

Staff Form #1



- 1) Pivot on right foot counterclockwise, step toward B with left foot into left front stance, left low block, right low block, upward strike, side strike to left
- 2) Pivot on left foot clockwise, step toward C with right foot into right front stance, right low block, upward strike, side strike to left
- 3) Pivot on right foot counterclockwise, step toward D with left foot into left front stance, left low block
- 4) Pivot on your left foot counterclockwise, step toward D with your right foot into horse riding stance, holding staff in right hand, strike sideways toward D
- 5) Bring staff back horizontally in front of body, reach over the top of the staff and your right arm with your left hand, grab the staff, pivot on your right foot counterclockwise, step toward D with your left foot into a horse riding stance, holding staff in left hand, strike sideways toward D
- 6) Bring staff back horizontally in front of body, reach over the top of the staff and your left arm with your right hand, grab the staff, pivot on your left foot clockwise, step toward D with your right foot into a horse riding stance, holding staff in right hand, strike sideways toward D - Kihap
- 7) Pivot on right foot counterclockwise, step toward C with left foot into left front stance, left low block, upward strike, side strike to right
- 8) Pivot on left foot clockwise, step toward B with right foot into right front stance, right low block, upward strike, side strike to left
- 9) Pivot on right foot counterclockwise, step toward A with left foot into left front stance, left low block
- 10) Pivot on your left foot counterclockwise, step toward A with your right foot into horse riding stance, holding staff in right hand, strike sideways toward A
- 11) Bring staff back horizontally in front of body, reach over the top of the staff and your right arm with your left hand, grab the staff, pivot on your right foot counterclockwise, step toward A with your left foot into a horse riding stance, holding staff in left hand, strike sideways toward A
- 12) Bring staff back horizontally in front of body, reach over the top of the staff and your left arm with your right hand, grab the staff, pivot on your left foot clockwise, step toward A with your right foot into a horse riding stance, holding staff in right hand, strike sideways toward A - Kihap
- 13) Pivot on right foot counterclockwise, step toward B with left foot into left front stance, left low block, right low block, upward strike, side strike to left

Staff Form #1



14) Pivot on left foot clockwise, step toward C with right foot into right front stance, right low block, upward strike, side strike to left

15) Pivot on right foot counterclockwise, attention facing D