



WORLD TANG SOO DO ASSOCIATION



Ki Cho Ji Pan Gi Hyung Basic Walking Stick Form

Starting from Choon Bee stance walking stick held horizontal at waist.

1. Step right leg back into fighting stance while rotating walking stick to end under the right arm while left hand executes an inside to outside knife hand block.
2. Move left leg forward into front stance while executing a high block.
3. Execute a right leg roundhouse (ball of foot), continue 360 degree turn to end in left leg forward horse riding stance while executing a poke from right to left to the solar plexus.
4. Execute a head strike to left hooking stick around attackers neck.
5. Step right leg forward into a transitional horse riding stance while gasping the stick with the right hand, forcing walking stick towards floor complete turn to rear into left leg forward kneeling stance (right leg to floor), pushing walking stick to floor.
6. Immediately execute a high block to rear by raising walking stick above and behind the head.
7. Turn to right 180 degrees, walking stick in right hand executing an upward strike, allow walking stick to continue rotation while stepping back into right leg back fighting stance with walking stick held in high sword block to front.
8. Step right leg forward into modified front stance executing a downward sword strike with walking stick.
9. Flick sword upwards and catch straight end of stick, skip forwards, with left leg behind right and execute a downward strikes to the head, and repeat ending in cross leg stance, left leg behind right.
10. Move right hand towards walking stick handle while stepping to left into modified left leg forward front stance executing a centre block.
11. Step right leg forward into cross leg fighting stance rotating walking stick to finish under right arm while executing a inside outside knife hand block with left hand.
12. Step left leg forward into horse riding stance execute a poke to left.
13. Step right leg back into modified front stance facing opposite direction while executing a centre block.

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



14. Step right leg forward into cross leg fighting stance rotating walking stick to finish under right arm while executing an inside outside knife hand block with left hand.
15. Step left leg forward into horse riding stance execute a poke to the left.
16. Turn 90 degrees to right stepping left leg into front stance execute an out to in centre block.
17. Execute a double strike with walking stick (handle) ending with hook round attackers neck.
18. Pull walking stick towards you while executing a knee strike with right leg, rotate stick around head while turning 360 degrees to end up in right leg forward front stance executing a reverse punch. Immediately execute a side centre punch with right hand. Walking stick handle held in right hand, stick along right arm.
19. Turn back into left leg forward fighting stance executing a low block with left hand and inside to outside block with walking stick held in right hand. (As in Pyung Ahn Sam Dan)
20. Execute an inside to outside side centre side block with left hand, low right hand side block, while changing to a one leg stance leg leg tucked behind the right.
21. Step left leg out to return to Choon Beh stance.