

## **Green One Curriculum**

### **Staff Form**

<b>Overhead Strike:</b>	Step forward with your right foot into a front stance and overhead strike. Kihap.
<b>Spear:</b>	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.
<b>Side Strike:</b>	Step back with your right foot into a horse stance. Strike forward with the left tip of the staff.
<b>Down Block:</b>	Swing the right tip of the staff up over your head and down block with the right tip.
<b>Poke Right:</b>	Unwind the staff and poke to the right.
<b>Poke Left:</b>	Poke left with the staff.
<b>Upper Block:</b>	Change your right hand grip to knuckles-up and step forward with your right foot into a front stance. Upper block with the staff
<b>Lower Block:</b>	Lower block with the staff.
<b>Side Strike:</b>	Strike forward with the right tip of the staff.
<b>Side Strike:</b>	Strike forward with the left tip of the staff.
<b>Upper Block:</b>	Step forward with your left foot into a front stance. Upper block with the staff
<b>Lower Block:</b>	Lower block with the staff.
<b>Side Strike:</b>	Strike forward with the right tip of the staff.
<b>Side Strike:</b>	Strike forward with the left tip of the staff.
<b>Rib Smash:</b>	Step forward with your right foot into a horse stance. Rib smash with the right tip of the staff. Kihap.
<b>Take Down:</b>	Switch right hand grip to knuckles down and draw right foot back to cat stance swing right tip of staff clockwise to the knees for take down.
<b>Knee Strike:</b>	Lift your staff above your head. The right foot swings (180) clockwise as you drop to your left knee. The left hand ends up under the right arm for the knee strike.
<b>Low Spear:</b>	Stand up and bring staff to front of body. Reach right hand up and simultaneously step down with right foot into a front stance for a low spear with the left tip of the staff. Kihap

### **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.

### **Flying Kick Combination**

- Axe kick (L)
- Spin back kick (R)
- One step, flying side kick (R)
- Double punch, Kihap (R,L)

### **One Step Sparring #6**

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