



3RD Degree Black Belt

COMBAT CANE PATTERN

GET READY	TECHNIQUE	STANCE	HEIGHT
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FACING THE FRONT OF ROOM.

CLOSED/ RESTING

STEP OUT WITH (L) FOOT INTO READY POSITION

1.	READY POSITION	PARALLEL	
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SECTION 1	TECHNIQUE	STANCE	HEIGHT
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GOING TO THE FRONT OF THE ROOM. DIRECTION OF THE BOW IN.

HOP INTO A (R) CROSS STANCE

2.- 10.	9 COUNT STRIKES	R CROSS	
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	STEPPING BACK WITH (L) FOOT FOR STRIKE #9	R FRONT	
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TURN RIGHT SHOULDER LEAD TO FACE THE BACK OF THE ROOM. BACK OF THE BOW IN

(R) FOOT IN FRONT IN A SPARRING STANCE

11.	HORIZONTAL STRIKE (L) TO (R)	SPARRING	SHOULDER
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12.	HORIZONTAL STRIKE (R) TO (L)	SPARRING	SHOULDER
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GOING TO THE BACK OF THE ROOM. BACK OF THE BOW IN

13.	FIGURE 8 STRIKE WHILE STEPPING FORWARD	SPARRING	
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14.	FIGURE 8 STRIKE WHILE STEPPING FORWARD	SPARRING	
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15.	FIGURE 8 STRIKE WHILE STEPPING FORWARD	SPARRING	
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PUT CANE UNDER (R) RIGHT ARM

STEP BACK WITH (R) FOOT INTO A (R) BACK STANCE

16.	THRUST (TO THE FRONT OF THE ROOM)	R BACK	
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SECTION 2	TECHNIQUE	STANCE	HEIGHT
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GOING TO THE LEFT SIDE

PICKING UP THE (L) FOOT, STANDING ONLY ON THE (R) FOOT

17.	CANE VERTICAL BLOCK	ON R FOOT
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STEP DOWN WITH (L) FOOT. FACING THE BACK OF THE ROOM

18.	CANE HORIZONTAL DOWN BLOCK	MIDDLE
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GOING TO THE LEFT SIDE

PICKING UP THE (L) FOOT, STANDING ONLY ON THE (R) FOOT

19.	COMPOUND TECHNIQUE	ON R FOOT
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(CANE STRIKE LOW AT THE KNEE WITH HOOK END OF CANE W/ (L) UPWARD KNIFEHAND BLOCK)

20.	HOOK THE LEG AND 2 HANDED PULL	ON R FOOT
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GOING TO THE LEFT SIDE

STEPPING DOWN WITH (L) FOOT INTO A MIDDLE STANCE FACING THE BACK OF THE ROOM

21.	UNHOOK THE CANE FROM LEG	MIDDLE
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GOING TO THE LEFT SIDE

22.	CANE STRIKE WITH HOOK END	MIDDLE	CHEST
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23.	CANE HOOK AROUND THE NECK	MIDDLE	NECK
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24.	PULL TO THE GROUND	MIDDLE	GROUND
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SECTION 3	TECHNIQUE	STANCE	HEIGHT
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GOING TO THE (L) SIDE OF THE ROOM

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

25.	HOOK WRIST ROLL AROUND (L) WRIST	L FRONT
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26.	CANE PUNCH THRUST	L FRONT
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GOING TO THE FRONT OF THE ROOM

DOUBLE STEP (R) FOOT TO THE FRONT OF THE ROOM, (L) FOOT STEPS BEHIND (R) FOOT IN A LONG CROSS STANCE FACING THE (L) SIDE OF THE ROOM.

27.	2 HANDED CANE THRUST	R CROSS
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LET THE CANE SLIDE DOWN THROUGH THE (R) HAND ALLOWING YOU TO HOLD THE HOOK WITH (R) HAND. CANE TIP ON THE GROUND TO THE FRONT OF THE ROOM.

STEP TURN (L) SHOULDER LEAD 270 DEGREES TO FACE THE FRONT OF THE ROOM.

GOING TO THE FRONT OF THE ROOM

(L) FRONT STANCE

28.	(R) TO (L) OVERHEAD HORIZONTAL STRIKE	L FRONT
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29.	(L) TO (R) HORIZONTAL STRIKE TO (L) SHOULDER	L FRONT
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30.	(R) TO (L) HORIZONTAL STRIKE	L FRONT
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CATCHING WITH (L) HAND

SECTION 4	TECHNIQUE	STANCE	HEIGHT
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GOING TO THE FRONT OF THE ROOM

(L) FRONT STANCE

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| 31. | (R) VERTICAL BLOCK (HOOK END UP) | L FRONT | |
| 32. | (L) VERTICAL BLOCK (HOOK END UP) | L FRONT | |
| 33. | PUNCH THRUST WITH HOOK END OF THE CANE | L FRONT | CHIN |

DOUBLE STEP BACK AND SWITCH FEET INTO A (R) FRONT STANCE

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| 34. | SLASHING VERTICAL STRIKE | R FRONT | FACE |
| 35. | OVERHEAD STRIKE TO THE KNEE STRIKING (R) TO (L) | R FRONT | KNEES |
| 36. | STRIKE TO THE KNEE STRIKING (L) TO (R) | R FRONT | KNEES |
| 37. | (L) PALMHEEL STRIKE UNDER THE CHIN | R FRONT | CHIN |

GOING TO THE BACK, BACK OF THE BOW IN

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|-----|---------------------------------|---------|-------|
| 38. | STRIKE BEHIND, LOW TO THE GROIN | R FRONT | GROIN |
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TURN TO FACE THE BACK, BACK OF THE BOW IN

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|-----|---|---------|-------|
| 39. | SINGLE HAND THRUST, UNDER THE NOSE | R FRONT | NOSE |
| 40. | OVERHEAD STRIKE TO THE KNEE STRIKING (L) TO (R) | R FRONT | KNEES |
| 41. | STRIKE TO THE KNEE STRIKING (R) TO (L) | R FRONT | KNEES |
| 42. | CANE HOOK AROUND THE NECK | R FRONT | NECK |
| 43. | PULL OPPONENT IN TO YOU | R FRONT | |
| 44. | (L) UPWARD ELBOW STRIKE | R FRONT | FACE |

SECTION 5	TECHNIQUE	STANCE	HEIGHT
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GOING TO THE BACK OF THE ROOM. OPPOSITE OF THE DIRECTION OF THE BOW IN.

HOP INTO A (L) CROSS STANCE

2.– 10. 9 COUNT STRIKES L CROSS

STEPPING BACK WITH (R) FOOT FOR STRIKE #9 L FRONT

TURN LEFT SHOULDER LEAD TO FACE THE FRONT OF THE ROOM. DIRECTION OF THE BOW IN

(L) FOOT IN FRONT IN A SPARRING STANCE

11. HORIZONTAL STRIKE (R) TO (L) SPARRING SHOULDER

12. HORIZONTAL STRIKE (L) TO (R) SPARRING SHOULDER

GOING TO THE FRONT OF THE ROOM. DIRECTION OF THE BOW IN

13. FIGURE 8 STRIKE WHILE STEPPING FORWARD SPARRING

14. FIGURE 8 STRIKE WHILE STEPPING FORWARD SPARRING

15. FIGURE 8 STRIKE WHILE STEPPING FORWARD SPARRING

PUT CANE UNDER (L) RIGHT ARM

STEP BACK WITH (L) FOOT INTO A (L) BACK STANCE

16. THRUST (TO THE BACK OF THE ROOM) L BACK

SECTION 6	TECHNIQUE	STANCE	HEIGHT
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GOING TO THE LEFT SIDE

PICKING UP THE (R) FOOT, STANDING ONLY ON THE (L) FOOT

17.	CANE VERTICAL BLOCK	ON L FOOT
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STEP DOWN WITH (R) FOOT. FACING THE FRONT OF THE ROOM. DIRECTION OF THE BOW IN

18.	CANE HORIZONTAL DOWN BLOCK	MIDDLE
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GOING TO THE LEFT SIDE

PICKING UP THE (R) FOOT, STANDING ONLY ON THE (L) FOOT

19.	COMPOUND TECHNIQUE	ON L FOOT
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(CANE STRIKE LOW AT THE KNEE WITH HOOK END OF CANE W/ (R) UPWARD KNIFEHAND BLOCK)

20.	HOOK THE LEG AND 2 HANDED PULL	ON L FOOT
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STEPPING DOWN WITH (R) FOOT INTO A MIDDLE STANCE FACING THE FRONT OF THE ROOM. DIRECTION OF THE BOW IN.

21.	UNHOOK THE CANE FROM LEG	MIDDLE
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GOING TO THE LEFT SIDE

22.	CANE STRIKE WITH HOOK END	MIDDLE	CHEST
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23.	CANE HOOK AROUND THE NECK	MIDDLE	NECK
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24.	PULL TO THE GROUND	MIDDLE	GROUND
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SECTION 7	TECHNIQUE	STANCE	HEIGHT
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GOING TO THE (R) SIDE OF THE ROOM

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

25.	HOOK WRIST ROLL AROUND (R) WRIST	R FRONT
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26.	HOOK OF THE CANE PUNCH THRUST	R FRONT
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GOING TO THE BACK OF THE ROOM

STEP THE (L) FOOT BEHIND (R) FOOT IN A LONG CROSS STANCE FACING THE (L) SIDE OF THE ROOM.

27.	2 HANDED CANE THRUST	R CROSS
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LET THE CANE SLIDE DOWN THROUGH THE (L) HAND ALLOWING YOU TO HOLD THE HOOK WITH (L) HAND. CANE TIP ON THE GROUND TO THE FRONT OF THE ROOM.

TURN (R) SHOULDER LEAD 270 DEGREES TO FACE THE BACK OF THE ROOM.

GOING TO THE BACK OF THE ROOM

(R) FRONT STANCE

28.	(L) TO (R) OVERHEAD HORIZONTAL STRIKE	R FRONT
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29.	(R) TO (L) HORIZONTAL STRIKE TO (L) SHOULDER	R FRONT
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30.	(L) TO (R) HORIZONTAL STRIKE	R FRONT
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CATCHING WITH (R) HAND

SECTION 8	TECHNIQUE	STANCE	HEIGHT
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GOING TO THE BACK OF THE ROOM

(R) FRONT STANCE

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|-----|--|---------|------|
| 31. | (L) VERTICAL BLOCK (HOOK END UP) | R FRONT | |
| 32. | (R) VERTICAL BLOCK (HOOK END UP) | R FRONT | |
| 33. | PUNCH THRUST WITH HOOK END OF THE CANE | R FRONT | CHIN |

DOUBLE STEP BACK AND SWITCH FEET INTO A (L) FRONT STANCE

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|-----|---|---------|-------|
| 34. | SLASHING VERTICAL STRIKE | L FRONT | FACE |
| 35. | OVERHEAD STRIKE TO THE KNEE STRIKING (L) TO (R) | L FRONT | KNEES |
| 36. | STRIKE TO THE KNEE STRIKING (R) TO (L) | L FRONT | KNEES |
| 37. | (R) PALMHEEL STRIKE UNDER THE CHIN | L FRONT | CHIN |

GOING TO THE FRONT OF THE ROOM, DIRECTION OF THE BOW IN

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|-----|---------------------------------|---------|-------|
| 38. | STRIKE BEHIND, LOW TO THE GROIN | L FRONT | GROIN |
|-----|---------------------------------|---------|-------|

GOING TO THE FRONT OF THE ROOM, DIRECTION OF THE BOW IN

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|-----|---|---------|-------|
| 39. | SINGLE HAND THRUST, UNDER THE NOSE | L FRONT | NOSE |
| 40. | OVERHEAD STRIKE TO THE KNEE STRIKING (R) TO (L) | L FRONT | KNEES |
| 41. | STRIKE TO THE KNEE STRIKING (L) TO (R) | L FRONT | KNEES |
| 42. | CANE HOOK AROUND THE NECK | L FRONT | NECK |
| 43. | PULL OPPONENT IN TO YOU | L FRONT | |
| 44. | (R) UPWARD ELBOW STRIKE | L FRONT | FACE |

ENDING	TECHNIQUE	STANCE	HEIGHT
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COME TO RESTING POSITION

ATTENTION

BOW