

# 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.

## **Self Defense #6: Forward Attack**

Slight step to the left, and redirect attacker to the side with hands. Lift up the right leg and round house to the stomach. Back fist to the back of the head with the right hand, and palm strike to the ribs with the left hand.

## **Hook Kick Combination**

Spin hook kick,  
Double roundhouse kick,  
Slide hook kick,  
Jump hook kick,  
Jab/Punch, Shout

## **One Step Sparring #6**

Start at ready position,  
Step to the left,  
Side kick with the right leg,  
Slide hook kick with the right leg  
Jab/Punch, Shout