



FAMILY TAEKWONDO CENTRE LONG RANGE STAFF FORM

	Movement	Target	Side	Grip	Stance
	Joonbi – Left Hand Reach Over top to Grip Top of Staff – Maintain Clear Line of Vision				
1	Down strike	High	Right	Kayak	Front
2	Step and Down Strike	High	Left	Kayak	Front
3	½ Spin to Rifle Grip		Left	Rifle	Front
4	Sliding Thrust	Mid	Right	Rifle	1/2F – Ball of Foot / Forward
5	Circle to Diagonal Block	High	Left	Rifle	Rear
6	Down Strike - KIHAP	High	Right	Rifle	Back
7	Sliding Switch – Step and Down Strike	High	Right	Rifle	Front
8	Step Up – 5 Retreating Figure 8 Twirls		Left	Rifle	Steps
9	Diagonal Block	High	Right	Kayak	Back
10	Continuously into Armpit Strike	High	Right	Kayak	No Stance Change Back
11	Step and Spin Armpit Strike	High	Left	Kayak	Front
12	Upwards Strike – KIHAP	Low	Left	Kayak	LF
13	Sliding Thrust	Mid	Left	Kayak	1/2F – Ball of Foot / Forward
14	Step Forward and Down Strike	High	Right	Kayak	Mid
15	Continuously into Reverse Down strike	High	Left	Kayak	Front
16	2 Hand Armpit Twirl	High	Left	Kayak	Front
17	2 Hand Armpit Twirl	High	Right	Kayak	Front
18	Step Spin Armpit Strike	High	Left	Kayak	Front
19	Overhead Clear	High	Right	1 hand	LF
	Baroh – Back of Left Hand Twirl Up to Front				