

Staff Basics

- 1. Attention moving to Horse Stance** – Step out with the right foot as you rotate the staff. Land in a horse stance, down block.
- 2. Cross Strike Right** – Punch with the right hand, as you pull the left hand to your hip.
- 3. Cross Strike Left** – Punch with the left hand, as you pull the right hand to your hip.
- 4. Poke Right** – Poke to the right side, with the staff resting on top of your left arm.
- 5. Poke Left** – Poke to the left, with the staff resting on your right arm.
- 6. Upper Block** – Using both hands, press the staff above your head to block.
- 7. Down Block** – Using both hands, press downwards to block the lower body.
- 8. Side Block Right** – Using both hands, press out to the right, holding the staff at a 45° angle.
- 9. Side Block Left** - Using both hands, press out to the left, holding the staff at a 45° angle.
- 10. Circular Down Block over Right Knee** – Switch the grip on the right hand and rotate the staff in a circular motion, until the block is parallel with the right leg.
- 11. Uppercut over Right shoulder** – Holding onto the staff, bring the left arm up and strike under the chin. The right hand should be up towards the right shoulder.
- 12. Overhead strike Right** – Strike overhead as you bring the left hand to the left hip.
- 13. Uppercut left shoulder** – Perform an uppercut strike as you bring the right hand to the left shoulder.
- 14. Side strike to the right** – Strike to the right. Your left hand will be positioned next to the right elbow.
- 15. Side strike to the left** – Strike to the left, returning to the position that you were in on move #13.
- 16. Down strike Left** – Using the right hand, strike overhead, bringing the left hand to the left hip.
- 17. Pull Back into thrust poke (Shout)** – Pull the staff all the way back until and poke to the throat. The staff will be positioned on the outside of the left arm.
- 18. Shift to cat stance drawing right foot in overhead block** – Draw the right foot in as you bring the staff overhead.
- 19. Step into back stance uppercut to chin** – Step with the right foot as you strike upwards to the chin.

20. Step with back leg forward into a monkey stance circular outside block – Left leg steps behind the right leg as you circle the staff clockwise.

21. Fisherman's poke behind striking on left (shout) – Step out with the right leg into a drop front stance. Simultaneously, raise the staff up at a 45° angle and then poke down towards your left leg.

Self Defense 7: Choke From the Floor

Reach over and grab your opponent's left wrist with your left hand. Grab their neck with your right hand. Bite their left hand. Reach behind their head with your left hand and simultaneously twist their head counterclockwise as you bring up your right knee to throw them off. Reverse punch.

Jump Kick Combination

Jump back kick,
Pop-up side kick,
Inside crescent kick,
Jump outside crescent kick,
Jab/Punch, Shout

One Step Sparring #7

Start at ready position,
Step to the left,
Side kick with right leg,
Spin back kick with the left leg,
Ax kick with the right leg,
Jab/Punch, Shout