



## STAFF NOTES

IDEALLY THE STAFF LENGTH SHOULD BE CHIN HEIGHT  
UTILISE FULL RANGE OF STAFF MOTION

THE FOLLOWING NOTES ASSUME DOUBLE END & STRIKING WITH RIGHT END OF STAFF UOS:

DOWNWARD 8	(#1, #2)
UPWARD 8	(#11, #12)
HANGIN HIGH	(SINGLE END, HORZ WITH TIP UP, #3, #4)
HANGIN LOW	(SINGLE END, HORZ WITH TIP DOWN, #3, #4)
ADLAW – SUN LINE	(#1, #12)
BULAN– MOON LINE	(#11, #2)
HIGH, LOW, HIGH (FOREHAND)	(#1, #12 WITIK, #2)
HIGH, LOW, HIGH (BACKHAND)	(#2, #11 WITIK, #1)
MIX BOTH HIGH, LOW, HIGH DRILLS USING WITIK 3 <sup>RD</sup> STRIKE #1, #12 WITIK, #2 WITIK, #2, #11 WITIK, #1 WITIK ....ETC	
HOUR GLASS	(#1, #2, #11, #12)

DOWNWARD 8, UPWARD 8, ADLAW, BULAN

### TRIPLETS

- 1) #1, #2, #1, #12, #11, #12
- 2) #1, #2, #1, #12, #11, #12, #1, #12, #1, (ADLAW), #2, #11, #2 (BULAN)

### 5 COUNTS

DOWNWARD 8	(#1, #2, #1, #12 WITIK, #2)
UPWARD 8	(#11, #12, #11, #12 WITIK, #2)
ADLAW	(#1, #12, #1, #12 WITIK, #2)
BULAN	(#11, #2, #11, #12 WITIK, #2)
HIGH ABANICO	(INSIDE, OUTSIDE, INSIDE, #12 WITIK, #2)
LOW ABANICO	(INSIDE, OUTSIDE, INSIDE, #12 WITIK, #2)
ADLAW ABANICO	(HIGH IN, LOW OUT, HIGH IN, #12 WITIK, #2)
BULAN ABANICO	(LOW IN, HIGH OUT, LOW IN, #12 WITIK, #2)

ALSO REPEAT ALL 5 COUNTS ON OPPOSITE SIDE

\*\*\* MIX ALL DRILLS TOGETHER \*\*\*



CAN ALSO USE LEFT END OF STAFF IN DRILLS:

E.G. #1, #2, #1, L#12 WITIK, L#2

CAN ALSO USE RIGHT END THRUSTS:

E.G. #1, #2, #1, #5, #6

MIX ALL THREE ENDINGS IN 5 COUNTS I.E. NORMAL, LEFT END & R THRUST

- 1) IF BOTH PARTNERS MATCH WITH R THRUST THEN ONE CAN SLAP STAFF TO OUTSIDE (DOUBLE TAP) & STRIKE PARTNER'S HAND
- 2) COUNTER BY CIRCLING PARTNER'S STICK (PAGLIBUT) & SLIDING DOWN HIS STICK TO STRIKE HAND
- 3) COUNTER BY SLIDING LEFT HAND BACK TO LONG RANGE & STRIKE HAND
- 4) COUNTER BY SLIDING LEFT HAND BACK TO LONG RANGE, BOTH TIPS TO GROUND

DRILL ABOVE AS FOLLOWS:

DOWNWARD 8 THEN 5 COUNT, MIX NORMAL, LEFT END & RIGHT THRUST UNTIL BOTH MATCH WITH RIGHT THRUST, THEN 1 – 4 (PAGLIBUT) THEN HOUR GLASS, THEN BOTH STRIKE #1, THEN STALK IN CIRCLE & REPEAT

#### DISARM

#1, #2, #1, LOW THRUST, HIGH THRUST

ONE PARTNER SLAPS TO OUTSIDE, STRIKE HAND, STRIKE TO HEAD WITH LEFT END & HOOK PARTNER'S RIGHT HAND WITH LEFT END OF STAFF TO DISLODGE GRIP & STRIKE OTHER HAND WITH R END TO DISARM COMPLETELY

ALTERNATIVELY AFTER DISLODGING RIGHT HAND WITH STAFF, THEN STEP ON END OF STAFF TO DISARM AND THEN RIGHT END THRUST TO BODY.