

Red Belt

Form Name: Wha-Rang (Pronounced: *Wha Rong*)

Wha Rang was named after the youth group who helped to reunify the three kingdoms of Korea.

30 Movements 2 Yells

The Red belt represents a warning to the student. Mental and physical development must be at an equal level in order for the student to advance any further.

FORM

TECHNIQUE	STANCE
1. Left Palm Heel Block	Middle
2. Right Middle Punch	Middle
3. Left Middle Punch	Left Back
4. Right Square Block	Left Back
5. Left Reverse Upset Punch	Walking
6. Right Middle Side Punch	Left Front
7. R Downward Knifehand Strike	Left Front
8. Left Middle Punch	Right Front
9. Left Low Block	Left Back
10. Right Middle Punch	Left Front
11. Right Side Kick	Right Front
12. Right Knifehand Strike	Right Back
13. Left Middle Punch	Left Back
14. Right Middle Punch (<i>Kihap</i>)	Left Front
15. Left Double Knifehand Block	Right Front
16. R Low Section Spearhand Strike	Right Front
17. Left Double Knifehand Block	Right Back
18. Right Round Kick	Right Back
19. Left Round Kick	Left Front
20. Left Double Knifehand Block	Right Back
21. Left Low Block	Left Back
22. Right Reverse Middle Punch	Right Back
23. Left Reverse Middle Punch	Left Back
24. Right Reverse Middle Punch	Right Back
25. Low Section X-Block	Left Front
26. Right Back Elbow Strike (<i>Kihap</i>)	Right Back
27. R Inner Forearm & L Low Block	Closed
28. L Inner Forearm & R Low Block	Right Back
29. Left Double Knifehand Block	Left Back
30. Right Double Knifehand Block	Left Back

Bar-oh! Right foot back to ready position

ONE-STEPS

- 1. Attacker:** Right handed downward "ice pick" stepping in with the right foot.
Defender: Step back with right foot and kihap! Left arm up to block & left foot in, Right arm over Attacker's bicep. Apply figure-four lock on the arm, Walk forward to take Attacker down, Execute finishing technique (*Kihap*).
- 2. Attacker:** Right handed "spearing jab" attack while stepping in with the right foot.
Defender: Step back with right foot and kihap! X-block the wrist (Right hand over Left), Right thumb grabs Attacker's hand, Peel the hand over clockwise, Bring the left hand up to grab, Use thumbs to apply pressure, Force Attacker down to the floor, Step over with left leg straddling the arm, Execute arm break on inside leg (*Kihap*).
- 3. Attacker:** Right handed inward slash followed by and outward slash.
Defender: Step back with right foot and kihap! Avoid first slash & step into the guard, Block with both arms & roll clockwise, Right knifehand strike to back of neck, Right sidekick to back of the knee, Force Attacker down, Execute finishing technique (*Kihap!*).

