

Advanced Form Sheet November and December 2022

STANCES: Closed Stance, Back Stance, Front Stance, Middle Stance, Sparring Stance

BLOCKS: Square Block, Front High-Low Block, Knife hand Block, Double Knife hand Block

STRIKES: Reverse Horizontal Elbow Strike, Back Elbow Strike, Vertical Punch, Reverse Horizontal Spear Hand Strike

Twin upset punch, Palm Heel Strike Front and Reverse

Kicks: Reverse Side Kick and rule, Step Reverse Side kick and rule, Spin Side Kick and rule, Step Spin Side kick and rule, Inner Crescent and Outer Crescent Kicks #1-#4, Hook Kick 1-4, Reverse hook kick, Spin hook kick, Step reverse hook kick, Step spin hook kick

Rules to Know: Step always goes in front of you, Reverse goes behind you and halfway around, Spin goes behind you and ALL the way around

Sparring Types

Testing Style
Black Belt Style
Tournament Style

Board Breaks

One hand and one foot

Color Belt Mid-range Bo Staff Form

- Left foot steps back to left rear stance, horizontal high block on the diagonal (1:30pm is the angle)
- #4 strike
- Right foot moves to right front stance, #1 strike
- Right foot slides back to left rear stance, curl
- Right foot moves to right front stance, overhead low block on the right side
- Look behind (to 7:30pm), pivot to left front stance (Feet do not step, just pivot), overhead low block on the left side
- Reverse figure 8 (sweeping strike)
- Right foot steps to right front stance, #1 strike
- Left foot steps to middle stance, #7 strike (bo staff finishes this strike at chest level and parallel to the ground)
- Circular disarm
- Short step drag, stab with KIHAP
- Direction change back to 1:30 diagonal, move to right front stance with vertical block (left hand high) • Right foot pulls back to left rear stance, #4 strike
- Right foot steps out to right front stance, #1 strike
- Right foot slides back to left rear stance, curl
- Right foot moves to right front stance, overhead low block on right side • NO STEP, overhead low block on left side
- Left foot steps to right, then right foot steps out while doing reverse figure 8 (sweeping strike)
- Right foot finishes moving to right front stance, #1 strike
- Left foot steps forward to left front stance, high block (like a TKD high block)
- Right foot steps forward to right front stance, overhead low block on right side
- DIRECTION CHANGE: Look behind, right foot steps “forward” (on the 7:30 angle), left foot steps back (so this is a 360 degree double step), right hand goes over the head for eagle twirl, finishes in right front stance with a #1 strike
- Stay in right front stance, middle strike
- Stay in right front stance, low strike
- Left foot steps to closed stance, #4 strike
- Right foot steps to right front stance, #1 strike
- Right foot picks up and moves to long right front stance, thrust number #1 strike with KIHAP Bah-ro: Left foot steps back to parallel stance

