

Hwa-Rang

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

화랑



The history of the Hwa-Rang

Hwarang, also known as Flowering Knights, were an elite warrior group of male youth in Silla, an ancient kingdom of the Korean Peninsula that lasted until the 10th century. There were educational institutions as well as social clubs where members gathered for all aspects of study, originally for arts and culture as well as religious teachings stemming mainly from Korean Buddhism. Chinese sources referred only to the physical beauty of the "Flower Youths". Originally, the Hwarang were known for their use of make-up and cosmetic decorations and accessories. The history of the Hwarang was not widely known until after the National Liberation Day of Korea in 1945, after which the Hwarang became elevated to a symbolic importance.

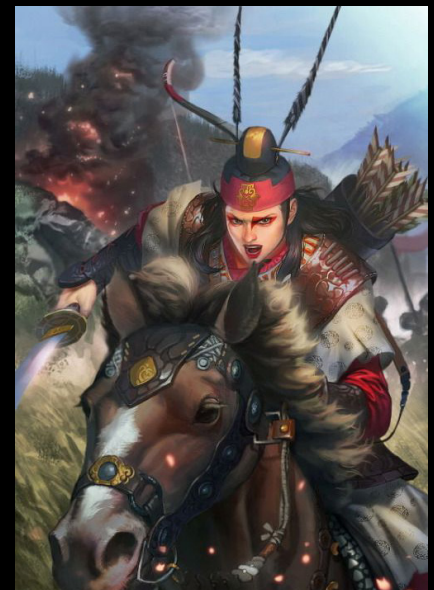
One of the most significant acts by King Chinhung was the development of the Hwarang system within his military service. This Hwarang system was organized by groups of youths who went to mountains, rivers and other places of natural beauty to learn to develop human morality, loyalty, and mental and emotional control along with their combat skills. Through this development of strong mental, physical and spiritual training they were taught to act as models of their culture and chivalrous warriors. They were Silla's elite warriors. They were called Hwarang (Flower Knights) and Rangdo (a Hwarang's disciple or soldier). These were young men who exemplified the warrior-intellectual that influenced the Silla kingdom's history for many centuries.

Besides religious instruction, the Hwarang were taught traditional dance and songs for their emotional development. Literature, the arts, and sciences were taught for their academic development. They were also taught the art of warfare, archery, combative skills etc.

Their combat skills are based upon the concept of the unity of opposites embodied in the um-yang. Their empty-handed fighting techniques were known for their blending of the hard and soft, linear and circular attacks. A linear thrust punch could break through the wooden armour of an opponent and kill him instantly. They could also spin kick at such speeds that their enemies frequently thought that the feet of the Hwarang warriors were swords. Also they learned 108 different weapons within their curriculum.

The youths who were chosen by the Silla Kingdom became the knights and warriors for the Silla Dynasty within the age of the Three Kingdoms of Korea. A close relationship did exist between the Hwarang and Buddhism because Buddhism was accepted as a state religion by the royalty and aristocrats within the Silla Kingdom.

The Buddhist monks were often mentors for the Hwarang in both physical and spiritual ways. The Hwarang would seek the teachings of these Buddhist monks because they knew that the martial arts practiced by these Buddhist monks were a source through which they could strengthen themselves for greater success in the future and for the benefit of the Silla Kingdom. The monks would train themselves in physical fitness exercises through self-defense techniques, countering the weakening effects of long-term meditation and enabling them to protect themselves from bandits and robbers who tried to steal the donations and charities that were collected by the monks on their pilgrimages. Both the Buddhist monks and the Hwarang would go on journeys to famous mountains to heighten their training and would seek encounters with supernatural beings for protection and the success of the Silla Kingdom.



Won Gwang Beop Sa was a Buddhist monk who was asked by the Hwarang to teach them ways to develop ambition, bravery, and honour, in order to protect the Silla Kingdom from kingdoms inhabiting the peninsula. Won Gwang trained these youths in three areas:

1. Self-defence capabilities
2. Self-confidence
3. Self-control

Won Gwang taught the youths of the Hwarang to become warriors who could defend their beliefs with martial arts, to be confident in their actions, and to control themselves and their surroundings. Won Gwang gave to these Hwarang teachings in gwonbeop (martial methods or skills) that combined the secret Buddhist monk's physical and mental exercises.

Won Gwang also proposed 5 principles or guidelines that were later called the Five Precepts for Secular Life, which became a list of ethics that the Hwarang could embrace (this is why he is commonly known as Beop Sa or "lawgiver")

1. Show allegiance to one's sovereign
2. Treat one's parents with respect and devotion
3. Exhibit trust and sincerity amongst friends
4. Never retreat in battle
5. Exercise discretion when taking a life



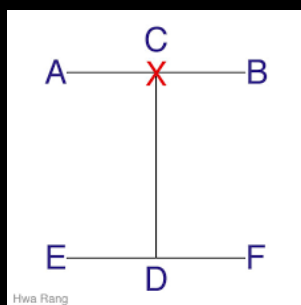
These commandments and teachings of Won Gwang were followed by the Hwarang to protect the Silla Kingdom from rivalling kingdoms and helped unify the nation of Ancient Korea until the fall of the Silla Kingdom.

One of the most famous stories eulogized by Hwarang literature is the martyrdom of the son of General P'umil, who died in the wars of unification. Kwan Chang was a Hwarang commander at the age of 16. He was captured during a battle with Paekche, one of the western kingdoms. Since his high ranking battle crest indicated he was the general's son, he was taken before the Paekche general. Lifting his war helmet,

the Paekche general was taken aback at his youth. Thinking of his own young son, he decided against execution, which was the usual fate of the captured officers, and returned him to Silla lines. Kwan Chang went before his father and asked that he be sent back into battle at the head of his men. General P'umil agreed. He was captured after a day-long battle, but after he was disarmed, he broke loose from his guards, killing both of them by hand and attacked the Paekche general's second in command. A leaping, spin kick killed the commander as he sat on his horse, a full eight feet in the air.

Finally subdued, he was taken before the Paekche general. Much distressed over the loss of his chief commander, he told Kwan Chang, "I gave you your life once because of your youth, but now you return to take the life of my best field commander." This time the Paekche general returned the boy's head attached to the saddle of his war horse. At the Silla line, General P'umil grasped his son's head and wiped off the blood with his sleeve. "My son's face is as when he was alive!" he shouted to his men. "He was able to die in the service of the king. There is nothing to regret." The General rode back into battle to complete the final defeat of Paekche. This was the famous Hwang San Bul battle and the story became legendary throughout Korean culture.

Hwa-Rang Tul

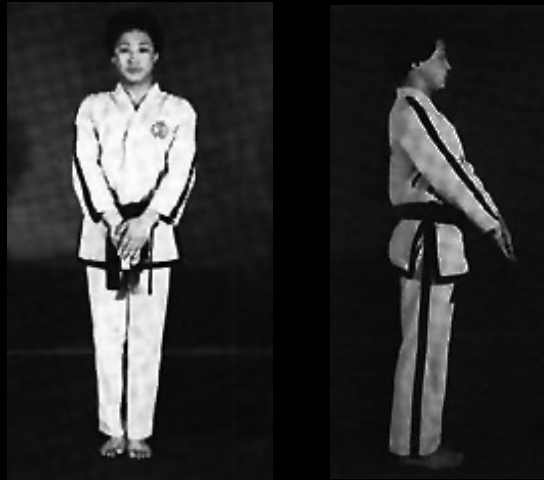


(29 Movements)

- Number of attacks: 17
- Number of hand attacks: 14
- Number of foot attacks: 3
- Number of blocks: 11
- Number of hand blocks: 11
- Number of foot blocks: 0
- Number of ready stances: 0

New techniques learnt in Hwa-Rang

Close ready stance C
(Moa junbi sogi C)



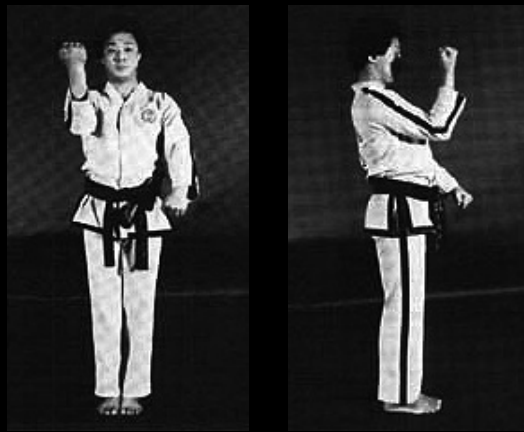
High turning kick
(Nopunde dollyo chagi)



Sitting stance while executing a middle pushing block with the palm
(Annun so sonbadak miro makgi)



Close stance while executing a side front block with the inner forearm
(Moa so an palmok yopap makgi)



L stance while executing a upward punch with the fist
(Niunja so ap joomuk ollyo jirugi)



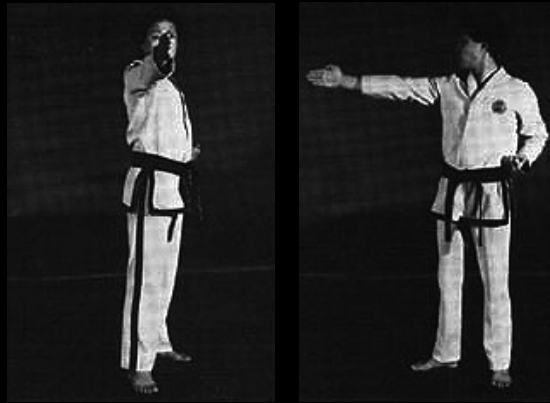
L stance while executing an obverse middle punch
(Niunja so baro jirugi)



L stance while executing a thrust with the side elbow
(Niunja so yop palkup tulgi)



Vertical stance while executing a downward strike with the knife-hand
(Soojik so sonkal yop naeryo taerigi)



START: Close Ready Stance C

1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
 2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
 3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
 4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
 5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
 6. Execute a middle punch to A with the right fist forming a right fixed stance toward A in a sliding motion.
 7. Execute a Downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
 8. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.
 9. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.
 10. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist
 11. Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.
 12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction, and then lower it to D, forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.
 13. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.
 14. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
 15. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand
 16. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip.
 17. Move the right foot on the line EF, forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
 18. Execute a high turning kick to DF with the right foot and then lower it to F.
 19. Execute a high turning kick to CF with the left foot and then lower it to F, forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
- Perform 18 and 19 in a fast motion.

20. Move the left foot to C, forming a left walking stance toward C while executing a low block to C with left forearm.

21. Execute a middle punch to D with the right fist while forming a right L-stance toward C, pulling the left foot.

22. Move the right foot to C, forming a left L-stance toward C while executing a middle punch to C with the left fist.

23. Move the left foot to C, forming a right L-stance toward C, at the same time executing a middle punch to C with the right fist.

24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.

25. Move the right foot to C in a sliding motion, forming a right L-stance toward D while thrusting to C with the right side elbow.

26. Bring the left foot to the right foot, turning counter-clockwise to form a close stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side-downward.

27. Execute a side front block with the left inner forearm, extending the right forearm to the side-downward while maintaining a close stance toward B.

28. Move the left foot to B, forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knifehand.

29. Bring the left foot to the right foot and then move the right foot to A, forming left L-stance toward A while executing a middle guarding block to A with a knife-hand.

END: Bring the right foot back to Close Ready Stance C