

Protech Weapons

JAHNG BONG - IRON STAFF FORM

Chah-reot – right tip points down, weapon behind right shoulder

June-bee – right tip raises up, left hand grips below right hand

- 1) Right foot steps forward to rear stance, reverse figure 8 uppercut strike
- 2) Left hands throws forward figure 8, catch, left spin (left foot forward) & #1 strike – kihap
- 3) #4 strike
- 4) #3 strike
- 5) Turn to back (right foot forward) over head strike
- 6) #7 strike
- 7) #8 strike
- 8) Left hand throws into 3 forward figure 8's
- 9) Three Eagle twirls, behind the back on third one, use the V-grip to bring back to right shoulder ready position
- 10) Right foot steps forward #1 strike
- 11) #2 strike
- 12) #8 strike
- 13) #7 strike
- 14) #1 strike
- 15) Overhead strike
- 16) Overhead strike
- 17) Right foot steps back to rear stance, left low block
- 18) Left foot steps forward to a middle stance, left thrust – kihap

Bah-roh – Right foot steps up with right tip up

Shi-uh – Right tip points down & bow

