



## Korean

Foot Parts- Han Bansin	Side Instep- Yop Baldung
Ball of the Foot-Ap Kumchi	Side Sole- Yop Bal Badak
Back Heel- Dwit Chook	Foot sword- Balkal
Back Sole- Dwit Kumchi	Reverse Foot sword- Balkal Dung
Instep- Baldung	Toes- Pal Garak

## **HWA RANG**

### **29 moves**

**6 different stances (walking stance, fixed stance, closed stance, sitting stance, vertical stance and L stance)**

Hwa-Rang is named after the Hwa Rang youth group, which originated in the Silla Dynasty about 600 AD. This group eventually became the actual driving force for the unification of the 3 Kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> infantry division where Tae Kwon-Do was developed into maturity.

## **FUN FACTS**

Hwa-Rang means 'Flower Boys' or 'Flowering Youth'

It was the first pattern to be developed.

The Hwa-Rang were considered to be the Korean equivalent of the Japanese Samurai, although they pre-dated the Samurai by around 500 years.

The Hwa-Rang was originally formed by King Jin-Hung, and was actually 2 groups of beautiful women, called 'Won-Hwa' (original flowers)

Some years after, the Hwa-Rang was set up again, but was not believed to have been for warriors, but for a group of young men to help them be better for their country by following strict moral codes.

## **The Code of the Hwa-Rang**

1. Loyalty to one's king.
2. Love and respect your parents and teachers
3. Trust among friends
4. Never retreat in battle
5. Never take a life without a just cause.

They also lived by the 9 virtues, these are: Humility, Justice, Courtesy, Wisdom, Trustworthiness, Goodness, Loyalty and Courage.

It could take up to 10 years of training before the title of 'Hwa-Rang' was given.

It is believed that the unarmed combat training for the Hwa-Rang came from King Kwang Gae in the neighbouring kingdom.

The most famous Hwa-Rang warrior was General Kim Yoo-Sin

They had their own special forces unit (like the ninja in Japan) who were known as Salsa (Knights of the Night)

General Choi Hong Hi was in charge of the 29<sup>th</sup> infantry division.

He was originally offered command of the 28<sup>th</sup> infantry division, but declined, explaining that he was promoted later than other generals who wanted to take control of a division.

The 29<sup>th</sup> infantry division was formed in September 1953 on Je-Ju Island.

He did his best to make his unit 'The most righteous and desirable in the army'

The units' emblem is the General's clenched fist, which was originally drawn by his wife.

The division's name was ICK which, according to General Choi, is the sound you make when you pronounce 29<sup>th</sup> in Korean quickly!

The unit was also known as Fist Division

During daytime his soldiers were trained in combat, and by night they were schooled in literacy (Similar to the original Hwa-Rang)