

WORLD TANG SOO DO ASSOCIATION



Ji Pan Gi Hyung Walking Stick Form

- 1) Starting in Choon Be position with cane tucked under right arm, raise cane to front until horizontal, then lower slowly until cane contacts floor, move hand down cane shaft. Step left leg back into front stance whilst executing a wrist lock with the hook of the cane to the right side.
- 2) Twirl cane from downwards right to left then left to right, while stepping right leg back, allow cane to end under armpit and execute a downward palm block with the left hand. In same stance execute a side block from right to left, right hand on top. (As per Pyung Ahn E Dan.) Slide left leg forward into front stance while executing a poke to the mid section.
- 3) Reach forward and change cane to hook around waist, then step left leg backwards into horse riding stance, followed by a strike to head cane held in right hand.
- 4) Skip (turn) backwards 360 degrees and execute a low (sword) strike to left, followed by a forward strike to the head.
- 5) Change cane to hook round neck (grab cane in centre and rotate), then turn backwards to right executing a throw over the left shoulder ending in a one leg(left) kneeling position, with cane held to left side hook kept low.
- 6) Place cane on floor (held in two hands hook to right) and execute a right leg back kick, followed by a forward roll to end in a left leg kneeling position executing a two hand low strike to the shin.
- 7) Hook leg with cane and pull to left side immediately executing a strike to the groin.
- 8) Stand up turning to left into left leg back stance executing a side block to the left rotate cane to execute a side block to right(hook at top in right hand, cane on outside of right forearm), followed by a high block
- 9) Execute a front kick with left leg followed by a jump front kick landing in left leg forward front stance executing a block to right side (hook at bottom).
- 10) Change cane to hook round attacker's neck, (held in right hand on outside of the arm) and execute a right leg side kick.
- 11) Turn to left, holding cane in centre to rotate and execute strike to head and then change cane to hook round neck.
- 12) Pull down on cane executing a knee strike, followed by a flick of the cane to strike up and down, followed by a low strike to right while turning to left in back stance, left hand executes in to out knife hand block (allow cane to slip in hand to touch floor to ensure maximum length of cane).
- 13) Sliding into left leg forward front stance, executing left hand knife block while striking from right to left to attacker's ribs, followed by strike to ribs from left to right, finally striking up under attacker's armpit.
- 14) Hook the end of the cane round the arm and against the attackers neck, then step left leg back while executing a throw to end left leg back in a modified front stance both hands forward (choon beh level) cane in right hand, attackers arm held in the left.

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Ji Pan Gi Hyung Walking Stick Form cont....



- 15) Execute a block to front with cane in front of right forearm in fighting stance (as per sword block), followed by a low strike to the right in front stance.
- 16) Step left into horse riding stance executing a left knife hand block while striking from left to right to ribs and then up into armpit.
- 17) Push down on attackers arm, while ducking under cane to right to face opposite direction throwing attacker over shoulder to floor, ending in right leg forward kneeling stance.
- 18) Stand and skip backwards to left turning 360 degrees and execute a strike to left and then to right, followed by a low strike standing in one leg stance(left leg), left hand in chamber.
- 19) Step into right leg forward front stance execute at poke, followed by a side block to the left(hook top to left)in back stance, change top hand position, hook over attackers arm and pull down dropping to kneeling position (right leg kneels) whilst holding attackers wrist in left hand, to snap arm.
- 20) Flick cane to strike upwards to groin, and back under right arm, then place left hand on top of handle to execute a poke to the rear (cane under the right armpit).
- 21) Stand up with left leg forward executing an inside to outside block with right arm, followed by a right leg out to in kick then turn backwards executing a left leg in to out kick, landing left leg back while executing an right hand into out block.
- 22) Execute a side block to left while sliding into right leg front stance, rotate cane while stepping behind attacker and executing choke to throat with cane (right leg forward).
- 23) Drop left knee to ground while choking attacker to break neck and then throw away to left, cane to right.
- 24) Execute left hand high hand block while striking to ankle with cane from right to left. Then strike up to groin whilst moving left hand to chamber.
- 25) Rise up and skip to left into one leg stance, right leg tucked behind left knee with high left hand block and low right hand strike.
- 26) Execute a strike from right shoulder to left hip and then left shoulder to right hip (both with power), followed by a double X strike ending with cane under right arm allowing left hand to fall to waist level at left side (flowing movement).
- 27) Lift cane to horizontal position and return tip of cane to floor (feet together). Twirl cane to end under right arm. Bow.