



Raberge's Leadership Martial Arts

2

Black Belt 2

New in this form

Strikes

- Upset left ridgehand strike
- Twin rear elbow strike
- Double punch
- Twin back hammerfist strike
- Double knifehand strike
- Upward spearhand
- Throat strike
- Two-handed throwdown
- Two-handed head grab
- Head knee strike
- Downward hammerfist

Kicks

- Hook kick
- Tornado round kick
- #2 jump front kick
- Stomp

Stances

- One-leg stance
- X stance

Blocks

- Closed-fist slow low block
- Low palm block
- C block



Choon bi (ready stance): Left half-command stance

1. Left foot steps out to shoulder width in open stance
2. Right hand into pull-back position.
3. Left hand closed, bring toward right shoulder, forearm at 45° angle across chest
4. "Ready sir/ma'am!"

The form

1. Step to left (north) into **middle stance, upset left ridgehand strike**
2. **Closed-fist slow low block** (left)
3. Bring left foot behind right in **X stance** while turning left (north), **open-hands X block** (high)
4. **Left hook kick**, and continuing into ...
5. ... **Left round kick**, land in **middle stance** (to east), **left vertical punch. ki-hap**
6. Left foot pulls back toward right into **rear stance, left low palm block**
7. Step to left (north), **tornado round kick**, land in **middle stance** facing southwest. **Twin rear elbow strike**

8. **Twin back hammerfist strike.**
9. **Left one-leg stance** (lift right foot to cover left knee), bring closed-fist hands to shoulders, **slow high double punch.**
10. **#2 jump left front kick**, and without setting down your left foot, ...
11. **#2 right jump front kick**, land in sparring stance to back (west), **double knifehand strike.**
12. Step to back (west) with left foot, reach high with left hand, step into **X stance** with right foot, **upward spearhand** (middle)
13. Right foot steps forward into **sparring stance**, **throat strike** with right hand.
14. **Left inner crescent kick** (high), and, without resetting stance,
15. **Left outer crescent kick** (high), land in **left back stance** to west (back)
16. Reach and **grab (high) with left hand**, pull left hand in with **right upward elbow strike** (high) to **left one-leg stance** (lift right foot to cover left knee)
17. Step down into **sparring stance** toward back (west), **two-handed throwdown to right**
18. **Side kick** (low) to north. **ki-hap**
19. Turn 180° through west (back) to face south, land in **right back stance**, **right C-block** (high), **left C-block** (high)
20. **Two-handed head grab** (high), pull down to **left knee strike**, left foot steps forward (to south) into **front stance**
21. **Right axe kick**, land in **open stance**
22. Without setting down between kicks: **right round kick** to front (east), ...
23. **Right round kick to left** (north), ...
24. **Right round kick to back** (west) ...
25. Land in **sparring stance** to south, **double knifehand strike** (high)
26. Step through to south with left leg into **middle stance** facing west (back), **left elbow strike with right-hand support**
27. **Left foot stomp**, return to **middle stance**
28. Turn 90° to front (east) into **middle stance** (facing south), **left knifehand strike** (high)
29. Right foot steps to left in **closed stance** to east (front), **closed-fist X block** low
30. Step forward (east) with left foot into **left front stance**, right **downward hammerfist** into open left palm.
31. **Right #2 front kick** to east (front), and, without setting down ...
32. **Slow right side kick** to east (front) (low or middle), land in **right back stance** to east (front)
33. Step forward with left foot into **front stance**, **open-hand X block** (high)

Bah ro (return to ready stance): Left half-command stance

1. Left foot pulls back to open stance
2. Left hand closed, bring toward right shoulder, forearm at 45° angle across chest

Shi uh (at ease)

1. Bring left foot to right foot into closed stance
2. Open hands, place flat on hips
3. Bow toward judge/instructor, then return to vertical