

Purple/Advanced Purple Belt Form

Hwa-Rang

Punches Low

Knifehand Closed Ready Stance

<u>#</u>	<u>Technique</u>	<u>Stance</u>
1	Left Palmheel	Sittingstance
2	Right Punch	Sittingstance
3	Left Punch	Sittingstance
4	Right Square Block	Right Backstance
5	Left Uppercut	Right Backstance
6	Right Lunge Punch	Right Fixed Backstance
7	Right Downward Knifehand Strike	L-Stance
8	Left Punch	Left Frontstance
9	Left Low Block	Left Frontstance
10	Right Punch	Right Frontstance
	Transition	Ready Stance
11	Right #1 Side Kick	
12	Right Knifehand Strike	Right Backstance
13	Left Punch	Left Frontstance
14	<u>Right Punch</u>	Right Frontstance
15	Left Double Knifehand Block	Left Backstance
16	Right Spearhand	Right Frontstance
17	Left Double Knifehand Block	Left Backstance
18	Right/Left #2 Round Kick	
19	Left Double Knifehand Block	Left Backstance
20	Left Low Block	Left Frontstance
21	Right Reverse Punch	Left Backstance
22	Left Reverse Punch	Right Backstance
23	Right Reverse Punch	Left Backstance
24	Left X-Block Low	Left Frontstance
25	<u>Slide Twin Elbow</u>	Left Backstance
26	Right Z-Block	Closed Stance
27	Left Z-Block	Closed Stance
28	Left Double Knifehand Block	Left Backstance
29	Right Double Knifehand Block	Right Backstance

Hwa-Rang (29 movements): 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 TaeKwonDo developed into maturity.