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**HWA RANG DO®**

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# FORM INTRO



**This sequence is a short combination of hand strikes and kicking useful to introduce the student to the long and complex Hwa Rang Do Open Hand Form.**

- The STEP #1 is to set the defensive stance.
- The STEP #2 is to set the cat stance and cross the open hands next to the front leg.
- The STEP #3 is moving the crossed hands from low to top intercepting a frontal punch attack with forearms.

- The STEP #4 is having both hands to the side and strike with a double palm technique towards the ribs of the opponent.
- The STEP #5 is grabbing one ear of the opponent and pull his head.
- The STEP #6 is striking the chin of the opponent with an uppercut palm technique.
- The STEP #7 is striking with a knifehand the face of the opponent.
- The STEP #8 is striking with a vertical punch the solar plexus of the opponent.
- The STEP #9 is a step in left with a right high soft block.
- The STEP #10 is an axe kick right to close the sequence.