

# WORLD TANG SOO DO ASSOCIATION



## Whip Staff Bo Staff Demonstration Form



Starting from the Choon Be position.

Rotate the bo staff forwards in a figure of eight, either one or two handed, whilst walking forward left leg first, after three, five or seven turns step into right leg forward horse riding stance and pass the bo staff behind your back whilst maintaining the staff rotation into the left hand and continuing the rotation pass it behind your head to end in a right side block/strike.

Immediately pass the bo staff around the stomach from right to left, whilst completing a 360 degree turn to end with a left side block/strike.

Immediately pass the bo staff into the right hand whilst rotating it above the head ending in a right side strike/block.

Next execute a jumping 360 degree back outside to inside kick striking the left hand with the right foot, followed by in to out strike with bo staff in right hand, staff pointing forward.

Then continue to rotate the bo staff forward in a figure of eight for three turns (stepping each turn) on the last rotation pass the bo staff behind the back in the right hand and grab behind the head with the left hand.

Execute a right leg front kick and return followed by a downward strike with the bo staff ending with the staff on the floor, left leg forward in a very low stance.

Flick the end of the staff upwards so that it rotates half a turn and catch it in two hands.

Move into a horse riding stance and start to twist to the left then change to the right (coiling action) holding the bo staff in the right hand rotate it to end with both feet together and the bo staff under the right arm held vertical, right hand midway between centre and the tip.

Turn to the left rotating the bo staff in a two handed figure of eight three to four turns(steps) then rotate backwards once while turning to the rear, continue the turn with one more forward rotation to end left leg forward with the bo staff in a high block.

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Execute a right leg front kick and return into a horse riding stance the bo staff held to the right (one handed).

Immediately pass the bo staff around the stomach from right to left, whilst completing a 180 degree turn to end with a left side block/strike, right hand grabbing the staff behind the back.

Execute a 360 degree jump to end in horse riding stance while rotating the bo staff around the head held in the right hand, ending by catching the bo staff in left hand whilst held above the head.

Turn to the left and continue rotating the bo staff forward in a figure of eight for four turns (steps) on the last turn execute a 360 degree jumping turn to end in horse riding stance left hand in a high knife hand block, bo staff held in the right hand executing a right side strike/block.

Rotate the bo staff to the left above the head grabbing the shorter end with the left hand part way through the rotation (like holding a baseball bat). Continue swinging the bo staff to the left, jumping forward completing a 360 degree turn, keep swinging the bo staff to the left in a coiling motion then reverse the rotation around the head to end both feet together with the bo staff under the right arm held vertical midway between the centre and tip.

Continue to the left rotating the bo staff in a two handed figure of eight, three times forward direction then three times backwards, on the last rotation jump 180 degrees allowing the bo staff to rotate over the head ending left leg forward bo staff held in the right hand, strike the bo staff to the floor with the left leg forward in a very low stance.

Flick the bo staff upwards to rotate it half a turn and catch in two hands.

Whilst moving into horse riding stance, start to twist to the left then change to the right (coiling action) holding the bo staff in the right hand rotate it around the head ending with both feet together and the bo staff under the right arm held vertical midway between centre and the tip.

To complete the hyung walk forward with bo staff held in the vertical position under the arm looking to the left.