



# Raberge's Leadership Martial Arts

2

## Leadership 2

### New in this form

#### Strikes

- Punch
- Vertical punch
- Lunge punch
- Backfist

#### Kicks

- Side
- Reverse side
- Jump front

#### Stances

- Sparring
- Closed

#### Blocks

- X 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. 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