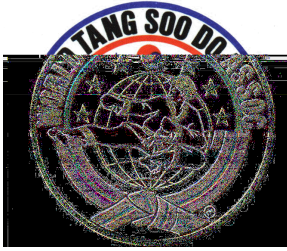


# **WORLD TANG SOO DO ASSOCIATION**



## **Shi Bong Bo Staff Demonstration Form**



Starting from the Choon Be position.

Step right leg back into front stance, whilst executing an upward strike from left to right, followed by a left side low block. This technique should be executed smoothly from start to finish.

Step forward into right leg front stance, execute a right side low block followed by a centre block/strike.

Move up into a one leg stance on the right leg, whilst rotating the bong to the left ending with the bong held vertically on the right side, left hand on top, left index finger pointing vertically along the bong.

Step left leg forward into a modified front stance while executing a low poke (ninja style), immediately switch into front stance executing a left side low block.

Step forward into right leg front stance executing a right side centre block/strike.

Turn 270 degrees anti clockwise into a left leg back stance whilst executing a left side low block, immediately turn 180 degrees clockwise into right leg back stance executing a right side low back.

Step right leg 90 degrees to right turning into front stance whilst executing an upward right to left strike followed by a left side low block. This technique should flow smoothly.

Step forward into right leg front stance, execute a right side low block followed by a centre block/strike.

Move into a one leg stance on the right leg, whilst rotating the bong to the left ending with the bong held vertically on the right side, left hand on top, left index finger pointing vertically along the bong.

Step left leg forward into a modified front stance while executing a low poke (ninja style), immediately switch into front stance executing a left side low block.

Step forward into right leg front stance executing a right side centre block/strike.

Turn 270 degrees anticlockwise into horse riding stance execute a left side low block, immediately skip to the right, while remaining in horse riding stance, and execute a right side low block

Step right leg 90 degrees to right turning into front stance whilst executing an upward right to left strike followed by a left side low block and then high block.

Execute a front snap kick and return to the same stance whilst executing a double strike right then left.

**Ba Ro - Return to Choon Be**