

Chapter 19: Tang Soo Do Forms Sequence and Breakdowns

Gie Cho Hyung IL Bo:

<u>#</u>	<u>Turn</u>	<u>Deg^o</u>	<u>Rt Or Lt</u>	<u>Stance</u>	<u>Technique</u>
1.	North			Ready	
2.	West	90		Front	Left Low Block
3.	West			Front	Right Middle Punch
4.	East	180		Front	Right Low Block
5.	East			Front	Left Middle Punch
6.	North	90		Front	Left Low Block
7.	North			Front	Right Middle Punch
8.	North			Front	Left Middle Punch
9.	North			Front	Right Middle Punch and "SHOUT"
10.	East	270		Front	Left Low Block
11.	East			Front	Right Middle Punch
12.	West	180		Front	Right Low Block
13.	West			Front	Left Middle Punch
14.	South	90		Front	Left Low Block
15.	South			Front	Right Middle Punch
16.	South			Front	Left Middle Punch
17.	South			Front	Right Middle Punch and "SHOUT"
18.	West	270		Front	Left Low Block
19.	West			Front	Right Middle Punch
20.	East	180		Front	Right Low Block
21.	East			Front	Left Middle Punch
22.	North	90		Ready	

Gie Cho Hyung EE Bo:

<u>#</u>	<u>Turn</u>	<u>Deg^o</u>	<u>Rt Or Lt</u>	<u>Stance</u>	<u>Technique</u>
1.	North			Ready	
2.	West	90		Front	Left Low Block
3.	West			Front	Right High Punch
4.	East	180		Front	Right Low Block
5.	East			Front	Left High Punch
6.	North	90		Front	Left Low Block
7.	North			Front	Right High Block
8.	North			Front	Left High Block
9.	North			Front	Right High Block and "SHOUT"
10.	East	270		Front	Left Low Block
11.	East			Front	Right High Punch
12.	West	180		Front	Right Low Block
13.	West			Front	Left High Punch
14.	South	90		Front	Left Low Block
15.	South			Front	Right High Block
16.	South			Front	Left High Block
17.	South			Front	Right High Block and "SHOUT"
18.	West	270		Front	Left Low Block
19.	West			Front	Right High Punch
20.	East	180		Front	Right Low Block
21.	East			Front	Left High Punch
22.	North	90		Ready	

Gie Cho Hyung Sam Bo:

<u>#</u>	<u>Turn</u>	<u>Deg^o</u>	<u>Rt Or Lt</u>	<u>Stance</u>	<u>Technique</u>
1.	North			Ready	
2.	West	90		Fighting	Left Middle Knife Block
3.	West			Front	Right Middle Punch
4.	East	180		Fighting	Right Middle Knife Block
5.	East			Front	Left Middle Punch
6.	North	90		Front	Left Low Block
7.	North			Horse	Middle Punch
8.	North			Horse	Middle Punch
9.	North			Horse	Middle Punch and " SHOUT "
10.	East	270		Fighting	Left Middle Knife Block
11.	East			Front	Right Middle Punch
12.	West	180		Front	Right Middle Knife Block
13.	West			Front	Left Middle Punch
14.	South	90		Front	Left Low Block
15.	South			Horse	Middle Punch
16.	South			Horse	Middle Punch
17.	South			Horse	Middle Punch and " SHOUT "
18.	West	270		Fighting	Left Middle Knife Block
19.	West			Front	Right Middle Punch
20.	East	180		Fighting	Right Middle Knife Block
21.	East			Front	Left Middle Punch
22.	North	90		Ready	

Pyung Ahn Cho Dan:

#	Turn	Deg ^o	Rt Or Lt	Stance	Technique
1.	North			Ready	
2.	West	90		Front	Left Low Block
3.	West			Front	Right Middle Punch
4.	East	180		Front	Right Low Block
5.	East			Fighting	Right Low Groin Block
	East			Fighting	Right Hammer Fist, with feet Together
	East			Front	Left Middle Punch
6.	North	90		Front	Left Low Block, then Reload Hands for Left I/O Block
7.	North			Front	Right High Block
8.	North			Front	Left High Block
9.	North			Front	Right High Block and “ Shout ”
10.	East	270		Front	Left Low Block
11.	East			Front	Right Middle Punch
12.	West	180		Front	Right Low Block
13.	West			Front	Left Middle Punch
14.	South	90		Front	Left Low Block
15.	South			Front	Right Middle Punch
16.	South			Front	Left Middle Punch
17.	South			Front	Right Middle Punch and “ Shout ”
18.	West	270		Fighting	Left Low Knife Hand Block
19.	N.W.	45		Fighting	Right Low Knife Hand Block
20.	East	135		Fighting	Right Low Knife Hand Block
21.	N. E.	45		Fighting	Left Low Knife Hand Block
22.	North	90		Ready	

Pyung Ahn EE Dan:

#	Turn	Deg ^o	Rt Or Lt	Stance	Technique
1.	North			Ready	
2.	West	90	Left	Fighting	Right High Block & Left I/O Backfist
3.	West		Left	Fighting	Right Uppercut to the Chin Left Hand Pull Opponent In
4.	West		Left	Horse	Left Side Punch
5.	East	180	Right	Fighting	Left High Block & Right I/O Backfist'
6.	East		Right	Fighting	Left Uppercut To The Chin Right Hand Pull Opponent In
7.	West		Right	Horse	Right Side Punch
8.	South	90	Left	Horse	Right Side Kick & Right Middle Punch Left Foot at 5 O'clock, Foot to Knee height and Side Kick, "Shout"
9.	North	180		Fighting	Left Middle Knife Hand
10.	North			Fighting	Right Middle Knife Hand
11.	North			Fighting	Left Middle Knife Hand
12.	North			Front	Right Spear Hand, "Shout"
13.	East	270		Fighting	Left Middle Knife Hand Block
14.	S. E.	45		Fighting	Right Middle Knife Hand Block
15.	West	135		Fighting	Right Middle Knife hand Block
16.	S. W.	45		Fighting	Left Middle Knife Hand Block
17.	South	45	Left	Front	Reverse I/O Block with right hand
18.	South		Left	Front	Right Front Snap Kick Left Middle Punch Left I/O Block
19.	South		Right	Front	Left Front Snap Kick
			Left		Reverse Middle Punch with right hand
20.	South		Right	Front	Right 2 Fisted Block and "Shout"
21.	West	270		Front	Left Low Block Left I/O Block
22.	N. W.	45		Front	Right High Block
23.	East	135		Front	Right Low Block Right I/O Block
24.	N. E.	45		Front	Left High Block and "Shout"
25.	North	45		Ready	

Pyung Ahn Sam Dan:

#	Turn	Deg ⁰	Rt Or Lt	Stance	Technique
1.	North			Ready	
2.	West	90	Left	Fighting	Left I/O Block
3.	West			Attention	Simultaneous Left low block & Right I/O Block
4.				Attention	Simultaneous Right low block & Left I/O Block
5.	East	180	Right	Fighting	Right I/O Block
6.	East			Attention	Simultaneous Left low block & Right I/O Block
7.	East			Attention	Simultaneous Right low block & Left I/O Block
8.	North	90	Right	Front	2 Hand Middle Block
9.	North			Front	Right Spear hand, " Shout ", turning 270 ⁰ in line
10.	North		Left	Horse	Left hammer fist
11.	North		Right	Front	Middle Punch
12.	South	180		Attention	Fists on Hips
13.	South	90	Right	Horse	Right I/O Kick and stomp foot
14.				Horse	Right Elbow Block
15.				Horse	Hammer Punch with Right hand
16.	South	90	Left	Horse	Left I/O Kick and stomp foot
17.				Horse	Right Elbow Block
18.				Horse	Hammer Punch with Left hand
19.	South	90	Right	Horse	Right I/O Kick and stomp foot
20.				Horse	Left Elbow Block
21.				Horse	Hammer Punch with Left hand (left extended)
22.	South		Left	Front	Left Middle Punch
23.	South			Horse	Step Slowly in Horse stance
24.	North	180		Horse	Right hand Punch over Left Shoulder
25.	North			Horse	Jump to right Left hand punch over right shoulder, " Shout "
26.	North			Ready	

Pyung Ahn Sah Dahn:

#	Turn	Deg ^o	Rt Or Lt	Stance	Technique
1.	North			Ready	
2.	West	90	Left	Fighting	Right Open High Block & Left I/O Block
3.	East	180	Right	Fighting	Left Open High Block & Right I/O Block
4.	North	90	Left	Front	2 Hand Low X Block
5.	North		Right	Fighting	2 Hand Middle Block
6.	West	90		Attention	Right Side Double Load Position
7.	West			Kick	Left Side Kick with Left Punch
8.	West			Front	Right Elbow Strike to Left Open Hand
9.	East			Attention	Left Side Double Load Position
10.	West			Kick	Right Side with Right Punch
11.	West			Front	Left Elbow Strike to Right Open Hand
12.	North	90		Front	Left Open High Block and Right Horizontal Soo Do
13.	North			Front	Right Front Snap Kick, then jump forward
14.	North			Cross Leg	Right Middle Back Fist and “Shout” , then Cross hands
15.	S. E.	225	Right	Front	Front Label Grab
16.	S. E.			Front	Twist Right Fist and Right Front Snap Kick
17.	S. E.				Right Middle Punch, Reverse left Middle Punch
18.	S. W.	90	Left	Front	Cross Hands then Front Label Grab
19.	S. W.			Front	Twist Left Fist and Left Front Snap Kick
20.	S. W.				Left Middle Punch, Reverse Right Middle Punch
21.	South	45	Left	Fighting	Left 2 hand Middle Block
22.	South		Right	Fighting	Right 2 hand Middle Block
23.	South		Left	Fighting	Left 2 hand Middle Block
24.	South			Front	2 hand Open Hand to Hold Shoulders
25.	South		Right	Front	Pull Shoulders down and Right Knee Strike and “Shout”
26.	N. W.	225	Left	Fighting	Left Middle Knife Hand block
27.	N. E.	90	Right	Fighting	Right Middle Knife Hand block
28.	North			Ready	

Pyung Ahn O Dahn:

#	Turn	Deg ⁰	Rt Or Lt	Stance	Technique
1.	North			Ready	
2.	West	90	Left	Fighting	Left I/O Block
3.	West			Fighting	Reverse Right Middle half Punch to Side
4.	North	90		Attention	Right Side Double Ready Hand Position
5.	East	90	Right	Fighting	Right I/O Block
6.	East			Fighting	Reverse Left Middle half Punch to Side
7.	North	90		Attention	Left Side Double Ready Hand Position
8.	North			Front	2 hand Middle Block
9.	North			Front	2 hand Low X Block
10.	North			Front	2 hand High X Block
11.	North	90		Attention	Right Fist and Left Horizontal Block Stance
12.	North			Front	Left Middle Horizontal Knife Hand
13.	North			Front	Right Middle Punch and "Shout"
14.	South	180		Horse	Right O/I Block Kick
15.	South		Left	Horse	Right low Side Block
16.	East			Horse	Left Back Open Hand Strike
17.	West	180	Right	Horse	Right Foot O/I Block Strike to Open hand
18.	West			Horse	Stomp Right Foot and Right Elbow Strike
19.	North	90		Cross	2 Hand Right Middle Block
20.	South	180		Fighting	Look South Straighten Right Arm, " Shout "
21.	East	90		Cross	Leg Up, Jump over Object
22.	East	90		Cross	Land in crouched X Block
23.	South	90	Right	Front	2 Hand Right Middle Block
24.	North	180	Left	Front	Reverse Right hand Low Spear Hand
25.	North		Left	Fighting	Right hand 90 ⁰ Block, Left Low Side Block
26.	North		Left	Attention	Right hand 90 ⁰ Block, Left Low Side Block
27.	West	180	Right	Cross	Two hand I/O Blocks to each side
28.	North	90	Right	Front	Reverse Left hand Low Spear Hand
29.	West	90	Right	Fighting	Right hand 90 ⁰ Block, Left Low Side Block
30.	North	90		Ready	

Bassai So (Not Required):

#	Turn	Deg ^o	Rt Or Lt	Stance	Technique
1.	North			Ready	
2.	North			Ready	
3.	North			Attention	Bassai So Chun Bee, Twist West for a 7 count
4.	North			Cross	Right I/O Block supported at wrist with right hand
5.	South	180	Left	Fighting	Left Middle Soo Do and Right Soo Do High Block
6.	West	270	Left	Attention	Right Low Block
7.	West		Left	Fighting	Left Middle Soo Do and Right Soo Do High Block
8.	West			Attention	Load Both Hands
9.	West			Horse	Right low Punch and Right Foot Strike to Knee
10.	North	90		Horse	Left Slow Left Low Block
11.	North			Horse	Right Middle Punch then Left Middle Punch
12.	West			Fighting	Left Low Block and Right Level I/O Back Block
13.	East			Fighting	Right Low Block and left Level I/O Back Block
14.	North	90	Right	Fighting	Right Middle Knife Hand
15.	North		Left	Fighting	Left Middle Knife Hand
16.	North		Right	Fighting	Right Middle Knife Hand
17.	North			Fighting	Return Left Middle Knife
18.	N. W.	45		Front	Right I/O Block
19.	N. W.			Front	Hands High Push (Triangle)
20.	West	45		Horse	Right Turning Side Kick
21.	South	135		Fighting	2 Arm I/O Block
22.	South			Fighting	2 hand Double Kidney Strike
23.	South			Front	Right Punch
24.	West	90		Horse	Left Back Fist
25.	North	90		Front	Right Punch
26.	East	90		Attention	2 Hand Sword/Knife Capture
27.	East	180		Horse	Left hand Grab & Strike
28.	West	180		Horse	Right Hand Grab & Strike
29.	East	180		Horse	Left Hand Grab & Strike
30.	S. W.	45		Fighting	Left Middle Knife Hand Block
31.	N. E.	180		Fighting	Right Middle Knife Hand Block and "Shout"
32.	North			Attention	Bassai So Chun Bee
33.	North			Ready	

Passai Dai:

#	Turn	Deg ^o	Rt Or Lt	Stance	Technique
1.	North			Ready	
2.	North			Attention	Bassai Dae Chun Bee, Twist West for a 7 count
3.	North			Cross	Right I/O Block supported at wrist with right hand
4.	South	180	Left	Fighting	Left I/O Block and Right I/O Block
5.	North	180	Left	Front	Left O/I Block and Right I/O Block
6.	North			Kicking	Raise Right foot to Knee and execute Right low Block
7.	East	90	Right	Front	O/I Block with Right Hand
8.	East			Front	Reverse I/OI Block with Left Hand
9.	North	90		Horse	Right Side Double Hand Block
10.	North			Horse	Left Hand Horizontal Left Knife Block
11.	North			Horse	Right Hand Middle Punch
12.	West	90	Left	Front	Left I/O Block Locking North
13.	North			Horse	Right Hand Middle Punch
14.	East	90	Left	Front	Right I/O Block Looking North
15.	North		Right	Fighting	Right Middle Knife Hand
16.	North		Left	Fighting	Left Middle Knife Hand
17.	North		Right	Fighting	Right Middle Knife Hand
18.	North		Left	Fighting	Step Backwards and execute Left Middle Knife Hand
19.	North		Right	Cross	Double High Hand Block with palms out
20.	North			Kicking	Hands to left waist and Left Side Snap Kick - "Shout"
21.	South	180	Left	Fighting	Left Middle Knife Hand Block
22.	South		Right	Fighting	Right Middle Knife Hand Block
23.	South			Attention	Hands in Chun Bee Stance
24.	South			Attention	Two Hand High Block
25.	South			Attention	Pull Fists Apart to prepare for Double Rib Strike
26.	South		Right	Front	Double O/I attack to Ribs
27.	South		Right	Front	Jump and execute right middle punch
28.	North	180	Left	Front	Right Low Spear Hand & Right Hand Shoulder Punch
29.	North		Left	Fighting	Right I/O Shoulder block and Left low Block
30.	North		Left	Attention	Right I/O Shoulder block and Left low Block
31.	North			Kicking	O/I Blocking Kick
32.	North		Left	Cross	Right Hand High and Left Low
33.	North		Right	Horse	Right Hand Low Side Block
34.	South	180	Left	Horse	Extend Left hand

Passai (continued):

<u>#</u>	<u>Turn</u>	<u>Deg</u> ⁰	<u>Rt Or Lt</u>	<u>Stance</u>	<u>Technique</u>
35.	South			Kicking	Right I/O Blocking Kick to Open Hand
36.	East	90	Right	Horse	Right Elbow Strike
37.	East			Horse	Right Low Block
38.	East			Horse	Left Low Block
39.	East			Horse	Right Low Block
40.	South	90	Right	Front	Double Left Waist Block
41.	South			Front	Left High Punch & Right Middle Punch
42.	South			Attention	Double Fist Block to Right Hip
43.	South			Kicking	Left O/I Blocking Kick
44.	South			Front	Right High Punch & Left Middle Punch
45.	South			Attention	Double Fist Block to Left Hip
46.	South			Kicking	Right O/I Blocking Kick
47.	South			Front	Left High Punch & Right Middle Punch
48.	West	270		Front	Facing North with Right Low Back Fist
49.	East	180		Front	Facing North with Left Low Back Fist
50.	North	90	Right	Fighting	Right Middle knife Hand Block
51.	East	90	Right	Fighting	Right Middle knife Hand Block
52.	North	90	Left	Fighting	Left Middle knife Hand Block
53.	North			Attention	Bassai Dae Chun Bee
54.	North			Ready	

Naihanchi Cho Dan:

#	Turn	Deg ⁰	FACE	Stance	Technique
1.	North			Ready	
2.	North			Attention	Naihanchi Cho Dan Chun Bee
3.	North			Cross	Stomp and Double Spear Hnad
4.	North			Horse	Face East with Right Open hand Back Fist
5.	North			Horse	Left Elbow Strike to right Hand
6.	North			Horse	Double Hand Block at Right Waist
7.	North			Horse	Left Low Side Block
8.	North			Horse	Right Crossing Punch
9.	North			Horse	Right I/O Block
10.	North			Horse	Left Low Punch
11.	North			Horse	Left Horizontal Shoulder Block / Right low Side Block
12.	North			Horse	Right I/O Block with right fist under left elbow
13.	North			Horse	Right I/O Block to the Left
14.	North			Horse	Right O/I Block to right
15.	North			Horse	Double Hand Block at Right Waist
16.	North			Horse	Left Back Fist and Right Middle block – “Shout”
17.	North			Horse	Right Elbow Strike to Left Hand
18.	North			Horse	Double Hand Block at Left Waist
19.	North			Horse	Right Low Side Block
20.	North			Horse	Left Crossing Punch
21.	North			Horse	Left I/O Block
22.	North			Horse	Right Low Punch
23.	North			Horse	Right Horizontal Shoulder Block / Left low Side Block
24.	North			Horse	Right I/O Block with Left fist under Right elbow
25.	North			Horse	Left I/O Block to the Right side
26.	North			Horse	Left O/I Block to left
27.	North			Horse	Double Hand Block at Left Waist
28.	North			Horse	Right Back Fist and & Left Middle block – “Shout”
29.	North			Attention	Naihanchi Cho Dan Chun Bee
30.	North			Ready	

Chil Sung IL Ro: (IN WORK)

#	Turn	Deg ^o	Rt Or Lt	Stance	Technique
1.	North			Ready	
2.	West	90	Left	Front	Left Low Block

Chil Sung EE Ro:

#	Turn	Deg ⁰	Rt Or Lt	Stance	Technique
1.	North			Ready	
2.	West	90	Left	Front	Left Low Block
3.	West.		Left	Front	Right Reverse High Soo Do Strike
4.	West			Knee	Grab Head and Right Knee Attack
5.	West			Knee	Left Spear Hand
6.	West		Right	Front	Right Center Punch
7.	West			Front	Left Reverse Punch
8.	East	180	Right	Front	Right Low Block
9.	East		Right	Front	Left Reverse High Knife
10.	East			Knee	Grab Head And Left Knee Attack
11.	West		Left	Knee	Right Spear Hand
12.	West		Left	Front	Left Center Punch
13.	West			Front	Right Reverse Punch
14.	North	90	Left	Front	Left 2 Fisted Block
15.	North		Right	Horse	Center Punch
16.	North		Left	Horse	Center Punch
17.	North		Right	Horse	Center Punches and "Shout"
18.	East	270	Left	Fighting	Left Middle Knife Hand Block
19.	East		Right	Front	Right Middle Punch
20.	West	180	Right	Fighting	Right Middle Knife Hand Block
21.	West		Left	Front	Left Middle Punch
22.	S.W.	45	Left	Horse	Cross Hands & Turn and 2 Hand Slow Push
23.	South		Right	Front	Pull In Hands To Ribs & Middle Right Front Kick
24.	S.E	45	Right	Horse	Cross Hands & Turn and 2 Hand Slow Push
25.	South		Left	Front	Pull In Hands To Ribs & Middle Left Front Kick
26.	S.W.	45	Left	Horse	Cross Hands & Turn and 2 Hand Slow Push
27.	South		Right	Front	Pull In Hands To Ribs & Middle Right Front Kick
28.	South		Right	Front	Right Middle Punch and "Shout"
29.	West	270	Left	Fighting	Left Low Block
30.	West			Front	Right High Punch
31.	East	180		Fighting	180 ⁰ Bs Right Low Block
32.	East			Front	Left High Punch
33.	North			Ready	

White Belt Bo Staff Form:

#	Turn	Deg ^o	Rt Or Lt	Stance	Technique
1.	North			Ready	
2.	West	90		Front	Helicopter Left Low Block
3.	West			Front	Right Middle Strike
4.	East	180		Front	Helicopter Right Low Block
5.	East			Front	Left Middle Strike
6.	North	90		Front	Helicopter Left Low Block
7.	North			Front	Right Middle Strike
8.	North			Front	Left Middle Strike
9.	North			Front	Right Middle Strike and "SHOUT"
10.	East	270		Front	Helicopter Left Low Block
11.	East			Front	Right High Strike
12.	West	180		Front	Helicopter Right Low Block
13.	West			Front	Left <u>High</u> Strike
14.	South	90		Front	Helicopter Left Low Block
15.	South			Front	Right High Block
16.	South			Front	Left High Block
17.	South			Front	Right High Block and "SHOUT"
18.	West	270		Front	Helicopter Left Low Block
19.	West			Front	Right <u>High</u> Strike
20.	East	180		Front	Helicopter Right Low Block
21.	East			Front	Left <u>High</u> Strike
22.	North	90		Ready	

Green Belt Bo Staff Form:

#	Turn	Deg ^o	Rt Or Lt	Stance	Technique
1.	North			Ready	
2.	North		Left	Front	Step Back Into Left Low Block, Right side Attack
3.	North		Left	Front	2 hand Low Block
4.	North		Left	Front	2 hand High Block
5.	North			Kicking	Right Turning Sidekick
6.	North		Left	Horse	Left Middle Block (behind the back)
7.	North		Right	Front	Swing 360 ^o Staff with Right Hand
8.	North		Left	Front	Left Push Attack
9.	North		Right	Front	Right Side Attack & Reverse Attack to Left Side - SHOUT
10.	East	270	Left	Front	Left Low Block
11.	East		Right	Front	Right Attack then Reverse to Attackers Left Shoulder
12.	East		Left	Back	Left Leaning Block
13.	East		Left	Back	Bottom of Bo Staff to Uppercut
14.	East		Right	Front	Right Attack then Reverse to Attackers Left Shoulder
15.	West	180	Right	Front	Right Low Block
16.	West		Left	Front	Left Attack then Reverse to Attackers Right Shoulder
17.	West		Right	Back	Right Leaning Block
18.	West		Right	Back	Bottom of Bo Staff to Uppercut
19.	West		Left	Front	Left Attack then Reverse to Attackers Right Shoulder
20.	South			Ready	Left Low Block
21.	South		Right	Front	Step Back Into Right Low Block, Left side Attack
22.	South		Right	Front	2 hand Low Block
23.	South		Right	Front	2 hand High Block
24.	South			Kicking	Left Turning Sidekick
25.	South		Right	Horse	Right Middle Block (behind the back)
26.	South		Left	Front	Swing 360 ^o Staff with Left Hand
27.	South		Right	Front	Right Push Attack
28.	South		Left	Front	Left Side Attack and Reverse Attack to Right Side - SHOUT
29.	West	270	Left	Front	Left Low Block
30.	West		Right	Front	Strike to Attackers Left Shoulder
31.	West		Right	Front	Right Attack then Reverse to Attackers Left Shoulder
32.	West		Left	Back	Left Leaning Block
33.	West		Left	Back	Bottom of Bo Staff to Uppercut
34.	West		Right	Front	Right Attack then Reverse to Attackers Left Shoulder
35.	East	180	Right	Front	Right Low Block
36.	East		Left	Front	Left Attack then Reverse to Attackers Right Shoulder
37.	East		Right	Back	Right Leaning Block
38.	East		Right	Back	Bottom of Bo Staff to Uppercut
39.	East		Left	Front	Left Attack then Reverse to Attackers Right Shoulder
40.	North			Ready	

Red Belt Bo Staff Form:

#	<u>Turn</u>	<u>Deg</u> ⁰	<u>Rt Or Lt</u>	<u>Stance</u>	<u>Technique</u>
1.	North			Ready	