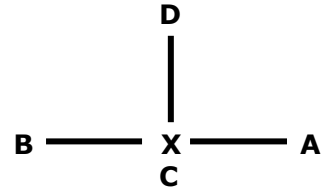


Papa-Son: 2RD DEGREE BLACK BELT BO FORM

NEW STRIKES: #1,2,3,4,5,6,7,8,9.

Figure 8, Overhead sweep, Lo sweep, Downward stab
straight arm strike, spin around, spin around head

NEW BLOCKS: High Block



READY STANCE: Closed Ready Stance (Bo on right) **BOW and KIHAP**

1. Left foot steps into parallel stance, Bo crosses belt right palm up left palm down. Left foot steps into right back stance, spinning Bo around left hand left #5 Strike to mid section
2. Right foot steps to D in right front stance, right hand figure 8 spin.
3. Left foot steps counter clockwise into left front stance left 360 spin behind back while stepping.
4. No step, right hand figure 8 spin, ending with bo under right arm.
5. Right foot steps to right front stance overhead swing into a leg sweep.
6. Right foot steps to D right cat stance facing C, downward back stab to D. **KIHAP.**
7. Left reverse hook kick landing in a middle stance facing A, right #3 strike to high section.
8. No step, right #4 strike to high section.
9. Right foot steps to C into right front stance, high block.
10. Left foot steps into middle stance facing C left #4 1 handed strike to A.
11. No step, spinning bo around neck into a right #3 1 handed strike to B.
12. Left #2 round kick to B landing in right back stance.
13. Left #3 jump side kick landing in right back stance.
14. No step, left #5 strike to mid section.
15. Left foot steps into left front stance right #1 strike.
16. No step, left #9 strike.
17. Right foot steps into right front stance facing A, right #7 strike.
18. No step, left #8 strike.
19. Left foot steps counter clockwise into left front stance while doing 2 360 helicopter spins overhead
20. No step, right #6 strike.
21. Left #1 front kick.
22. Without lowering leg right #3 jump front kick.
23. While landing in a left front stance facing B, spin bo over left hand 1.5 times stopping in a 45 degree low block.
24. Left foot steps into middle stance facing D, right #3 strike to high section.
25. No step, right #4 strike to high section.
26. No step, high block.

When told bah ro, lower high block and spin bo over left hand then switch to right hand and return to ready stance.