



Raberge's Leadership Martial Arts

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Leadership 1

New in this form

Strikes

- Reverse punch
- Knifehand strike

Kicks

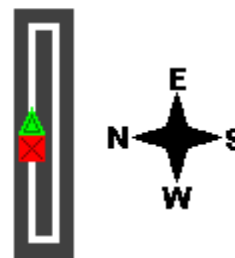
- Front kick
- Round kick

Stances

- Front stance
- Middle stance
- Back stance

Blocks

- Double outer forearm block
- Forearm block (low)
- Inner forearm block
- Double knifehand block



Choon bi (ready stance): Right command stance

1. Right foot steps out to shoulder width
2. Elbows out to sides, fists in front of belt knot

The form

1. Right foot steps forward (east) into **right front stance, right outer forearm block** (high)
2. #1 **front kick**, return to front stance, **reverse punch** (high)
3. #2 left round kick, land in left back stance, double outer forearm block (mid/high)
4. Turn head to face west (back), step into **middle stance, right knifehand strike** (high)
5. Remain in middle stance, **right forearm block** (low)
6. Remain in middle stance, **right inner forearm block** (high)
7. #3 side kick (low/middle). Land in right back stance, double knifehand block (mid/high)
8. Left foot steps (west) into left front stance, left outer forearm block (high)
9. #1 **front kick**, return to front stance, **reverse punch** (high)
10. #2 right round kick, land in right back stance, double outer forearm block (mid/high)
11. Turn head to face east (front), step into **middle stance, right knifehand strike** (high)
12. Remain in middle stance, **right forearm block** (low)
13. Remain in middle stance, **right inner forearm block** (high)
14. #3 side kick (low/middle). Land in right back stance, double knifehand block (mid/high)

Bah ro (return to ready stance): Right command stance

1. Right foot pulls up to open stance
2. Elbows out to sides, fists in front of belt knot

Shi uh (at ease)

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