



# Raberge's Leadership Martial Arts

3

## Leadership 3

### New in this form

#### Strikes

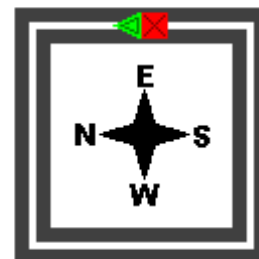
- Ridgehand strike
- Elbow strike
- Reverse elbow strike
- Two-hand head grab
- Head strike
- Upset punch
- Palm heel strike
- Upset knifehand strike
- Reverse ridgehand strike

#### Kicks

- Axe kick
- #2 inner crescent kick
- Reverse hook kick
- Advance jump front kick

#### Blocks

- Tension block
- Forearm block
- Square block



### Choon bi (ready stance): Left command stance

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

### The form

1. Step back with left foot into **sparring stance**, **double outer forearm block**
2. Reverse (left) **ridgehand strike** (high)
3. **#2 axe kick**, land in closed stance.
4. Left foot moves to left (north) into **middle stance**, **right elbow strike** (high)
5. Turn to left (north), left foot moves to back (west) into **front stance**, **reverse elbow strike** (high)
6. **Two-hand head grab** (high), back (right) **head strike**
7. Step into **sparring stance** (north), **double outer forearm block** with tension (5 count)
8. Left foot moves up to right foot, turn to left (west) into **back stance**, **forearm block** (high)
9. Left **#2 inner crescent kick**, and continuing into ...
10. ... Right **reverse hook kick**, land in **right front stance**, **left upset punch** (high)
11. Right **palm heel strike**. **ki-hap**
12. Left foot moves to right foot, turn to left (south). Step forward into right **back stance**. **Square block**

13. Same stance, look to front (east). **Reach** to front with right hand, **left upset knifehand strike** (high)
14. Same stance, look ahead (south). **Reach** ahead with left hand, right **upset punch** (high)
15. Bring left foot to right, left **advance jump front kick**, land in left **sparring stance**, left **low block**
16. Step through (to south) with right leg into **middle stance** facing front (east), right **elbow strike**
17. Right foot shifts back (west) into **front stance**, left **reverse elbow strike**
18. **Two-hand head grab** (high), back (left) **head strike**
19. Step into **sparring stance** (south), **double outer forearm block** with tension (5 count)
20. Left foot moves to right foot, face front (east), **left back stance**, **forearm block** (high)
21. Right **#2 inner crescent kick**, and continuing into ...
22. ... Left **reverse hook kick**, land in **left front stance**, **right upset punch** (high)
23. Right **palm heel strike**. **ki-hap**
24. Right foot moves to left foot, turn to left (north). Step forward into left **back stance**. **Square block**
25. Same stance, look to front (east). **Reach** to front with left hand, **right upset knifehand strike** (high)
26. Same stance, look ahead (north). **Reach** ahead with right hand, left **upset punch** (high)
27. Bring right foot to left, right **advance jump front kick**, land in right **sparring stance**, right **low block**
28. Left foot moves to right foot while turning to face front (north)
29. Right foot back into left **sparring stance**, **double outer forearm block**
30. Right **reverse ridgehand strike** (high)
31. Right **#2 axe kick**, land in closed stance

**Bah ro (return to ready stance):** Left command stance

1. Face front (east), left foot moves out to open stance
2. Elbows out to sides, fists in front of belt knot

**Shi uh (at ease)**

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