

Staff Form #1

First Half

- 1)** Standing at attention, move the staff in front of you at arm's length while turning your right hand palm up (rotating the staff clockwise), grab the staff with your left hand palm up and turn your right hand palm down. Step with your left foot 90 degrees to your left into a left front stance while rotating the staff clockwise, sweep the staff down & to the left into a left low block. Rotating the staff counter-clockwise, turn your left hand palm down & your right hand palm up (switching your hands) and continue rotating into a right low block. Moving your right hand upward toward your right shoulder, strike upward with the other end of the staff (your left hand) into an upward strike. Then, using your right hand, strike across from right to left ending with the staff under your left arm with your right arm extended into a side strike to left.
- 2)** Extending the staff in front of you with your right hand higher than your left, step across with your right foot and turn 180 degrees clockwise into a right front stance, sweep the staff down & to the right into a right low block. Moving your right hand upward toward your right shoulder, strike upward with the other end of the staff (your left hand) into an upward strike. Then, using your right hand, strike across from right to left ending with the staff under your left arm with your right arm extended into a side strike to left.
- 3)** Extending the staff in front of you while switching your hands, step with your left foot 90 degrees to your left into left front stance, left low block.
- 4)** Move the staff up with your left hand so that it's level and keeping it pointing forward, step forward with your right foot into a horse stance facing 90 degrees to your left while spinning the staff 360 degrees counter-clockwise and switching your hands. At the end of this move, the staff will be held close to your body at chest height. Let go of the staff with your left hand and, with your right hand, strike to your right finishing at shoulder height. This is another side strike.
- 5)** Bring the staff back in front of your body, reach over the top of the staff and your right arm with your left hand and grab the staff. Pick up your left foot and spin backward 180 degrees counterclockwise and step into a horse stance. Let go of the staff with your right hand and, with your left hand, strike to your left finishing at shoulder height (side strike).
- 6)** Bring the staff back in front of your body, reach over the top of the staff and your left arm with your right hand and grab the staff. Pick up your right foot and spin backward 180 degrees clockwise and step into a horse stance. Let go of the staff with your left hand and, with your right hand, strike to your right finishing at shoulder height (side strike) and Kihap.
- 7)** Pick up your left foot and spin forward 90 degrees to your right to Junbi while moving the staff to a vertical position on your right side.