



# **B.K.M.A.S**

## **Joong Bong (Medium Staff)**

### **Training Guide**

### **짧은 지팡이 훈련 지침**



## BKMAS Joong Bong (Medium Staff) – Training Guide

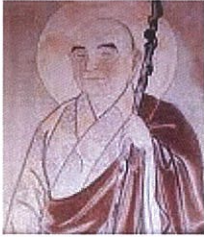


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## Joong Bong Origins



One of the oldest and most useful weapons in martial arts history is the stick. It came in all sizes, from over six feet long to less than one foot in length. In any length, sticks were powerful extensions of ancient martial artists' hands, and could be wielded by almost anyone.

In the Korean martial arts, there are three types of stick training - long, medium, and short - all having their roots in Buddhist martial arts. Perhaps the most versatile of the three are the joong bong (medium staff). Historically, medium staffs were first used to fend off wild animals and probably preceded the use of other types and lengths of staffs.

They were weapons that could be easily found and cleverly hidden in garments. Joong bongs were especially effective for in-close fighting where practitioners could suddenly pull out hidden short sticks and disable or kill their attackers with them.

## Joong Bong Length

The most common length of a tahn bong is twenty-four to twenty-eight inches, but ideally it should be the same length as the distance from the practitioner's arm pit to the tip of the middle finger.

This length of tahn bong is ideal for almost every type of both defensive and offensive tahn bong technique. This length permits application of easy traps and disarms while at the same time allowing the practitioner to maintain a safe distance from an attacker.

This length also provides for a larger blocking area thus enabling the practitioner to protect a larger portion of his body with each block, parry, or deflection. The added length further provides longer range strikes than shorter versions of the tahn bong, while at the same time permitting the practitioner to move to a closer range and apply disarms and immobilization techniques.

The Joong bong should be held approximately six inches from one end to allow the use of both ends of the weapon in striking blocking and locking techniques.



## Training Drill – “The Basics”

This exercise is performed with the joong bong being held in the right hand initially.

1. 45° right to left downward
2. 45° left to right downward (reverse)
3. Flat right to left
4. Flat left to right (reverse)
5. 45° right to left upward
6. 45° left to right (reverse)
7. Downward straight
8. Upward straight
9. Forward strike

*Note: “Basics” to be performed on both sides*

## Training Drill – “Blocking - 1”

This exercise is performed with the joong bong being held in both hands.

1. From Choon Be, Step out with right leg into horse riding stance, performing an upward block
2. Perform left side block (right hand on top)
3. Perform right side block (left hand on top)
4. Perform right 45° side block to the left
5. Perform left 45° side block to the right
6. Perform forward block (right hand on top)
7. Perform forward block (left hand on top)
8. Perform downward block
9. Step up with right leg, into Choon Be

## Defensive Technique - 1

Attacker steps forward performing a downward strike

Defender steps to the right performing a single hand high block with joong bong

Defender performs a 45° right to left downward strike to the attackers shoulder/neck

Defender performs a 45° left to right downward strike to the attackers shoulder/neck

Defender steps forward with the left leg performing a forward strike to the throat area





## Defensive Technique - 2

Attacker steps forward performing a downward strike  
Defender steps to the right performing a single hand high block to the attacker's wrist  
Defender rotates the short end of joong bong over the top of the attacker's wrist  
Defender reaches under their own wrist and grabs the short end of joong bong  
Defender pulls attacker forwards to the floor  
Defender strikes down onto vital points

## Defensive Technique - 3

Attacker steps forward performing a downward strike  
Defender steps to the right performing a single hand high block with joong bong  
Defender grabs attacker's wrist with left hand  
Defender strikes down on attacker's neck  
Defender takes joong bong over attacker's shoulder  
Defender rotates the short end of joong bong under attacker's armpit, pulling up on the long end  
Defender takes attacker to the floor, controls and strikes with the short end to the neck

## Defensive Technique - 4

Attacker steps forward performing a downward strike  
Defender steps to the left performing a single hand inside to outside block with joong bong  
Defender strikes the back of the attacker's legs  
Defender brings joong bong up the front of the attacker's body up to the shoulder/neck  
Defender steps behind attacker and grabs the right side of the attackers head (arm over joong bong)  
Defender pushes head down and to the left

## Defensive Technique - 5

Attacker steps forward performing a downward strike  
Defender steps to the right performing a downward strike onto the attacker's weapon  
Defender performs a downward strike to the attacker's forearm  
Stepping forward the defender slides the joong bong over attacker's arm  
Defender reaches under attacker's arm with left hand and grabs long end of joong bong  
Defender twists the left arm up to the right taking the attacker to the floor  
Defender steps over attacker  
Defender turns joong bong downward and strikes to the attacker's neck area



## Joong Bong Hyung Il Bu

1. Choon Be (facing North)
2. Step out with the left leg in to horse riding stance, performing upward block
3. Perform left block followed by right block
4. Step up with the left leg bringing the feet together
5. Walk forward (start with right leg 4 steps) performing 2 figure of eight spins with the right hand
6. Bring the feet together tucking the joong bong under the right arm
7. Perform side kick with the right leg, pivot back (facing south) bringing the feet together
8. Perform 5 backward spins, step forward with the left leg and catch joong bong with left hand on the last spin
9. Perform front kick with left leg slide forward into long stance perform forward strike
10. Pivot 180° to face north, dropping onto the right knee, bringing joong bong above head (upward block)
11. Perform 5 spins above the head using right hand, catch on last spin with left
12. Perform front kick, standing up bringing the feet together
13. Perform 4 ½ backward spins, on the final ½ spin take joong bong over the right shoulder, catching the bottom with the left hand
14. Step diagonally backwards with left leg performing an upward strike with the left hand
15. Step back facing north with the feet together bring the joong bong over the head in an upward block
16. Perform 5 spins over the head, with the right hand, followed by 5 spins backward on the right side
17. Perform 2 figure eight spins tucking joong bong under the right arm
18. Choon Be

