

1 Spear

Start at attention with spear in left hand right 2 fingers up

Pick up spear in right hand / right foot steps forward to 12:00 three poke / raise / hits to 12:00

Left foot steps up even with the right to 12:00 / extend spear out to 12:00 (solar plex level) raise spear up / step back with the left foot to 6:00 as you strike down to 12:00

Right foot steps to 1:30 poke/raise/hit

Circle CW overhead to 4:30 / circle CCW back 10:30 / right crane stance / set in and poke to 10:30 / right foot steps behind left to 4:30 as you sweep with spear / circle CW to 4:30 and then CCW back to 10:30 / right crane stance / set in to 10:30 / poke / raise / hit to 10:30

CCW circle as right foot adjusts as you drop spear to 12:00 / poke/ raise / hit to 12:00

Circle spear CW overhead to 1:30 / circle CW to 7:30 / right crane stance / right foot sets in to 7:30 poke / raise / hit

Big CCW circle and drop to 6:00 as left foot adjusts / poke / raise / hit to 6:00 circle spear CW overhead to 10:30 / circle CCW to 4:30

Right crane stance to 4:30 / set foot in to 4:30 and poke / raise / hit to 4:30 / second full hit small CW circle / large CW circle / right crane stance to 4:30 / set in to 4:30 poke/ raise / hit to 4:30

Right foot steps into 3:00 / poke / raise / hit to 3:00 / second poke to 3:00 / right foot steps back to attention three spins / on the fourth spin step right foot to 6:00 / sweep low to 6:00 CW ankle level

Circle CCW overhead to 12:00 as you turn to face 12:00

Three steps and two spins to 12:00) strike straight down overhead to 12:00 on the last step/ spin)

Right foot steps in to 12:00 poke/ raise / hit to 12:00

Right foot back to attention

Close

** always slide spear through hands on poke; back to original position on raise

** lock the left arm on all hits

** right foots steps on pokes and back to original position on hits