



HWEORI (Tornado) Method

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“HWEORI is a new, systematized and highly dynamic method for training TaeKwon-Do and polishing its technique without a partner in a challenging format that reproduces the original Taek Kyon kicking style and that will help to take any dedicated practitioner to expert level. It shows the part of the art of TaeKwon-Do that is not expressed in traditional forms”

회오리

Origin and Concept

Traditional TaeKwon-Do patterns were developed during the early 1960's, based on the motions of Japanese Karate. Similarly, they emphasize strong stances, solid technique, and powerful strikes to finish any fight with just one blow.

Traditional patterns/forms are previous to the development of the kicking and footwork dynamics that became the trademark of TaeKwon-Do by the late 1960s and were refined during the two following decades. TaeKwon-Do kicking motions and stepping methods used in modern sparring have a strong resemblance with the agile and fluid qualities found in the centuries-old art of Taek Kyon, still practiced in Korea's rural villages.

Although TaeKwon-Do patterns (particularly, ITF forms) added advanced kicking and teach a wave-like motion, thus introducing fundamental differences with Karate, they nevertheless focus on power, stability and heaviness that mostly benefits lightweight people lacking those qualities. But traditional patterns do little to develop agility, lightness or fluidity. I am a firm believer in the benefit of practicing ITF TaeKwon-Do forms constantly. They include techniques, angles, grabbing motions and resources that are rarely if ever practiced in TaeKwon-Do classes, and they command a precision in jumping and kicking techniques that would probably be neglected if such techniques are not within a forms context. The economy of motion, precision and power of a TaeKwon-Do expert in a real life encounter is very similar to the way forms are supposed to be executed. However, during the first years of training there seems to be a missing link between the way TaeKwon-Do people do forms, and the way they spar.

The need to practice consecutive techniques becomes evident when observing the current way of practicing patterns, in which martial artists perform only one technique per count/step/exhalation cycle. Lately, Korean style instructors have neglected the ability to coordinate fast and precise hand motions in combinations, and most Korean martial arts associations are so sport-oriented that they do not care about the true reliability of the techniques they propose for self-defense. In the system of TaeKwon-Do, traditional basics (blocking and striking using different stances) provide familiarization with anatomic weapons, angles of attack and their effective suppression, body alignment and shifting, rhythm, tension-relaxation balance and power issuance. Therefore it is such technique –and not fast kicking- what constitutes the very last resource when fighting for your life. All classes should include drills of basic technique; to do otherwise is to throw out of the window the most valuable material TaeKwon-Do has to offer.



After watching the performance of world-class experts *Im Hyong Man* (retired Korea ProTaeKwonDo champion who honored me with a private class) and *Choi Kwang Jo* (creator of Choi Kwang Do system, with whom I spent several hours during his visit to Argentina some years ago), I recognized that new, dynamic patterns with a different fluid and elastic type of motion, honoring the Taek Kyon tradition, and a faster rhythm would benefit training and complement some aspects of traditional forms (let me stress the word complement; for me, traditional forms are excellent). The fluid styles of Masters Im and Choi, powerful and beautiful, put something into my mind something so good and compelling I could not ignore, something that made a lot of sense with what I had practiced in brief experiences at Japanese Kenpo and Chinese Kung Fu (one year each). My TaeKwon-Do teacher Master Florindo has always stressed graceful and relaxed motions, and these masters were showing great practical examples of condensing and organizing into systems most of the martial arts technical principles I had learnt in my prior 20 years of practice. I found that ProTaeKwonDo in Korea is considered a "narrow path" taught only to highly dedicated athletes, and its teachings did not pour onto ordinary people (it was originated by highly accomplished masters for developing dedicated fighters). On the other hand, master Choi's innovative approach and depth of his biomechanical studies applied to martial arts proved not only revolutionary, but insightful (everyone claims to be a "revolutionary" these days in the martial arts, but there are few who truly understand what they intend to revolutionize) and very inclusive. However, I do not agree with the way Choi Kwang Do deals with kicking motions and how they should combine, which is crucial in the tradition of Korean arts. So I had the challenge to develop a new dynamic training tool for my own training, as well as for my advanced students, fully compatible with TaeKwon-Do's Korean stylistic identity and accessible to dedicated students not intending to become pro fighters. The idea of a fluid kicking and punching sequence haunted me for a long time, and it started building in my head like an architectural work before I had consciously decided to develop the sequences. I resorted to critical logic in its technical structure and identified the basic mechanics that would become "fundamental techniques" (using reverse and obverse motions naturally increasing the coordination difficulties gradually), and later expanded into higher levels of difficulty. The result should be natural and beautiful even on the most elementary stages, and it should be rounded, and easy to combine with the flow of Hapkido techniques, using its sudden direction changes in footwork.

As I found after some time, these forms would benefit bigger people needing mobile and challenging, fast upper body combinations that may improve their body mechanics towards higher level TaeKwon-Do. They make a demanding cardio workout and make use of hand techniques not allowed in regular sparring. They would help those with restricted mobility to loosen up their torsos in a way current "traditional" training does not allow, and provide for a TaeKwon-Do sequence realistic in terms of tempo in the execution of hand techniques. Since these forms should never take the place of traditional forms, I teach them as extracurricular material outside regular classes, making sure that those who learn them are the most devoted students, who are properly trained in the basics of TaeKwon-Do.

If traditional forms isolated techniques, the new forms should combine; if the traditional forms were mostly linear, the new should be circular; the traditional forms can be thought of in terms of photographs, the new would be conceptually closer to videofilm. **These forms should be challenging to perform and beautiful to watch. They should show the part of the art of TaeKwon-Do that is not expressed in traditional forms. They should have a very simple and clear practical sense of application, typical of Taek Kyon. The difference with Taek Kyon is that, besides kicks and sweeps, this Korean folk art resorts mostly to palm strikes, while Hweori relies heavily on TaeKwon-Do punching technique.**

By the end of 2002 the I had finished the Hweori sequence and its underlying method. The essence of the new method is that techniques naturally combine and blend one into the next, as in a laying-down figure "8" pattern. The

motion is not sharp, but flowing. It is rotation around the vertical axis, momentum and relaxation what makes this method work. Strikes are expected to go into the target one inch deep and recover balance in the combination of the next technique. Hand techniques (fists and open), jamming-type defenses and mobile footwork are combined with agile Korean kicking motion. The range is shorter than the one used in sparring.

In sum, this method adds a new balance to the sequences practiced in TaeKwon-Do: In addition to the traditional Karate-inspired forms currently in use, here I proudly introduce four new Taek Kyon-inspired sequences.



Hweori makes use of 20 different kicking actions that include all major TaeKwon-Do kicking skills (with the sole exception of sweeps, a specialty becoming extinct in TaeKwon-Do), including direct and circular kicks, inward and outward, with both rear and leading leg, including jumps and spins. Many different kicking surfaces of the foot are used (ie, roundhouse is performed both with the instep and the “ball” of the sole), and such varied spectrum calls for a kind of technical mastery that cannot be imitated by someone simply gifted with flexibility. The kicking style calls for a special attention to detail, since the hips, torso, knees and feet are expected to move differently in each kicking action. The preparation (chambering) of the kick is essential: except for those kicks in which the leg is raised straight –inward and outward crescent, and axe-, in all others the knee should be raised high prior to delivering the kick. For such reason, some popular abbreviated techniques (as the front/round or diagonal kick –*bandal chaki*-, or the back kick –*tuit chaki*-) not used in Taek Kyon are naturally incompatible with the **Hweori** kicking style: in such cases, the round kick or spinning side kick would respectively be the options to follow, perhaps taking an extra fraction of a second to completion when compared to their abbreviated counterparts, but delivering a stronger impact and the possibility of zoom-like adjustment of focus on different distances. In that sense, **Hweori** kicks make full use of body rotation and demand lots of training from the trainee, since the kicks are combined in difficult ways, especially in the more advanced versions. The finishing and landing of each kick should be smooth and skillful, in an “L” shape foot pattern, to allow further kicking from any of the feet without prior adjustment. Kicking motions should be at all times consistent with the purposes behind **Hweori**: winding up the body for powerful and graceful delivery of combined strikes and kicks with natural, slightly forward-leaning postures to train the Korean approach to fighting, but not adapted to “tag” game. In that sense, kicks adopt the Taek Kyon flavor, but adopt the slightly different criteria of TaeKwon-Do technique.





Is it a set of forms or a method?

In martial arts practice, forms are supposed to reflect certain technical principles that identify their martial art system. Correct performance cannot be achieved without mastering the motions involved. The angles in which the kicks are to be delivered, the rhythm and flowing, elastic quality of the motions found in these forms have certain specific technical requirements that give **Hweori** a unique flavor and style. Besides the principle of symmetry and gradual progress in the difficulty levels (particularly in combination of hand motions and kicking demands), one aspect that has been addressed is the avoidance of homolateral motions –something very frequent in basic martial art forms which Choi Kwang Jo has rightfully criticized-. Of course, **Hweori** style can be practiced in other circumstances and combinations and not necessary in these codified sequences. In that sense, **Hweori** is more than a form: it is a method embodied into a set of forms that only if performed accurately will serve the purposes for which they were created.

Hweori / Tornado: The name

While hurricanes are powerful winds going through wide areas, tornados are particularly dangerous (gaining up to 300 mph) because the air travels in circular trajectories accelerating over a reduced area; that is why **the mobile, fast phased, circular and short-range method framed into this set of forms (hyong) is called HWEORI (“Tornado”)**.

Consecuently, the name represents this unstoppable force of nature that increases its power by a spiral motion and causes devastation by cause of its speed upon impact. That is the type of motion that is to be practiced with intensity, like an uncoiling spring.

There must be no doubt *this is a new method to be added to those currently existing in TaeKwon-Do* and not a different martial art system, because (1) all techniques can be found (with a different execution style) in traditional forms, (2) the fighting concepts are taken from TaeKwon-Do sparring hosinsul (self defense) and Gen. Choi’s “theory of power”, (3) it is a new tool for TaeKwon-Do training, and it does not substitute any pre-existing aspect; its intricate kicking techniques need much additional specialized practice for their correct performance.

Structure of Tornado form and techniques

HWEORI HYONG is one set of sequences executed at four levels of increasing difficulty in a four-directional pattern (West, South, East, North). Techniques are performed with both sides of the body, since in each direction the performer moves away from the center starting with the left side forward and comes back to the initial point starting with the right side forward. It is easy to remember once its structure is understood, as each level replicates the same structure and diagram with variations and additions.

All directions have a first segment (defense-punch combo-rear foot kick); an intermediate segment (punch combo; possible advanced defenses); and a final segment (standard one-two punch; leading-foot kicking combo). The first segment remains unaltered throughout all levels, the second segment is focused on defensive motions; the third specially concentrates on kicking ability; at each level kicks are replaced with more complex actions.

Defensive actions (high, middle inside, middle outside, low) are not hard blocks using a small bone area to render useless the attacker's arm/limb as traditional forms do; they are mostly covering maneuvers that mostly use the forearms' rotation, either redirecting or jamming the attack before it gains full power. Weight shifting on the balls of the feet is an essential part of applying these defensive skills.

- **Initial defenses (4):** Lead arm only; Three shifting away (backing off) from the attack while remaining in the same spot (a stance that related to the transition from the Okinawan Shorin-ryu reverse stance to Funakoshi's first versions of a backstance). Only the inward defense moves slightly forward to meet attack.



- **Intermediate defenses (4):** Rear arm defenses; Three shifting weight and hip forward (modified "boxer's" front stance). Only the inward palm defense moves back away from the attack.



- **Advanced defenses (4):** Defensive maneuvers using special footwork. Three use double hand action (scissors, shock absorber, double palm); only the inward sweeping low defense uses single arm action.



Striking techniques include leading fist punching (technically different than a boxing jab), a direct cross, a leading hook, uppercut, outward hammer strike, round crossing punch, direct palm strikes, and an upward elbow strike. Although the flowing striking motions might resemble boxing techniques (boxing should never be ignored or failed to be analyzed by anyone intending to learn to use his hands for combat), **Hweori** hand techniques respond to TaeKwon-Do principles: each strike employs a small, hard surface of the hand (typically index and middle knuckles) to make impact into the target at high speed with the purpose of stunning an opponent, or by adjusting the choice of the target and the power to the danger of the threat, damaging or breaking bodily tissue. It is the rounded and fluid execution style of the same techniques what makes them look different than in traditional forms. The often-disregarded quality found in traditional forms that is absent in **Hweori** is the lack of simultaneous grab/striking,

which is essential in true Karate-related martial arts as TaeKwon-Do. The richness of trapping/grabbing/pulling motions in traditional forms is very important for TaeKwon-Do experts, and for this reason **Hweori** should never be regarded as “*the way TaeKwon-Do is expected to be applied in a self defense scenario*” (identification of sparring with actual fighting may only result from lack of understanding of the purposes behind sparring; real fighting without controlling the opponent’s balance would be incurring in the mistake which Robert W. Smith refers to as “spot striking”). Preconceived patterns are for training, not for fighting. Reality cannot be dealt with pre-conceived patterns, no matter how good they may be.



Each direction has a distinct technical “personality” (for details refer to the sequence description below):

- **West:** *High defense* combo to front kick; final segment: step-in side motion kicking (sidekick, roundkick, hook kick; hook-side combo)
- **South:** *Inward defense* combo to round kick; final segment: skipping lead foot motion kicking (front kick, out crescent kick, round kick; 360° jump spin “tornado” round kick)
- **East:** *Outward open hand defense* combo to side kick; final segment: lead foot, spin back motion kicking (low round/back, front/jumping back, twisted/double back; side-round/counterspin round)
- **North:** *Low defense combo* to inside crescent kick; final segment: Ax kick, plus spin-through circular kicking (spin crescent, spin heel, 360° jump spin heel)

Going up in the spiral of the tornado difficulty levels, there are four stages:

HWEORI 1-Beginner:	(Required after 1 year of serious training) Initial defenses.
HWEORI 2-Intermediate:	(Required after 2 years) Adds Intermediate defenses. Jump spin kicking is added.
HWEORI 3-Advanced:	(Required after 3 ½ years) Adds Advanced defenses and consecutive kicking and advanced kicking.
HWEORI 4-Expert:	(Only for highly proficient black belt holders) Adds counter-spin and 360° spin aerial kicking (in both turning directions).

The standards of training considered in this chart are three weekly classes of one hour and a half each, including basic technique drills, under the supervision of an attentive instructor.

As this is **one set** --not four independent forms--, the different levels should never be practiced isolated (i.e., fourth level should always follow the preceding three, which serve to warm up and fine tune the body for the execution of the complex kicking motions found in the last levels). To get the most out of its training, it is recommended that Tornado forms are not practiced right after traditional forms or basics, since their training is complementary but very different.

Notes for Correct execution

This training set is not just a group of nice techniques put together: it is the embodiment of the “Tornado” concept. If you don’t follow these notes, you will enter into a cheap downgrade, but fail to achieve what **Hweori** was created for.

1. *Each direction is performed symmetrically, the first going from center, and then returning to the center with the other side; for clarity purposes the description below refers to the first phase.*
2. *Combinations are to be executed rhythmically with dynamic balance and grace, with a relaxed guard.*
3. *There are no “stances”, but a natural fighting stance with the bodyweight slightly forward on the balls of the feet and toes pointing to a 45° angle and elbows close to the torso. This reverts to a symmetrical natural “backstance” that results from shifting the orientation of the body defensively.*
4. *The orientation of the feet immediately before and after kicking or jump-kicking should be similar to an “L” shape that allows kicking with both feet, as well as spin kicking, without adjustment. This is a neutral basic stance for kicking in Korean style.*
5. *All strikes and punches are to be packed with the round, winding torque mechanics to build maximum destructive power, imagining a real combat scenario. However, in **Hweori**-style technical finesse, rhythm and flow have precedence over the display of power.*
6. *Upon completion of each technique, the finishing motion should naturally blend into the next using a “lying down figure eight” pattern, gaining momentum for the next technique.*
7. *Power is to be achieved by the torque of the hips and shoulders in bodyweight shifts, and the bodily weapon penetrating the target at maximum speed (until full coordination is achieved, speed should be reduced).*
8. *Although most techniques are integrated in combinations, each is supposed to be powerful and accurate enough to successfully finish a confrontation. Each single blow should be enough.*
9. *Leading hand strikes and punches are no exception to the single-blow sufficiency principle. To achieve that result, the body is to “wind up” transferring weight forward and providing torque so that the lead hand blow is truly powerful, instead of functioning as a boxing “jab” (typically used for setting up a rear hand punch).*
10. *Straight punches are not to be pulled back after completion; if such punch is the last in a combination, after impact the torso should get closer to the fist and sink, and the elbows should lower so that the fist engages a small circular downward motion.*
11. *Defenses are not traditional blocks destined to harm the attacker’s limbs. Instead, they are the jamming-guarding motions absorbing and deflecting incoming attacks when evasion is not an option.*
12. *All kicks should be elastic, artful, precise and with balance, keeping the torso as erect as possible and the head towards the target with no unnatural, jerky motions to gain additional power at the expense of impossibility to follow into combinations. Identification of the striking surface and height of target should be clear.*
13. *All jumps should be clean and relaxed, softly landing on the balls of the feet without much sound in feline manner, with both knees bent and the back and neck muscles relaxed, prepared for further action. Except on two-tempo jumps (i.e., skipping or 360° jump spinning kicks), after aerial techniques both feet should land simultaneously.*
14. *Unless indicated otherwise, in this Description “punches” refer to straight forefist strikes with the index and middle knuckle to the piltrum (point between mouth and nose).*

These Hweori sequences are the result of more than two decades of study of martial arts theory, practice under outstanding instructors, and personal training. I want to share this new training tool with all martial artists interested in Korean style martial arts and its kicking style in particular. I will be glad to provide anyone interested in the subject with more detailed technical information.

Description of Technical Sequence

회오리 1

HWEORI HYONG / TORNADO FORM

LEVEL 1

(Beginner -To be learnt after at least 1 year of serious training)

Chunbi ready stance facing North

- I.1) West:
- 1st Part: High defense (*left* forearm, back weighted)
Two straight punches (rear *right*-lead *left*) (forward weighted)
FRONT kick (*right* rear leg to stomach)
 - 2nd Part: One-two punching (lead *right* -rear *left*)
 - 3rd Part: Rush-in sliding One-two punching (lead *right*-rear *left*)
Rear *left* foot step-in, lead *right* leg SIDE kick
Land kicking foot and pivot on that *right* foot 180° to face East moving *left* foot back *counterclockwise*
(Then, perform same motions with opposite side returning to center; after landing the left side kick and turning 180° clockwise to face West, move right foot 90° counterclockwise to face South)
- I.2) South:
- 1st Part: Inward defense (*left* forearm, forward weighted)
Outward *left* hammerfist strike, *right* high round punch (sequential, forward-driven)
ROUND kick (*right* rear leg mid height)
 - 2nd Part: two straight punches (rear *left*- lead *right*)
 - 3rd Part: Rush-in sliding One-two punching (lead *right*-rear *left*)
Skipping *left* foot, kick with lead *right* leg skipping FRONT kick
Land kicking foot and pivot on that *right* foot 180° to face North moving *left* foot back *counterclockwise*
(Then, perform same motions with opposite side returning to center; after landing the left skipping front kick and turning 180° clockwise to face South, move right foot 90° counterclockwise to face East)
- I.3) East:
- 1st Part: Outward knife defense (*left* hand, back weighted)
Straight *left* palm strike, *right* palm strike (sequential, forward-driven)
SIDE kick (*right* rear leg mid height)
 - 2nd Part: Uppercut punch (rear *left*), hook punch (lead, *right*), "U" shape dodge
 - 3rd Part: Rush-in sliding One-two punching (lead *right*-rear *left*)
Low (thigh level, instep) ROUND kick with lead *right* foot, spinning *left* foot SIDE kick (mid height)
Land kicking foot and turn to face West without any major feet motions
(Then, perform same motions with opposite side returning to center; after landing the right spinning side kick, move right foot 90° counterclockwise to face North)
- I.4) North:
- 1st Part: Low defense (*left* forearm, back weighted)
Straight *right* punch (to sternum, forward-driven)
INWARD CRESCENT kick (*right* rear leg, head height)
 - 2nd Part: Rising-elbow strike (lead *right*, face height), high round punch (rear, *left*)
 - 3rd Part: Rush-in sliding One-two punching (lead *right*-rear *left*)
AXE kick (*left* rear leg), land forward
Land kicking foot forward and turn to face South slightly adjusting your right foot into a natural fighting stance to the opposite direction.
(Then, perform same motions with opposite side returning to center; after landing the right axe kick, turn counterclockwise adjusting left foot to face North with fighting stance, and move right foot to "ready position")

회오리 2

HWEORI HYONG / TORNADO FORM

LEVEL 2

(Intermediate - To be learnt after at least after 2 years of serious training)

Chunbi ready stance facing North

- II.1) West:
- 1st Part: High defense (*left* forearm, back weighted)
Two straight punches (rear *right*-lead *left*) (forward weighted)
FRONT kick (*right* rear leg to stomach)
 - 2nd Part: One-two punching (lead *right* -rear *left*)
Reverse Low defense (rear *left* forearm, hip closed, forward weighted)
 - 3rd Part: One-two punching (lead *right* -rear *left*)
Rush-in sliding One-two punching (lead *right*-rear *left*)
Rear *left* foot step-in, lead *right* leg ROUND kick (head level w/ instep)
Land kicking foot and pivot on that *right* foot 180° to face East moving *left* foot back *counterclockwise*
(Then, perform same motions with opposite side returning to center; after landing the left round kick and turning 180° clockwise to face West, move right foot 90° counterclockwise to face South)
- II.2) South:
- 1st Part: Inward defense (*left* forearm, forward weighted)
Outward *left* hammerfist strike, *right* high round punch (sequential, forward-driven)
ROUND kick (*right* rear leg mid height)
 - 2nd Part: two straight punches (rear *left*- lead *right*)
Reverse Outward forearm defense (guard with *left* rear forearm, forward weighted)
 - 3rd Part: Rush-in sliding One-two punching (lead *right*-rear *left*)
Skipping *left* foot, kick with lead *right* leg skipping OUTWARD CRESCENT kick
Land kicking foot and pivot on that *right* foot 180° to face North moving *left* foot back *counterclockwise*
(Then, perform same motions with opposite side returning to center; after landing the left skipping crescent kick and turning 180° clockwise to face South, move right foot 90° counterclockwise to face East)
- II.3) East:
- 1st Part: Outward knife defense (*left* hand, back weighted)
Straight *left* palm strike, *right* palm strike (sequential, forward-driven)
SIDE kick (*right* rear leg mid height)
 - 2nd Part: Uppercut punch (rear *left*), hook punch (lead, *right*), "U" shape dodge
Inward palm defense (rear *left* hand over right shoulder, back weighted)
 - 3rd Part: Rush-in sliding One-two punching (lead *right*-rear *left*)
FRONT kick (mid-level) with lead *right* foot, jump spinning *left* foot SIDE kick (on the spot, mid height)
Land and turn to face West without any major feet motions
(Then, perform same motions with opposite side returning to center; after landing move right foot 90° counterclockwise to face North)
- II.4) North:
- 1st Part: Low defense (*left* forearm, back weighted)
Straight *right* punch (to sternum, forward-driven)
INWARD CRESCENT kick (*right* rear leg, head height)
 - 2nd Part: Rising-elbow strike (lead *right*, face height), high round punch (rear, *left*)
Reverse rising high defense (*left* rear forearm, forward weighted)
 - 3rd Part: Rush-in sliding One-two punching (lead *right*-rear *left*)
AXE kick (*left* rear leg), land forward
Hook punch (lead *left*), spinning OUTWARD CRESCENT kick (right foot, straight leg completing 360° motion)
Land kicking foot in the position prior to spin-kicking and turn to face South slightly adjusting your right foot into a natural fighting stance to the opposite direction.
(Then, perform same motions with opposite side returning to center; after landing the spin kick, turn counterclockwise adjusting left foot to face North with fighting stance, and move right foot to "ready position")

회오리 3

HWEORI HYONG / TORNADO FORM

LEVEL 3

(Advanced - To be learnt after at least after 3 ½ years of serious and continuous training)

Chunbi ready stance facing North

- III.1) West:
- 1st Part: High defense (*left* forearm, back weighted)
Two straight punches (rear *right*-lead *left*) (forward weighted)
FRONT kick (*right* rear leg to stomach)
 - 2nd Part: One-two punching (lead *right* -rear *left*)
Reverse Low defense (rear left forearm, hip closed, forward weighted)
Sweeping low inward defense (lead *right* forearm, flat external face, sliding back, back stance style)
 - 3rd Part: One-two punching (lead *right* -rear *left*)
Rush-in sliding One-two punching (lead *right*-rear *left*)
Rear *left* foot step-in, lead *right* leg WHIPPING HEEL kick (head level)
Land kicking foot and pivot on that *right* foot 180° to face East moving *left* foot back *counterclockwise*
(Then, perform same motions with opposite side returning to center; after landing the left whip heel kick and turning 180° clockwise to face West, move right foot 90° counterclockwise to face South)
- III.2) South:
- 1st Part: Inward defense (*left* forearm, forward weighted)
Outward *left* hammerfist strike, *right* high round punch (sequential, forward-driven)
ROUND kick (*right* rear leg mid height)
 - 2nd Part: two straight punches (rear *left*- lead *right*)
Reverse Outward forearm defense (guard with left rear forearm, forward weighted)
Scissors open hand defense (low reverse left hand and high right hand, both arms crossing at elbow level, left foot aligns behind right foot, forward weighted)
 - 3rd Part: Rush-in sliding One-two punching (lead *right*-rear *left*)
Skipping *left* foot, kick with lead *right* leg skipping ROUND kick (ball of foot, torso area)
Land kicking foot and pivot on that *right* foot 180° to face North moving *left* foot back *counterclockwise*
(Then, perform same motions with opposite side returning to center; after landing the left skipping round kick and turning 180° clockwise to face South, move right foot 90° counterclockwise to face East)
- III.3) East:
- 1st Part: Outward knife defense (*left* hand, back weighted)
Straight *left* palm strike, *right* palm strike (sequential, forward-driven)
SIDE kick (*right* rear leg mid height)
 - 2nd Part: Uppercut punch (rear *left*), hook punch (lead, *right*), "U" shape dodge
Inward palm defense (rear left hand over right shoulder, back weighted)
Vertical parallel double forearm shock absorber defense to 45° (head height, forward weighted, left foot aligns behind right foot, chest faces 45°)
 - 3rd Part: Rush-in sliding One-two punching (lead *right*-rear *left*)
TWISTED kick (mid-level) with lead *right* foot, spinning consecutive double *left* foot SIDE kick (mid height)
Land kicking foot and turn to face West without any major feet motions
(then, perform same motions with opposite side returning to center; after landing kicking foot move right foot 90° counterclockwise to face North)
- III.4) North:
- 1st Part: Low defense (*left* forearm, back weighted)
Straight *right* punch (to sternum, forward-driven)
INWARD CRESCENT kick (*right* rear leg, head height)
 - 2nd Part: Rising-elbow strike (lead *right*, face height), high round punch (rear, *left*)
Reverse rising high defense (left rear forearm, forward weighted)
Down-pressing double palm defense (sliding back, rear weight stance style, *right* foot forward)
 - 3rd Part: Rush-in sliding One-two punching (lead *right*-rear *left*)
AXE kick (*left* rear leg), land forward
Long Hook punch (lead *left*), spinning HEEL WHIPPING kick (*right* foot, straight leg completing 360° motion)
Land kicking foot in the position prior to spin-kicking and turn to face South slightly adjusting your right foot into a natural fighting stance to the opposite direction.
(Then, perform same motions with opposite side returning to center; after landing the spin kick, turn counterclockwise adjusting left foot to face North with fighting stance, and move right foot to "ready position")

회오리 4

HWEORI HYONG / TORNADO FORM

LEVEL 4

(Expert - Only for highly proficient Black Belt holders)

Chunbi ready stance facing North

- IV.1) West:
- 1st Part: High defense (*left* forearm, back weighted)
Two straight punches (rear *right*-lead *left*) (forward weighted)
FRONT kick (*right* rear leg to stomach)
 - 2nd Part: One-two punching (lead *right* -rear *left*)
Reverse Low defense (rear left forearm, hip closed, forward weighted)
Sweeping low inward defense (lead right forearm, flat external face, sliding back stance style)
 - 3rd Part: One-two punching (lead *right* -rear *left*)
Rush-in sliding One-two punching (lead *right*-rear *left*)
Rear *left* foot step-in, consecutive lead *right* leg WHIPPING HEEL kick (head level) and SIDE KICK (mid-level)
Land kicking foot and pivot on that *right* foot 180° to face East moving *left* foot back *counterclockwise*
(Then, perform same motions with opposite side returning to center; after landing the left side kick and turning 180° clockwise to face West, move right foot 90° counterclockwise to face South)
- IV.2) South:
- 1st Part: Inward defense (*left* forearm, forward weighted)
Outward *left* hammerfist strike, *right* high round punch (sequential, forward-driven)
ROUND kick (*right* rear leg mid height)
 - 2nd Part: two straight punches (rear *left*- lead *right*)
Reverse Outward forearm defense (guard with left rear forearm, forward weighted)
Scissors open hand defense (low reverse left hand and high right hand, both arms crossing at elbow level, left foot aligns behind right foot, forward weighted)
 - 3rd Part: Rush-in sliding One-two punching (lead *right*-rear *left*)
Skipping *left* foot, kick with lead *right* leg jumping forward 360° spinning ROUND kick (“tornado” kick with ball of foot, torso area)
Land kicking foot and pivot on that *right* foot 180° to face North moving *left* foot back *counterclockwise*
(Then, perform same motions with opposite side returning to center; after landing the left jumping 360° spinning round kick and turning 180° clockwise to face South, move right foot 90° counterclockwise to face East)
- IV.3) East:
- 1st Part: Outward knife defense (*left* hand, back weighted)
Straight *left* palm strike, *right* palm strike (sequential, forward-driven)
SIDE kick (*right* rear leg mid height)
 - 2nd Part: Uppercut punch (rear *left*), hook punch (lead, *right*), “U” shape dodge
Inward palm defense (rear left hand over right shoulder, back weighted)
Vertical parallel double forearm shock absorber defense to 45° (head height, forward weighted, left foot aligns behind right foot, chest faces 45°)
 - 3rd Part: Rush-in sliding One-two punching (lead *right*-rear *left*)
Consecutive SIDE kick (rib cage area), ROUND kick (kidney area, ball of foot) with lead *right* foot, spinning *left* foot ROUND kick (head height w/ instep)
Land kicking foot and turn to face West without any major feet motions
(Then, perform same motions with opposite side returning to center; after landing kicking foot move right foot 90° counterclockwise to face North)
- IV.4) North:
- 1st Part: Low defense (*left* forearm, back weighted)
Straight *right* punch (to sternum, forward-driven)
INWARD CRESCENT kick (*right* rear leg, head height)
 - 2nd Part: Rising-elbow strike (lead *right*, face height), high round punch (rear, *left*)
Reverse rising high defense (left rear forearm, forward weighted)
Down-pressing double palm defense (sliding back, rear weight stance style, right foot forward)
 - 3rd Part: Rush-in sliding One-two punching (lead *right*-rear *left*)
AXE kick (*left* rear leg), land forward
Shift stance over same place putting *right* foot forward
Jump spinning 360° HEEL WHIPPING kick (right foot, straight leg completing 360° motion)
Land kicking foot in rear right foot fighting stance and then turn to face South slightly adjusting your right foot into a natural fighting stance to the opposite direction.
(Then, perform same motions with opposite side returning to center; after landing the spin kick, turn counterclockwise adjusting left foot to face North with fighting stance, and move right foot to “ready position”)