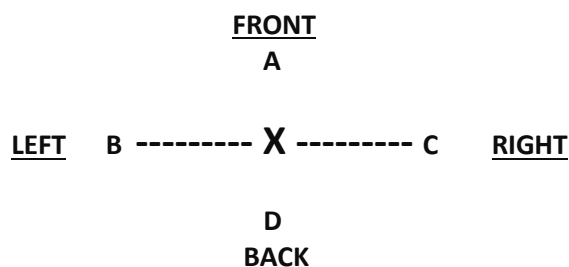


# AMERICAN KANG DUK WON KARATE

## TOURNAMENT 2017

### **Shou Lei Gan** (*"Skilled Stick of Thunder"*)



#### **-Bow In**

- Bo at left side of body (left hand at side of leg in front of the bo)
- Right hand (palm in) at side of leg
- Both hands come to front of body.
- Chunbi** and bow (Hands to sides as in regular empty hand bow-in)
- Hands return to sides as at start.

#### **Chunbi**

( X FACING FRONT)

#### 1. **Ready Position:**

Move bo from the Chunbi position with left hand pulling to chamber. Right hand moves to right leg, palm to side.

#### 2. **Slow tension clearing technique:**

Right hand reaches across to left shoulder level across front of body. Bo remains vertical with hands about 18" apart. Pause for a clearing breath. Execute a slow clearing technique (with tension, left to right) in front of body. Stop at right side. No foot movement.

#### 3. **Left Downward Block:**

(MOVING TO LEFT ~ B)

Move left toward B (ccw 90°) into a LFS w/ a Left Downward Block (to lower portion of opponent's left leg). Left hand to left chamber, right hand leads forward on bo).

#### 4. **Thrusting Strike:**

Step forward (to B) into a RFS, w/ right mid-section Thrusting Power Strike (Right hand still leads, left at back end of bo). The strike is applied to center of opponent's chest to solar-plexus level.

(\*Hands will switch during the transition to the following technique (5). Left hand lead, right hand back at chamber)

#### 5. **Downward Block:**

(MOVING TO RIGHT ~ C)

Move right toward C (cw 180°) into a RFS w/ a Right Downward Block (to lower portion of opponent's right leg). Right hand to right chamber, left hand leads forward on bo).

**6. Thrusting Strike:**

Step forward (to C) into a LFS, w/ left mid-section Thrusting Power Strike (Left hand still leads, right at back end of bo). The strike is applied to center of opponent's chest to solar-plexus level.

(\*Hands will switch positions before moving to A. Pull the bo back on the right side and place left hand at front of bo. Prepare for the swing as LFS to A is being formed.

**7. Swinging Strike: (MOVING TO FRONT ~ A)**

Move left toward A (ccw 90°) into a LFS w/ a Swinging Power Strike to the rib portion of the opponent's mid-section.

**8. Right Circular Block:**

Step forward (A) into a RFS w/ a Right Circular Block. Execute this technique in a wide arching motion by lowering the bo to waist level on right side. (Right hand forward, left hand at chamber).

Circle across to the left side and upward to shoulder height on the right side. (This is clearing a strike directed toward your lower abdominal area.)

**9. Upper Chin Strike:**

Step forward (A) into a LFS w/ an Upper Chin Strike. Pull right hand downward and back to the right shoulder while pushing the left hand upward and forward. Strike is applied under the opponent's chin directly to front. Bo will be at your own chin level, right hand at right shoulder, left hand forward at approximately middle of the bo.

**10. Overhead Strike:**

Step forward (A) into a RFS w/ an Overhead Strike to side of the opponent's neck .

(Left hand will pull bo forward and downward to L chamber, right hand leads the strike to A.) **KIHAP!**

**11. Slashing Strike: (MOVING TO RIGHT ~ C)**

Move right toward C (ccw270°) into a LFS w/ a Mid-level triple (strike with r-l-r) Slashing Strike to an opponent's ribs.

(\*This strike should be executed with a powerful twisting/driving technique ***so that the bo can be heard*** as the strikes are applied.) Both hands are on top of the bo, held just above hip level, approximately two feet apart from middle of bo.)

**12. Center Kick:**

Keeping the bo at hip level , execute a Right Center Kick toward C, stepping forward into a RFS. Finish w/a left Overhead Strike as the RFS is completed. (Left hand leads strike to C, right hand at chamber.)

**13. Slashing Strike: (MOVING TO LEFT ~ B)**

Move left toward B (cw 180°) into a RFS w/ a Mid-level triple (strike with l-r-l) Slashing Strike to an opponent's ribs.

(\*This strike should be executed with a powerful twisting/driving technique ***so that the bo can be heard*** as the strikes are applied.) Both hands are on top of the bo, held just above hip level , approximately two feet apart from middle of bo.)

**14. Center Kick:**

Keeping the bo at hip level , execute a Right Center Kick toward C, stepping forward into a RFS. Finish w/a left Overhead Strike as the RFS is completed. (Left hand leads strike to C, right hand at chamber.)

**15. Pushing Block: (MOVING TO BACK ~ D)**

Slide the left foot to D (ccw 90°) into a LBS. Pull the bo (vertically) inward close to the body with left hand low, right hand high, approximately 18" apart from middle of bo. Execute a slow, tension Pushing Block (left hand just above left knee, right hand about shoulder level). Push the bo forward to D with power against an opponent's mid-section attack.

**16. Overhead Strike-Chin Strike-Overhead Strike:**

Move forward to D in RFS and execute an overhead strike, then push upward to a chin strike, followed immediately by another overhead strike. Sequence will be r-l-r.

**17. Overhead Strike-Chin Strike-Overhead Strike:**

Move forward to D in LFS and execute an overhead strike, then push upward to a chin strike, followed immediately by another overhead strike. Sequence will be l-r-l.

**18. Over Head Power Strike:**

Move forward to a RFS and execute an overhead power strike to the side of the opponent's neck.

Hands switch as you step forward. (Right hand leads the strike to D, left hand at chamber.) **KIHAP!**

**19. Downward Block: (MOVING TO LEFT ~ B)**

Move left to B in a LFS (ccw 270°) Sequence is the same as Techniques in #1.

**20. Thrusting Strike: (No Hand Movement)**

Move to B in a RFS Sequence is the same as Techniques in #2.

**21. Downward Block: (MOVING TO LEFT ~ C)**

Move left to C in a RFS (cw 180°) Sequence is the same as Techniques in #3.

**22. Thrusting Strike: (No Hand Movement)**

Move to C in a LFS Sequence is the same as Techniques in #4.

**23. Preparation for Crushing Strike (Facing A)**

Draw the left leg back and return to X (ccw 90°). Facing A, move into a left cat stance. The bo is pulled back over the right shoulder in preparation for a Crushing Strike. (Left elbow point forward, resting on the end of the bo. Right hand is back not quite to the middle of bo.) The bo should be raised up at a 45° angle behind the right shoulder. The left hand is at the chest high. The right hand is back just above shoulder level.) The position will be held steadily for a moment before the final "Crushing Blow"!

**24. Crushing Strike**

Step to W into a LFS w/ an Overhead Crushing Strike to the side of opponent's neck. (The powerful final strike is completed with an equally intense KIHAP!) **KIHAP!**

**25. Preparation for Break**

Step back to X and form a standing stance. (Pull the bo to the left side chamber in a horizontal position, with right fist in chamber (still facing A).

**26. Step to Board Break**

Step left then right, to center of board break

**27. Board Break**

Keep bo horizontal at left chamber. **Break and Kihap**

**28. Step Away from Break**

Step left then right, bo moves vertical position at left of body. Right hand opened at side.

**29. Chunbi**

**30. Walk off**