

Purple-One Belt

Staff Form 1

- 1. Overhead Strike:** Step forward with your right foot into a front stance and overhead strike. Kihap.
- 2. Spear:** Pull back the staff and touch your right foot to your left knee. Step back into a front stance with your right foot. Spear forward with the staff.
- 3. Side Strike:** Step back with your right foot into a horse stance. Strike forward with the left tip of the staff.
- 4. Down Block:** Swing the right tip of the staff up over your head and down block with the right tip.
- 5. Poke Right:** Unwind the staff and poke to the right.
- 6. Poke Left:** Poke left with the staff.
- 7. Upper Block:** Change your right hand grip to knuckles-up and step forward with your right foot into a front stance. Upper block with the staff
- 8. Lower Block:** Lower block with the staff.
- 9. Side Strike:** Strike forward with the right tip of the staff.
- 10. Side Strike:** Strike forward with the left tip of the staff.
- 11. Upper Block:** Step forward with your left foot into a front stance. Upper block with the staff
- 12. Lower Block:** Lower block with the staff.
- 13. Side Strike:** Strike forward with the right tip of the staff.
- 14. Side Strike:** Strike forward with the left tip of the staff.
- 15. Stomach Strike:** Step forward with your right foot into a horse stance. Stomach strike with the right tip of the staff. Kihap.
- 16. Take Down:** Swing the right tip of the staff down and then up as you bring your right hand to your right shoulder, bringing your right foot back into a cat stance.
- 17. Leg Sweep:** Step behind you with your right foot and drop to your left knee. Leg sweep with the right end of the staff.
- 18. Low Spear:** As you bring your right foot to a ready stance, raise the right tip of the staff high to your right and then low spear with the left tip as you land with into a front stance right foot forward. Kihap.

Staff 2

- 19. Cross Strike** Shift to left leg front stance, cross strike with right arm Extended.
- 20. Underarm Strike** Shift 90 degrees to right leg front stance, underarm strike with right arm extended.
- 21. Chin Strike** Bring left leg to right leg (feet together) chin strike with left arm extended. Right hand to shoulder.
- 22. Cross Strike** Step with right foot to front stance, cross strike with right arm extended.
- 23. Figure 8** Remain in stance, 1 full revolution figure 8, downward strike with right arm extended.
- 24. Upper Block** Shift 90 degrees to left leg front stance simultaneously going to double positive grip. Upper block
- 25. SideKick/Thrust** Rear leg side kick and thrust strike simultaneously, landing feet together.
- 26. Cross Strike Knee** Change right hand grip to negative, rotate 360 degrees counterclockwise landing on right knee. Cross strike to knee with right arm extended.

Return to ready. Bring the right foot forward to attention stance, bringing the staff overhead to the right side. Clear for 5 seconds and bow.

Self Defense 8: Leg Trap and Stand

From the floor on your side trap the attackers leg with your right leg while side kicking with your left. When the attacker falls, place your hands to the floor on your right side. While looking up at the attacker, get to your fighting stance.

One Step Sparring #8

- Start at ready position
 - No leap
- Inside crescent kick (R)
 - Side kick (R)
- Skipping side kick (R)
- Double punch, Kihap

Hook Kick Combination

- Spin Hook Kick (R)
- Slide Hook Kick (R)
- Skipping Hook Kick (R)
- Double punch, Kihap