

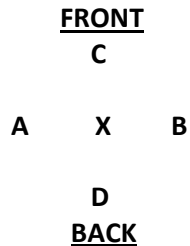
AMERICAN KANG DUK WON KARATE

TOURNAMENT 2010

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.



1. Chunbi (**X facing C**)
2. "Ready"
Hands move to sides (left side chambered with bo; right hand at side, palm to leg).
3. Clearing technique: in front of body: Bring right hand up and across the body at shoulder level. Grab the bo (right hand high, left hand remains low). Draw bo across the body from left to right (breathing with tension). Position the bo at the right side of body (w/ left hand now at right chamber, right hand at right shoulder).
4. 90° to A: Move into a LFS w/ a Left Downward Block vs. an attack to the left leg (left hand to left chamber, right hand forward on bo).
5. Step forward into a RFS, w/ R Mid-section Thrusting Strike (same hand position).
6. 180° to B: Move into a RFS w/ Right Downward Block vs. an attack to the right leg (right hand to left chamber, left hand forward on bo).
7. Step forward into a LFS, w/ L Mid-section Thrusting Strike (same hand position).

8. 90° to C: Move into a LFS w/ a Swinging Block; r to l, to an opponent's mid-level attack. (Hands will switch positions before moving to A by pulling bo back on the right side and positioning left hand at front of bo. Prepare for the swing as LFS to A is formed.)
9. Step forward into a RFS w/ a Right Circular Block (moving bo is a left-to-right arc, finishing shoulder level to right side.)
10. Step forward 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 to strike under an opponent's chin directly in front). Bo will be at your own chin level, right hand at right shoulder, left hand forward at approximately middle of the bo.
11. Step forward into a RFS w/ an Overhead Strike. (Left hand will pull the bo forward and move downward to L chamber, right hand leads strike to C.) **KIHAP!**
12. 270° to B: Move into a LFS w/ a Mid-level Slashing Strike to an opponent's ribs. (*This strike should be completed with a power turn and driving strike **so that the bo can be heard** during the application of the technique.) Hands will remain in the position as in #11.
13. Step forward into a RFS w/ a Triple Side-to-Side Strike: L-R-L, at hip level). (Left hand will push bo to right side, w/ right hand chambered; then right hand pushes bo to left side, w/ left hand chambered; finish with left hand pushing bo to right side, w/ right hand chambered.)
14. Keep bo at hip level and execute a Left Center Kick, stepping into a LFS. Finish w/a right Overhead Strike at completion of LCK (no foot movement; left hand at chamber, right hand leads strike to B).
15. 180° to A: Pivot on left foot forming RFS w/ a Mid-level Slashing Strike to an opponent's ribs. (*This strike should be completed with a power turn and driving strike **so that the bo can be heard** during the application of the technique.) Hands switch positions during the turn.
16. Step forward into a LFS w/ a Triple Side-to-Side Strike (R-L-R at hip level). (Right hand will push bo to left side, w/ left hand chambered; then left hand pushes bo to right side, w/right hand chambered; finish with right hand pushing bo to left side, w/ left hand chambered.)
17. Keep bo at hip level and execute a Right Center Kick, stepping into a RFS. Finish w/a left Overhead Strike at completion of the RCK (no foot movement; right hand at chamber, left hand leads strike to A).
18. 90° Pivot to D: Slide the left foot to D and form a LBS w/ a Pushing Block (left hand low just above left knee, right hand slightly higher than shoulder level). Push the technique forward as the LBS is established.
19. Step forward into a RFS w/an Overhead Strike-Chin Strike-Overhead Strike (R-L-R).
20. Step forward into a LFS w/an Overhead Strike-Chin Strike-Overhead Strike (L-R-L).
21. Step forward into a RFS w/an Overhead Strike. (Hands will switch: right hand leads strike to D, left hand at chamber.) **KIHAP!**

22. **270° to A**: Left Downward Block vs. an attack to the left leg (left hand to left chamber, right hand forward on bo).

23. Step forward into a RFS, w/ R Mid-section Thrusting Strike (same hand position).

24. **180° to B**: Right Downward Block vs. an attack to the right leg (right hand to left chamber, left hand forward on bo).

25. Step forward into a LFS, w/ L Mid-section Thrusting Strike (no hand movement).

26. **90° to C**: Draw left leg back to form a left cat stance facing C (front). The bo is pull back over the right shoulder in preparation for a Crushing Strike (left elbow point forward; left hand at chest, right hand back at shoulder level.) Hold position for a count. Step to C into a LFS w/ an Overhead Crushing Strike to the side of opponent's neck. (Strike so that the bo can be heard.)

27. Step back to a standing stance, pull bo to the right side (still facing C).

28. Pull the bo forward and downward with right hand, while rotating the left hand upward to the left shoulder and continuing rotation until the left hand is at chamber and bo is beneath the left arm. Release right hand and place at right side (palm in, as at start of form).

29. Step forward to blocks (left foot, then right).

30. Power Break.

KIHAP!

31. Chunbi. (X facing C) Bow.

End of form.

Walk off.