

AMERICAN KANG DUK WON KARATE ~ Bo Form "Shou Lei Gan" / 2016
(*"Skilled Stick of Thunder"*)

A - Front
Left - B (X-Start-X) C - Right
D - Back

Chunbi: Bow in (Bo on left side)

Clearing technique left to right side, slowly with tension. (Hands left low / right high)

Turn 90 Degrees To A:

LFS / Left Down Block

RFS / thrust (mid-section)

Turn 180 Degrees To B:

RFS / Right Down Block

LFS / L Thrust (mid-section)

Turn 90 Degrees To C:

LFS / Mid-level swing strike (as step is made to front - C)

RFS / Right Center Block (wide arc r to l to r)

LFS / Left upper chin strike (left hand leads, right hand shoulder high)

RFS / Right straight overhead strike **KIHAP!**

Turn 270 Degrees To B:

LFS / Left triple slashing strike (hip high) as step is made to B (push-pull with l-r-l hand technique)

RFS (Bo stays hip level) Right Center Kick / RFS Right straight overhead strike

Turn 180 Degrees To A:

RFS / Right triple slashing strike (hip high) as step is made to A (push-pull with l-r-l hand technique)

LFS (Bo stays hip level) Left Center Kick / LFS Right straight overhead strike

Turn 90 Degrees To D:

LBS / pushing block (left hand low, right hand high)

RFS / overhead strike-chin strike-overhead strike (r-l-r)

LFS / overhead strike-chin strike-overhead strike (l-r-l)

RFS / Right straight overhead strike **KIHAP!**

Turn 270 Degrees To A:

LFS / Left Down Block

RFS / Right thrust (mid-section)

Turn 180 Degrees To B:

RFS / Right Down Block

LFS / Left Thrust (mid-section)

Turn 90 Degrees To C:

Left Cat Stance / (draw bo over right shoulder) Crushing Strike. **KIHAP!**

Prepare for Break:

-Step Back with left foot, draw bo to left side chamber - parallel to the floor

-Prepare for Board Break / Step to Blocks (left-right) / Board Break **KIHAP!**

-Step back to X. Chunbi. Bow.

BASIC OUTLINE OF FORM Pattern is the same as Palgay 1

Stances are all **Front**, except the 90 degree turn to the **Back of the form for Pushing Block (BS)** and final 90 degree turn to **Cat Stance+ to Front for Crushing Strike (CS)**.

To A

Down Block
Mid-section Thrust

To B

Down Block
Mid-section Thrust

To (Front) C

Mid-section swing
Center Block with a wide arc
Upper Chin Strike
Overhead Strike

To B

Triple Mid-section Swinging Strike
Right Center Kick / Overhead Strike

To A

Triple mid-section strike
Left Center Kick / Overhead Strike

To (Back) D

Left Back Stance Vertical Pushing Block **(BACK STANCE)**
Overhead – Chin – Overhead Strikes
Overhead – Chin – Overhead Strikes
Overhead Strike

To A

Down Block
Thrust

To B

Down Block
Thrust

To (Front) C

Draw bo over shoulder/ Crushing Blow Techniques **(CAT STANCE)**

Chamber the bo / prepare for breaking procedures