

Staff Form #1

Second 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. Pick up your left foot and spin 270 degrees backward (counter-clockwise) into a left front stance while rotating the staff clockwise, sweep the staff down & to the left into a left low block. Moving your left hand upward toward your left shoulder, strike upward with the other end of the staff (your right hand) into an upward strike. Then, using your left hand, strike across from left to right ending with the staff under your right arm with your left arm extended into a side strike to right.
- 2)** Moving the staff in front of you, turn your left hand palm down and your right hand palm up (switching your hands), 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)** 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. Pick up your left foot and spin 270 degrees backward (counter-clockwise) into a left front stance while rotating the staff clockwise, sweep the staff down & to the left into a left low block. Moving your left hand upward toward your left shoulder, strike upward with the other end of the staff (your right hand) into an upward strike. Then, using your left hand, strike across from left to right ending with the staff under your right arm with your left arm extended into a side strike to right.

8) Moving the staff in front of you, turn your left hand palm down and your right hand palm up, 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 and Kihop.

9) Pick up your left foot and spin backward 90 degrees to Junbi while moving the staff to a vertical position on your right side.