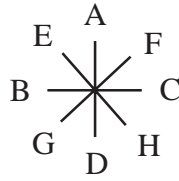
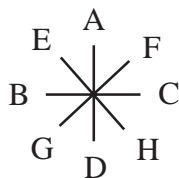


# Staff Form #3



- 1) Step with your left foot into a horse stance facing A – middle vertical block to the front right hand high
- 2) Strike straight down to the floor with the staff - shift into a front stance toward F - upward strike with left hand forward toward A
- 3) Move your left foot to attention facing A and bring left hand up to right – spin staff in figure-8 pattern for four rotations – step forward with left foot towards A, drop to right knee and slam staff to the ground, right hand forward
- 4) Step with right foot in a back stance facing E – thrust & grind (move end of staff in a small circular motion 2 times)
- 5) Step toward H with your left foot into a left front stance - high block
- 6) Left shoulder roll toward H, dropping the staff as you roll and leaving it behind - stand into a left back stance
- 7) Concentrated knifehand guarding block - front leg side kick - spin back kick - land the kicking leg toward H into a left back stance facing E - concentrated knifehand guarding block
- 8) Left shoulder roll toward E, rolling back to the staff - pick up the staff and thrust toward E in a right back stance
- 9) Shift into a left back stance - thrust toward H
- 10) Plant the staff vertically onto the floor - jump rear leg side kick toward H, using the staff as support - land into a right back stance - thrust toward H and grind (move end of staff in a small circular motion 2 times)
- 11) Picking your right foot up and pivoting counter-clockwise, swing the staff counter-clockwise over your head finishing in a kneeling position on your right knee facing D – left middle side strike
- 12) Strike to the ground with the tip of the staff toward D - bounce off and strike to the ground with the tip of the staff toward A staying in your kneeling position
- 13) Step toward D into a right back stance - thrust toward D
- 14) Move your right foot to your left foot into attention - holding the staff diagonally in front of your body, right hand high
- 15) Pivot on the heels of your feet counter-clockwise and spin 180 degrees to face B - step toward A into a right back stance - thrust with the staff toward A - move your left foot to your right to attention, holding the staff diagonally in front of your body, right hand high
- 16) Right leg side kick toward A - land with your feet together - switch the staff in front of your body so staff is held diagonally with left hand high - left leg side kick toward D - land with your feet together - switch the staff in front of your body so staff is held diagonally with right hand high



- 17)** Step toward A with your right foot in a right back stance - right hand high vertical block toward A
- 18)** Step back with your left foot into a horse riding stance facing B - right hand high vertical block toward B
- 19)** Step with your left foot into a left back stance facing D - right hand high vertical block
- 20)** Move your left foot to your right foot to face A - staff held in right hand behind the arm to finish at attention.