

Jahng Bong (Staff) Combination Techniques

Please get comfortable with these basic fundamental movements before attempting to learn/memorize your required combination drills.

Conditioning drill for strength and body control (practice with both hands)

Flex lift

Rotation

Pass & Pick up

Jhoon Bee, Ba Roe, Sparring stance (forward, side, behind)

Basic blocks (walking, front & back stance)

Low, High, Inside, outside, Side

Strike

Diagonal, horizontal, R-horizontal, stab, uppercut, Downward, Gum-do

Basic Movements

Figure 8 - Forward & Reverse (one arm, 2 arm)

Over/Under shoulder switch

Around the neck

Flip over hand

Spin behind the back

Jhoon Bee

Close Palm, turn and open, lift at shoulder level, horizontal turn at left front stance, left back stance right hand over the head finish.

- 1) Left front stance
Up, down, left, right block, duck and jump then finish
- 2) Right foot forward front stance
Diagonal face strike/block with right hand
Left leg steps forward, left hand horizontal strike
Right hand straight down strike
Left uppercut
Right leg steps forward, right diagonal strike, finish.
- 3) Left leg back, left back stance
Right hand 45 degree left diagonal downward strike to leg
Reverse diagonal downward strike to leg
Left waist spin waist strike
Right reverse spin waist strike
Right hand diagonal downward strike to face, Finish
- 4) Left front stance
Overhead block
Right foot forward right hand diagonal strike
Stab, Lift
Left, right, left snap hit
Left hand reverse horizontal strike, Finish

- 5) Two arm figure 8, Right hand diagonal strike
Circle, Stab
Drop back knee on the floor, reverse stab
One wrist twirl over right hand
Left uppercut with step
Right diagonal in crane stance, turn around and finish
- 6) Right wrist twirl
Left wrist twirl
Right shoulder twirl
Left shoulder twirl
High block, low block
Right diagonal strike
GumDo strike
Right leg X stance, right arm swing uppercut, Finish
- 7) With right hand over the right shoulder
Left hand over the left shoulder
Around the neck with right hand and catch with left hand
Right foot forward on left knee, parallel floor slap, stab
Overhead finish
Forward roll up (or roll), high block, diagonal strike, stab
Finish
- 8) Slide staff down, one arm figure 8 (4x)
Over the right shoulder (bottom up)
Grab with left hand diagonal strike
Finish

Two arm figure 8 (4x)
Around the back - 360 (2x)
Right back swing, left back swing
Right diagonal strike then finish
- 9) Right front stance high block
Left front kick
Left hop step front kick
Turn around right hand reverse horizontal strike
Right foot back, left point
Right foot step forward, x stance and quick stab
Left foot 180 degrees reverse step spin
2 arm figure 8, twirl over right hand, Left finish
- 10) Swing, finger twirl
Slide, catch with right hand, raise arm to shoulder level
360 degrees step forward swing to head
Right leg reverse 180 degrees swing to leg on one knee
Grab with left hand over right shoulder
Swing over left shoulder
Stand up, Finish