

## # 3 Staff

Begin with the staff on floor – lift with foot – catch raise with both hands above head  
Drop into hollow of arms – step with right foot turn staff straight 12:00 to 6:00  
Left steps turn staff straight 9:00 to 3:00 – two steps back pop up with hollow – catch  
with arms locked – drop straight down right elbow – left elbow  
Right foot steps over and behind left drop staff to head  
Circle level over head until to right hand is at 12:00 drop on left side – spin CCW  
Right foot steps up to left at attention / left foot steps back drop staff to head – circle to  
strike under chin / left foot steps over and behind right drop staff to head  
Circle level over head until left hand is at 12:00 drop on the right side – spin CW  
Step up to attention with the left foot circle staff on the right side when spin on left side  
step right foot back to 4:30 / lean away to 4:30 raise staff over head to block staff should  
be in line with body/ rest staff on the back of neck as you turn to face 12:00 in a hard bow  
stance  
Four swings with the staff on the fourth spin 360\* CCW ending up back at 4:30 with the  
right foot  
Catch the staff in the left hand  
Step up to attention with the right foot turn staff on the right side  
When the right-hand is pointing to the ground step to 7:30 with the left foot  
Lean away to 7:30 raise staff over head to block staff should be in line with the body  
Rest staff on the back of neck as you turn to face 12:00 in a hard bow stance  
Four swings with the staff on the fourth spin 360\* CW ending up back at 7:30 with the  
left foot  
Catch the staff in the right hand/ one full circle on the left side of the body – sweep in  
front of body / plant staff down to 12:00 right side thrust to 12:00  
Set forward drop staff to head  
Step with the left foot behind the right strike under chin lifting staff behind your head  
poke  
Turn to face 6:00 sweeping with the staff over the head and planting the end to 6:00 / left  
side thrust to 6:00 / set forward drop staff to head  
Step with the right foot behind the left strike under chin lifting staff behind your head  
poke turn CW to face 12:00 lifting staff over the head and bringing it down waist level  
parallel with the ground  
Step in with the right foot to 12:00 strike under chin with staff continue motion as you  
turn to face 6:00 drop staff to head  
Step up with the right as you circle staff on the left side one full rotation  
Drop staff waist level as you step back with your left foot to 12:00  
Step in with the left foot to 6:00 strike under the chin with staff continue motion as you  
turn to face 12:00 drop staff to head / two butterfly kicks to 12:00 continuous  
Turn to 6:00 drop staff to head  
Two butterfly kicks to 6:00 on both kick land in a horse facing 9:00  
Poke to 6:00 pull in as you front snap to 6:00 with the right foot set back to 12:00 in a  
horse staff is positioned in front of you waist level parallel to the ground you are still  
facing 9:00

Poke to 12:00 pull in as you front snap to 12:00 with the left foot set back to 6:00 in a horse staff is positioned in front of you waist level parallel to the ground  
Protect leg as you step with the left foot up to 12:00 in a square horse  
Swing staff to the left side; right side; left side  
Bring back in front of the body waist level  
Block right leg – block left leg – step back with right and block right leg  
Right foot steps back up into a square horse facing 12:00  
Block left leg – block right leg – step back with left as you block left leg  
Turn to face 3:00 right foot pulls to a cat spin on right side  
Spin on left side chicken lick to 3:00 / spin on right side / turn to face 9:00 left foot pulls to a cat right elbow as you come to attention / left elbow  
Raise staff above head / drop into hollow of arms  
Formal Close / Pop up with hollow of arms spin on right side