

Protech Weapons

OH-SUNG-DO - SCORPION FORM

DRILLS

1. Handling the sword
2. 2-Count: #1 strike, #2 strike
3. 3-Count: #1 strike, #2 strike, circle overhead to #1 strike/reinforced block to side
4. 4-Count: #5 strike, #6 strike, #5 strike, #7 strike/low block
5. Stretch stance to strike #5 strike (repeat 3x); Challenge with one-leg stances
6. #9 thrust / inverted block with partner (add on to end of 4-count)

SCORPION FORM

June-bee- right foot steps out to ready position, right hand up in front of chest.

1. Step right foot back to back stance, pass sword to right hand, slow #9 strike (3-5 sec.)
2. Step right foot forward to front stance, #3 & #4 strikes
3. Double stepping back (right, then left) to front stance, circle sword overhead to high block
4. #3 front kick, land forward,
5. #6 strike, #5 strike (reverse figure eight), cross left foot to front, #7 (scorpion) strike
6. Turn to left, inverted block (parry)
7. Step right foot forward, #2 strike
8. Step left foot forward, reinforced upward cut to left side
9. Reinforced upward cut to right side
10. Step right, #1 strike; step left, #2 strike; step right #1 strike (forward figure eight)
11. Reverse side kick
12. Step to closed stance facing back, #9 strike; kihap
13. Turn left to front, forward figure 8 to hide (#1, #2, hide behind right leg)
14. Circle overhead to #5 strike, reach right foot forward
15. Circle overhead to #5 strike, reach left foot forward
16. Circle overhead to #5 strike, reach right foot forward
17. Down to right knee, reinforced upward cut to right side
18. #9 strike / forward thrust; kihap

Bah-ro: transfer sword to left hand, feet step to parallel stance

Shi-uh: right hand to side and bow

