

Wushu Staff Form 1

1. Attention Stance, Staff held in right hand, butt on floor, taped end pointing up.
2. Lift staff up into air 1' off ground, Left hand grab staff above right, thumbs of each hand face opposite directions.
3. Step out with right foot into right twisted stance, point staff left and turn head to face left.
4. Pivot into left forward stance and stab out to left with staff with taped end.
5. Pivot back to right into forward stance and stab right with butt end.
6. Pivot to riding stance facing forward, low horizontal block with staff.
7. Pivot to face right, Right leg step back, left leg step forward into left front stance facing right, high horizontal block with staff.
8. Pivot to face back into parallel stance with high horizontal block.
9. Turn staff into vertical position with left hand on top (tapped end of staff up).
10. Turn staff parallel to the ground above your head with left hand toward your back.
11. Right leg step right into front stance facing right side, Turn staff 180 degrees counter-clockwise ending with tapped end in front of you and still over your head, continue turning counter-clockwise bringing the tapped end and your left hand under your right arm pit, right arm extended in front of you.
12. Bring right foot back into an attention stance facing back, point the butt of the staff toward the ground with your left hand still under your armpit.
13. Turn the staff clockwise ending with the butt at 12:00, continue clockwise ending with tapped end at 12:00, this should end with taped end point up.
14. Slide both hands to butt of the staff, continue clockwise motion with staff ending behind your back with taped end pointing downward.

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15. Step out with left leg into a low back stance, body facing the front, slamming the tapped end of the staff to the ground.
16. Move to left forward stance and stab left with staff.
17. Shift into right twisted stance, U-Block with staff to the left.
18. Come to attention stance facing front bringing staff over your head ending with butt of staff on the ground on your right side.
19. Bow