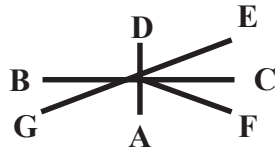


Staff Form #2



- 1) Pivot on right foot counterclockwise, step toward B with left foot into left foot forward fighting stance, (left hand high - right hand low) middle block toward B with staff
- 2) Pivot on left foot clockwise, step toward C with right foot into right foot forward fighting stance, (right hand high - left hand low) middle block toward C with staff
- 3) Pivot on right foot counterclockwise, step toward D with left foot into left foot forward front stance, low pressing block with staff
- 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) Step forward with your left foot to face D at attention holding the staff in both hands with your arms at Junbi position.
- 6) Left leg side kick toward B extending left tip of staff out with kicking leg - land your left foot forward into a front stance facing B - high side strike with staff to left then right
- 7) Move left foot to your right foot facing D at attention holding the staff in both hands with your arms at Junbi position.
- 8) Right leg side kick toward C extending right tip of staff out with kicking leg - land your right foot forward into a front stance facing B - high side strike with staff to right then left
- 9) Pivot slightly on both feet to adjust your front stance diagonally toward E as you sweep low from right to left then pivot back toward C while executing a high side strike from left to right
- 10) Step toward D with right foot into a right front stance - right hand forward side strike to left
- 11) Step toward D with left foot into a left front stance - left hand forward side strike to right
- 12) Step toward D with right foot into a right foot forward fighting stance - right hand forward thrust - Kihop
- 13) Pivot on your right foot counterclockwise stepping toward F with your left foot into a left front stance - High double hand block with staff
- 14) Right leg snap kick toward F - rechamber and pivot on your left foot landing toward G with your right foot into a right front stance while executing a double hand high block with the staff as your right foot lands
- 15) Left leg snap kick toward G - rechamber and pivot on your right foot landing toward A with your left foot into a left leg forward fighting stance while executing a left hand forward thrust with the staff as your left foot lands
- 16) Step toward A with your right foot into a right leg forward fighting stance while executing a right hand forward thrust with the staff

Staff Form #2



- 17) Step toward A with your left foot into a left leg forward fighting stance while executing a left hand forward thrust with the staff - Kihop
- 18) Shift into a left foot forward front stance, low pressing block with staff - Step forward with your right foot (feet together) - double hand high block with staff - double hand high block with staff behind head **or** jump the staff & end in a double hand high block above your back
- 19) 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
- 20) Pivot on left foot clockwise, step toward C with right foot into right front stance, right low block, upward strike, side strike to left
- 22) Pivot counterclockwise with left foot to junbi facing D