

# Raberge's Leadership Martial Arts

2

# Leadership 2

#### New in this form

#### Strikes

- Punch
- Vertical punch
- Lunge punch
- Backfist

# Blocks

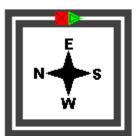
• X block

#### **Kicks**

- Side
- Reverse side
- Jump front

#### Stances

- Sparring
- Closed



# **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. Step to right (north) with right foot into middle stance, right knifehand strike (high)
- 2. Sparring stance facing right (north), double outer forearm block
- 3. Move right foot to left (east) to be in line with left foot. Step through into left back stance, left punch.
- 4. #2 front kick (right leg), and without setting down your foot...
- 5. ... side kick (low/middle) to right (west), left front stance, right vertical punch (low)
- 6. Left vertical punch (high).

#### — Camouflage belt students stop here —

- 7. Step to back (west) with right foot into **right back stance**, **double knifehand block**.
- 8. #2 round kick (low/mid), and continuing ...
- 9. ... Reverse side kick (low/mid), land in middle stance to west, right backfist. ki-hap

10.

- 11. Left foot steps next to right, face west in **closed stance**
- 12. Turn to right (north), left **front stance**, **X block** (low), closed hands
- 13. #3 jump front kick, land in left front stance, X block (high), open hands

- Green belt students stop here —
- 14. Left foot moves left (north) to be in line with right foot into middle stance, left knifehand strike (high)
- 15. Sparring stance (north), double outer forearm block
- 16. Left foot step in line (to north) with left foot. Step through (to north) into right back stance. Lunge punch (right)
- 17. Left #2 front kick, and without setting down your foot...
- 18. ... side kick (low/middle) to right (west), left front stance, left vertical punch (low).
- 19. Right vertical punch (high)
- 20. Turn counter-clockwise to face east, left back stance, knifehand block (mid/high)
- 21. #2 round kick (low/mid) and continuing ...
- 22. ... Reverse side kick (low/mid), land in middle stance to west, right backfist. ki-hap
- 23. Right foot steps to left foot into closed stance.
- 24. Right foot steps forward (to south) into right front stance, X block (low), closed hands
- 25. #3 jump front kick, land in right front stance, X block (high), open hands

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

- 1. Face front (east), right foot pulls in to closed stance
- 2. Elbows out to sides, fists in front of belt knot

# Shi uh (at ease)

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