

Green One Curriculum

Staff Form

Overhead Strike:	Step forward with your right foot into a front stance and overhead strike. Kihap.
Spear:	Pull back the staff and touch your right foot to your left knee. Step back into a front stance with your right foot. Spear forward with the staff.
Side Strike:	Step back with your right foot into a horse stance. Strike forward with the left tip of the staff.
Down Block:	Swing the right tip of the staff up over your head and down block with the right tip.
Poke Right:	Unwind the staff and poke to the right.
Poke Left:	Poke left with the staff.
Upper Block:	Change your right hand grip to knuckles-up and step forward with your right foot into a front stance. Upper block with the staff
Lower Block:	Lower block with the staff.
Side Strike:	Strike forward with the right tip of the staff.
Side Strike:	Strike forward with the left tip of the staff.
Upper Block:	Step forward with your left foot into a front stance. Upper block with the staff
Lower Block:	Lower block with the staff.
Side Strike:	Strike forward with the right tip of the staff.
Side Strike:	Strike forward with the left tip of the staff.
Stomach Strike:	Step forward with your right foot into a horse stance. Stomach strike with the right tip of the staff. Kihap.
Take Down:	Swing the left tip of the staff down and then up as you bring your left hand to your right shoulder, bringing your right foot back into a natural stance.
Head Strike:	Step back into a horse stance with your right foot and head strike with the right tip of the staff. Kihap.
Low Spear:	As you bring your right foot to a ready stance, raise the left tip of the staff high to your left and then low spear with the right tip. Kihap.
Rib Smash:	Change your right hand grip to knuckles-down and step behind you with your right foot into a front stance. Rib smash with the right end of the staff.

Leg Sweep:

Step behind you with your left foot into a back stance. Leg sweep with the right end of the staff.

Self Defense 6: Push Down

Roll onto your back without touching your hands to the ground. Kick high with one foot, then kick lower with the other to the groin. You may kick with either foot first.

One Step Sparring #6

- Start at ready position
 - Leap to the left
 - Side kick (R)
 - Sliding hook (R)
 - Double punch, Kihap

Flying Kick Combination

- Axe kick
 - Spin back kick
- Three steps, flying side kick
 - Double punch, Kihap