

# 화랑

Downward knife-hand strike

Front stance

Mid punch

Upward punch

Back stances

Two outer forearm block

Mid palm guarding block

Spring stances

Low outer forearm block

Front stance

Mid side block

Outward knife-hand strike

Back stance

Forward stance

Mid side block

Forward stance

Forward stance

Forward stance

Forward stance

Forward stance

Forward stance

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Forward stance

Forward stance

Forward stance

Forward stance

Forward stance

Forward stance

Mid side block

Forward stance

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# HWA-RANG

The youth group which originated in the Silla dynasty and became the main force in the unification of the three kingdoms of Korea.  
(29 movements)

Mid side block

Back stance

Forward stance

Forward stance

Forward stance

Forward stance

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Forward stance

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