

1 Staff (Darkroom)

Start at attention

Section 1

Hold staff in between thumb and first finger straight up on your right side

Flip staff CW catching the end with your left hand step in with right foot strike CCW to 12:00 head level

Section 2

Right hand turns over block CW to 12:00 head level

Turn left hand over and slide up to your right hand/right hand slides to the end

Left foot steps to 12:00 strike with staff CW head level

Section 3

Left hand turns over / block CCW to 9:00 as your left slides over to 9:00 in an open stance

Right hand turns over/ right hand slides up to the left hand/ left hand slides to the end of the staff/ strike CCW to 9:00 head level

Section 4

Right hand turns over / slide staff back to put both hands in the center/spin staff CW lean away / the end that is down follows you back as you lean / continue to spin half a turn stop the staff by sliding left hand forward / turn right hand over strike to 9:00 as you come out of the lean

Section 5

Right hand turns over / left foot pulls to right at attention as you slide the staff back to put both hands in the center / spin on left side / right side / left side / half a turn on right side stopping the staff by sliding the left hand forward / left steps in an open stance to 6:00/ right hand turns over / strike to 6:00

Section 6

Right hand turns over/ spin half a turn forward on your left side as you step forward to 6:00 in an open stance with your right foot

Continue to spin down and on the right side a half turn / stopping the staff by sliding your left hand forward / as you step forward with your left foot to 6:00

Right hand turns over/ strike to 6:00 head level as your right foot steps forward to 6:00

Section 7

Turn right hand over/ right foot steps back / as you spin half a turn on the left side stepping back with the left foot you continue the spin a half a turn on your right side stopping the staff by sliding the left hand down

Right hand turns over/ right foot steps forward to 3:00 / strike to 3:00

Section 8

Poke to 3:00/ right hand turns over / right foot steps back to 9:00 as you sweep left hand slides to right / right slides to end of staff/ poke at 3:00

Section 9

Left foot slides to 12:00 in an open stance / drop staff down to ankle level to 12:00 CCW circle head level to strike 12:00 / CCW circle hip level to catch

Section 10

Right pulls back. Right steps forward as you strike up/ right hand will slide up as you strike/ top of staff will be over left shoulder

Close

Right comes back to attention / set staff to right side holding with thumb and first finger / left hand chambers