

HWA-RANG CYCLE



RED & HIGH RED BELT WORD OF THE BELT: **POSITIVE SELF-DIRECTION**

Winning Black Belts have clearly defined goals and purpose, which are constantly referred to on a constant basis. Winners are role and goal driven and get what they set!

LOW BROWN BELT WORD OF THE BELT: **POSITIVE SELF-PROJECTION**

Winning Black Belts project their best selves every day in the way they look, talk, listen, and react. Winners communicate immediate impressions of happiness and success at all times.



HIGH RED BELT COMBOS



1 LATERAL FRONT RIDGEHAND, HOOK KICK, FRONT BACKFIST, BACK RIDGEHAND



2 LATERAL ROUND KICK (FRONT LEG), FRONT PUNCH, REVERSE PUNCH, FRONT RIDGEHAND, ROUND KICK (FRONT LEG)



FORM



HWA-RANG ELITE MILITARY YOUTH CORPS

MY **GOAL**



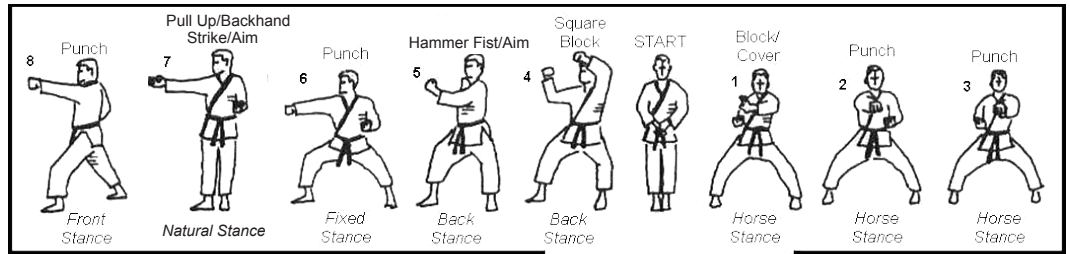
TEST TIME!! DID YOU MEET YOUR GOAL?

Yes!

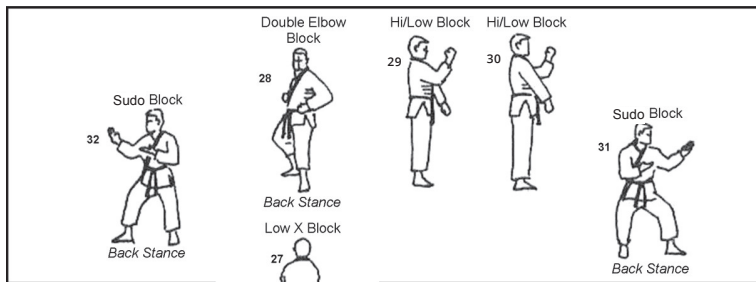
Not yet, still working on my goal!

2 MONTHS





HWA-RANG



Front Stance

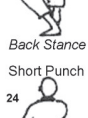
Short Punch



Back Stance



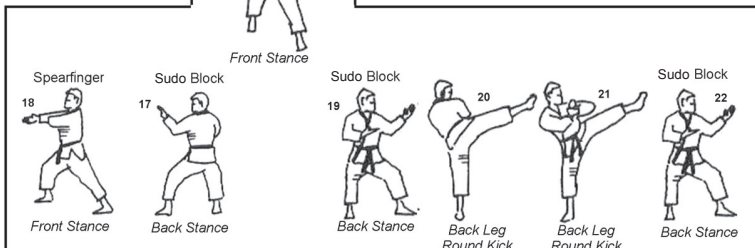
Back Stance



Back Stance



Front Stance



Down Block



Front Stance



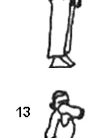
Front Stance



Front Stance



Front Stance



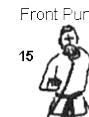
Side Kick



Back Stance



Front Stance



Front Stance



Front Stance