

Haw-Rang

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Feet together	Left hand open covering right open hand at belt level
2	Left hand palm cross block, with yell	N	Step out with left foot into a horse stance	Aim with right hand, Left hand palm cross block
3	Double punch	N	Don't move feet	Punch right then left
4	Double forearm square block	E	Move right foot into a right back stance	Double forearm square block
5	Hammer fist block with left hand	E	Don't move feet	Right hand pulls into chest as left fist comes around into a hammer fist block
6	Right lung punch	E	Step out with right foot into a right fixed stance	Right lung punch
7	Right knife hand chop	E	Step back with right foot into a right natural stance	Right knife hand chop, chop comes from over your head
8	Left hand punch	E	Step foreword into a left front stance	Left hand punch
9	Left down block	N	Step with left foot rotating on the right foot 90 degrees counter clock wise	Left down block
10	Right hand punch	N	Step foreword into a right front stance	Right hand punch
11	Right leg side kick	NW	Turn right foot 45 degrees to the left. Step up with left foot.	Wrap right fist with left hand
12	Right knife hand chop	N	Land in a right back stance after the side kick	Right knife hand chop
13	Left hand punch	N	Step foreword into a left front stance	Left hand punch
14	Right hand punch, with yell	N	Step foreword into a right front stance	Right hand punch
15	Left knife hand block	E	Step with left foot. Rotate on the right foot 270 degrees counter clock-wise, step into a left back stance	Left knife hand block
16	Right hand spear hand strike	E	Step foreword into a right front stance	Right hand spear hand strike
17	Left knife hand block	W	Step back with left foot into a left back stance, rotate counter clockwise	Left knife hand block
18	Right leg round kick	W	Back leg round kick, land in a right back stance	Guarding
19	Left leg round kick	W	Back leg round kick, land in a left back stance	Guarding
20	Left knife hand block	W	Left back stance from the kick	Left knife hand block
21	Left hand down block	S	Move left foot into a left front stance	Left hand down block
22	Right reverse punch	S	Move left foot into a left back stance	Aim with left hand, right reverse punch
23	Left reverse punch	S	Step foreword into a right back stance	Aim with right hand, left reverse punch
24	Right reverse punch	S	Step foreword into a left back stance	Aim with left hand, right reverse punch
25	Low cross block	S	Move left foot over into a left front stance	Low cross block
26	Right hand elbow strike to the rear	N	Step with the right foot to the south. Step into a left back stance facing north.	Right hand elbow strike to the rear. Right hand by your chest, open. Left fist by your ribs
27	Right outside circle block, left low block	W	Step with left foot and pivot on right. Rotate counter clock-wise into a standing position with feet together	Right outside circle block, left low block
28	Left outside circle block, right low block	W	Don't move feet	Left outside circle block, right low block
29	Left knife hand Guarding block	W	Step out with left foot into a left back stance	Left knife hand Guarding block
30	Right knife hand Guarding block, with yell	E	Step back with left foot to right and then step out with right foot into a right back stance	Right knife hand Guarding block