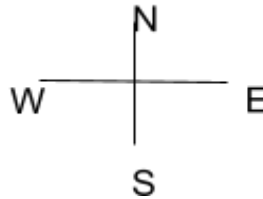




24-Set Single Stick Form/Drill
Last Modified: 10/21/23



Watch the stick set: <https://www.youtube.com/watch?v=8xbhOOyU4As>

Start facing N with your right foot forward, and stick in your right hand with an active left hand.

1. High strike (level 1) against their left side.
2. High strike (level 1) against their right side.
3. Middle strike (level 2) against their left side.
4. Middle strike (level 2) against their right side.
5. Thrust to the face (level 1). Reinforce with your left hand.
6. Overhead strike to the top of their head (level 1).
7. Low strike (level 3) against their left side.
8. Low strike (level 3) against their right side.
9. Thrust to the face (level 1). Reinforce with your left hand.
10. Overhead strike to the top of their head (level 1).
11. Turn facing W. Middle block with left edge of hand on stick to reinforce it.
12. Turn facing E. Middle block with left edge of hand on stick to reinforce it.
13. Turn facing N. Downward butt-end strike (level 1).
14. Turn facing E. Point down sweep block with left edge of hand on stick.
15. Turn facing W. Point down sweep block with left edge of hand on stick.
16. Turn facing N. Horizontal butt-end strike (level 1).
17. Still facing N. High umbrella block as you step to the right with your left palm heel on stick.
18. High strike against their left side (level 1).
19. Umbrella block.
20. Drop block low with the left palm heel resting on the stick.
21. Roof block.
22. Downward strike to top of their head (level 1).
23. Umbrella block with your body facing W, looking N.
24. Circle around head striking their right side (level 1).

Notes:

1. The 10-set is simply the first 10 movements listed here.
2. Level 1 – Anything above the neck. Level 2 – Neck to waist. Level 3 – Below the waist.
3. This set can be done on the left side using the opposite directions.
4. There is also additional stepping that can be done in conjunction with the techniques.