



2ND Degree Black Belt

TRI-SECTIONAL BO STAFF PATTERN

GET READY (2 MOVE IN THIS SECTION)

ATTENTION STANCE

1. TWIN CIRCULAR DOWN BLOCK
HOP FORWARD INTO A (R) CROSS STANCE TO THE FRONT
2. VERTICAL BLOCK

SECTION 1 (7 MOVES IN THIS SECTION)

STEP (L) FOOT INTO A TO THE FRONT (L) CORNER, (L) FRONT STANCE

3. **SLOW** LOW PRESSING BLOCK TO THE FRONT (L) CORNER
SHIFT FEET TO THE FRONT (R) CORNER, (R) FRONT STANCE

4. **FAST** HIGH PRESSING BLOCK TO THE FRONT (R) CORNER

STEP WITH THE (R) FOOT TO THE (L) SIDE CROSS TRANSITION STANCE

5. VERTICAL SWEEPING BLOCK FROM (R) TO (L)

SPIN 405 DEGREES INTO A (L) FRONT STANCE TO THE BACK (L) CORNER

6. **SLOW** LOW PRESSING BLOCK TO THE BACK (L) CORNER
SHIFT FEET TO THE FRONT (L) CORNER

7. **FAST** HIGH PRESSING BLOCK TO THE FRONT (L) CORNER

STEP WITH THE (R) FOOT TO THE (L) SIDE CROSS TRANSITION STANCE

SPIN 360 DEGREES

8. (R) HAND HORIZONTAL STRIKE MIDDLE SECTION TO THE (L) SIDE
(R) FRONT STANCE TO THE (R) SIDE

9. (L) PALMHEAL BLOCK TO (L) SIDE, TRI-SECTIONAL IS BEING HELD IN THE (R) HAND, UP BLOCK

SECTION 2 (7 MOVES IN THIS SECTION)

STEP (R) FOOT TO THE (L) SIDE, TRANSITIONAL STANCE

OPEN TRI-SECTIONAL BO STAFF HOLDING CHUX 1 AND 3

PICK UP (L) FOOT INTO A HIGH KNEE POSITION

10. (R) HAND THRUST MIDDLE SECTION TO THE (L) 90 SIDE

11. (R) STRIKE HIGH TO THE (L) SIDE

STEP DOWN WITH (L) FOOT TO THE (R) SIDE, (L) FRONT STANCE

12. (R) STRIKE LOW TO THE (L) SIDE

STEP (R) FOOT TO THE (R) SIDE, (R) CROSS STANCE

13. (R) VERTICAL BLOCK FROM (R) TO (L) TO THE (R) SIDE

14. (R) HORIZONTAL UP BLOCK TO THE (R) SIDE

15. (R) LOW STRIKE FROM (R) TO (L) TO THE (R) SIDE

16. (R) LOW STRIKE FROM (L) TO (R) TO THE (R) SIDE

SECTION 3 (6 MOVES IN THIS SECTION)

STEP (R) FOOT TO THE (L) SIDE, (R) FRONT STANCE TO THE (L) 90 SIDE

17. (L) HIGH STRIKE FROM (L) TO (R) TO THE (R) SIDE

18. (L) LOW STRIKE FROM (R) TO (L) TO THE (R) SIDE

STEP (L) FOOT TO THE (L) SIDE, (L) CROSS STANCE

19. (L) VERTICAL BLOCK FROM (L) TO (R) TO THE (L) SIDE

20. (L) HORIZONTAL DOWN BLOCK TO THE (L) SIDE

21. (L) HIGH STRIKE FROM (L) TO (R) TO THE (L) SIDE

22. (L) HIGH STRIKE FROM (R) TO (L) TO THE (L) SIDE

SECTION 4 (6 MOVES IN THIS SECTION)

STEP (L) FOOT TO THE (R) SIDE INTO A (L) FRONT STANCE

BODY IS FACING THE BACK OF THE BOW IN

23. (R) HIGH STRIKE FROM (R) TO (L) TO THE (L) SIDE

24. (R) LOW STRIKE FROM (L) TO (R) TO THE (L) SIDE

MAINTAIN (L) FRONT STANCE

25. (L) HIGH STRIKE FROM (L) TO (R) TO THE (R) SIDE

26. (L) LOW STRIKE FROM (R) TO (L) TO THE (R) SIDE

(R) FOOT HOPS TO THE (R) SIDE INTO A (R) CROSS

27. (R) LOW STRIKE FROM (R) TO (L) TO THE (R) SIDE

28. (L) LOW STRIKE FROM (L) TO (R) TO THE (R) SIDE

SECTION 5 (9 MOVES IN THIS SECTION)

STRIKES, BLOCKS AND ROTATIONS IN THIS SECTION ARE GOING TO THE FRONT OF THE BOW IN

STEP OUT WITH (L) FOOT INTO A MIDDLE STANCE

29. (R) HIGH STRIKE FROM (R) TO (L)

30. (R) LOW STRIKE FROM (L) TO (R)

31. (L) HIGH STRIKE FROM (L) TO (R)

32. (L) LOW STRIKE FROM (R) TO (L)

MIDDLE BASE

33. HIGH X BLOCK

34. TWIN OUTSIDE BLOCKS HIGH

35. TWIN OUTSIDE BLOCKS LOW

STEP (L) FOOT BEHIND (R) FOOT INTO A (R) CROSS STANCE

36. TWIN FORWARD ROTATIONS, TAP THE TIPS OF THE TBS TO THE FLOOR

37. TWIN BACKWARD ROTATIONS

SECTION 6 (8 MOVES IN THIS SECTION)

BLOCKS AND ROTATIONS IN THIS SECTION ARE GOING TO THE FRONT, DIRECTION OF THE BOW IN

STEP (L) FOOT TO THE (L) SIDE, (L) FRONT STANCE

38. (R) HORIZONTAL PRESSING BLOCK HIGH

39. (R) HORIZONTAL PRESSING BLOCK LOW

SHIFT FEET TO THE (R) SIDE, (R) FRONT STANCE

40. (L) HORIZONTAL PRESSING BLOCK HIGH

41. (L) HORIZONTAL PRESSING BLOCK LOW

SHIFT FEET INTO A MIDDLE BASE FACING THE FRONT, DIRECTION OF THE BOW IN

42. Z BLOCK

43. Z BLOCK

STEP (L) FOOT BEHIND (R) FOOT INTO A (R) CROSS STANCE

44. TWIN FORWARD ROTATIONS, TAP THE TIPS OF THE TBS TO THE FLOOR

45. FLIP THE TBS UP AND CATCH THE ENDS OF CHUX 1 AND 3

SECTION 7 (4 MOVES IN THIS SECTION)

GOING TO THE (L) SIDE

STEP OUT WITH (L) FOOT TO THE (L) SIDE

STEP WITH (R) FOOT TO THE (L) SIDE AND TURN IN 360 DEGREES, (L) FRONT STANCE

46. OVER HEAD BOX SWEEPING BLOCK TO THE (L) SIDE

GOING TO THE (R) SIDE

STEP WITH (L) FOOT TO THE (R) SIDE AND TURN IN 360 DEGREES, (R) FRONT STANCE

47. OVER HEAD BOX SWEEPING BLOCK TO THE (R) SIDE

48. OVER HEAD (R) 1 HANDED TBS FLOOR SLAP HOLDING STICK 1, TO THE (R) SIDE

TURN TO THE (L) SIDE OF THE ROOM

(L) FRONT STANCE TO THE (L) SIDE

49. RECOVER THE TBS

SECTION 8 (16 MOVES IN THIS SECTION)

GOING TO THE (L) SIDE OF THE ROOM

L SPARRING STANCE

50.-52. (R) 3 FORWARD ROTATIONS WITH ONLY 1 CHUX, (GRIPS ON 2 AND 3 CHUX)

CHUX IS ROTATING ON THE (R) SIDE OF THE BODY

53.-55. (R) 3 SINGLE HANDED FIGURE 8'S (GRIPS ON 2 AND 3 CHUX)

56.-58. (R) 3 TWO HANDED FIGURE 8 (GRIPS ON 1 AND 3 CHUX), STEP FORWARD ON EACH FIGURE 8

59. OVER HEAD STRIKE TO THE (L) WHILE TURNING IN A 360 COUNTERCLOCKWISE

60. OVER HEAD STRIKE TO THE (L) WHILE TURNING IN A 180 CLOCKWISE

TURN TO FACE THE R SIDE OF THE ROOM

GOING TO THE (R) SIDE OF THE ROOM

R SPARRING STANCE

61.-63. (R) 3 FORWARD ROTATIONS WITH ONLY 1 CHUX, (GRIPS ON 2 AND 3 CHUX)

CHUX IS ROTATING ON THE (R) SIDE OF THE BODY

64.-66. (R) 3 SINGLE HANDED FIGURE 8'S (GRIPS ON 2 AND 3 CHUX)

67.-69. (R) 3 TWO HANDED FIGURE 8 (GRIPS ON 1 AND 3 CHUX), STEP FORWARD ON EACH FIGURE 8

70. OVER HEAD STRIKE TO THE (L) WHILE TURNING IN A 360 COUNTERCLOCKWISE

71. OVER HEAD STRIKE TO THE (L) WHILE TURNING IN A 180 CLOCKWISE

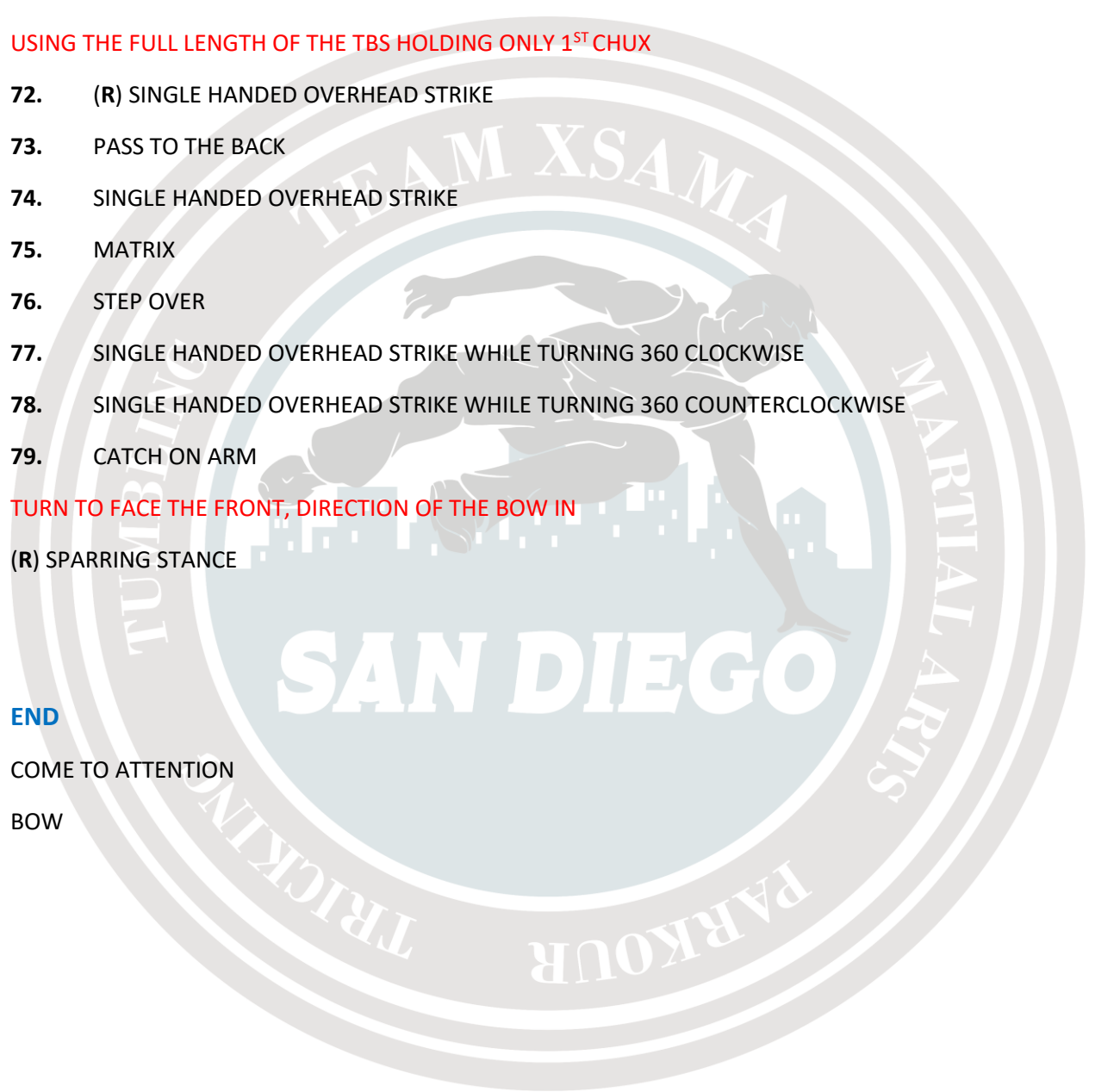
END SECTION 8 FACING THE L SIDE OF THE ROOM

SECTION 9 (10 MOVES IN THIS SECTION)

TURN TO FACE THE BACK OF THE ROOM, MIDDLE BASE

GOING TO THE BACK OF THE BOW IN

USING THE FULL LENGTH OF THE TBS HOLDING ONLY 1ST CHUX

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- 72. (R) SINGLE HANDED OVERHEAD STRIKE
 - 73. PASS TO THE BACK
 - 74. SINGLE HANDED OVERHEAD STRIKE
 - 75. MATRIX
 - 76. STEP OVER
 - 77. SINGLE HANDED OVERHEAD STRIKE WHILE TURNING 360 CLOCKWISE
 - 78. SINGLE HANDED OVERHEAD STRIKE WHILE TURNING 360 COUNTERCLOCKWISE
 - 79. CATCH ON ARM

TURN TO FACE THE FRONT, DIRECTION OF THE BOW IN

(R) SPARRING STANCE

END

COME TO ATTENTION

BOW