-heel strike – right (R) punch – L punch
2. R foot step L into L back stance & square block – L upset hammer-fist strike bringing R upset hammer-fist into L shoulder (arm break technique)
3. R foot step into middle stance as R side-punch – R foot slides back to L foot & downward knife-hand strike – L foot steps east into L front stance & forward (fwd.) punch
4. L foot turns 90 degrees counter-clockwise (CCW) into L front stance & L low block – advance fwd. into R front stance & fwd. punch
5. Bring L foot to R foot & R elbow thrust north - #1 side kick – land in middle stance & R knife-hand strike – L foot advance fwd. into L front stance & fwd. punch – advance into R front stance & fwd. punch
6. L foot turn 90 degrees CCW into R back stance sudo – advance fwd. into R front stance & R spear-thrust – R foot steps into R back stance sudo facing west - #2 round kick - #2 round kick – land in R back stance sudo
7. L foot steps 90 degrees CCW into L front stance & low block – shift into R back stance & R hook punch – advance fwd. into L back stance & L hook punch – advance into R back stance & R hook punch
8. L foot shifts into L front stance & low x-block – R foot fwd. sweeps stepping into R cat stance & reverse elbow strike
9. pivot 90 degrees CCW bringing feet together facing west & scissor block (L low & R high) – scissor block (R low & L high)
10. L foot steps fwd. into R back stance sudo – bring L foot to R foot turning 180 degrees clockwise as R foot steps into L back stance sudo