GRAND MASTER SOON HO LEE
WORLD TRADITIONAL TAEKWONDO UNION
SAHBOO
9TH DEGREE BLACK BELT
Protech Training Systems® shall not be responsible for any damages or injury caused as result of using this manual. The reader as a result of using this manual assumes full responsibility for any activity in the use of the manual. The use of this manual should be used in conjunction with other training received from a Protech instructor.

This Protech Training Systems® manual will serve as a positive catalyst for you in your pursuit of higher training. The Protech Training System® is called a "system" because it encompasses more than one style of Protech Arts. It has been developed to provide the student with the best all around knowledge and skill to become an accomplished practitioner.
# TABLE OF CONTENTS

INTRODUCTION .................................................. 6
SAFETY ............................................................. 7
KOREAN TRADITIONAL WEAPONS .............. 8
GRIPS: STANCES .............................................. 11
STRIKING & BLOCKING ................................. 13
QUADRANTS & ANGLES ................................. 15
RANGES OF COMBAT .................................... 21
TWIRLING ....................................................... 23
JAHNG BONG DRILLS ................................. 27
MIDDLE RANGE DISARMING ..................... 31
MIDDLE RANGE JAHNG BONG FORM ...... 35
LONG RANGE JAHNG BONG
  FLOOR DRILLS ........................................... 45
LONG RANGE JAHNG BONG FORM .......... 55
INTRODUCTION

Protech Training Systems is very excited that you have chosen to be a part of our Jahng Bong course. I know you will enjoy your training with the Jahng Bong, and I appreciate your dedication to improving yourself as a martial artist and this step you have taken to becoming a master of the martial arts.

The Jahng Bong (Long Staff), as with many of the weapons from ancient times, was first developed to be used for help with daily domestic chores. There became a need to use the Jahng Bong for self-defense when, because of size differences or being outnumbered, empty hand techniques would at times become ineffective.

Jahng Bong training results in increased self-defense skill, tremendous upper body strength and improved concentration and focus. The more time and effort that you are able to put into your training will determine the increase of your skill level and overall self-defense abilities.

This course is just one more way the Eternal Grand Master H.U. Lee has allowed the organization's students access to the latest training programs available.

Personally, I feel the Jahng Bong is one of the most beautiful weapons to watch or use. The combination of strength and skill needed to make this a truly effective weapon, make it one of the most respected of all weapons.

I would like to thank the following individuals for their support and guidance: Eternal Grand Master H.U. Lee, Grand Master Soon Ho Lee, Senior Master Robert Allemier, Senior Master In Ho Lee, Senior Master William Clark, Master Haeng Yoo Jung, all ATA senior masters, and all Protech staff members.

Enjoy the course, be safe and train hard.

Senior Master G.K. Lee
Director of Operations
Protech Training Systems, Inc.
SAFETY

1. Practicing with the Long Staff requires the proper safety equipment. Your Instructor will be able to advise you as to what is appropriate for your age and skill level.

2. Always train in an area where there is enough space. Make sure you have enough room to train without causing harm or injury to yourself or your partner, or to objects around you.

3. When training with a partner, keep your speed and contact down to a moderate level. Do NOT use full force when training with a partner.

4. Children should make sure that they use soft Rattan* or foam sticks.

5. Make sure that you warm up your body properly before using the Long Staff.

Rattan flexes when you strike an object with it. This greatly reduces the possibility of a finger getting accidentally broken or fractured. Rarely does it ever break and fragment like a hard wood stick does. It tends to gradually fray giving the student ample warning that it should be replaced.

We highly recommend that children use a FOAM Long Staff. You can purchase these through your Instructor.
1. *DAH DEU MEE BAHNG MAHNG EE* (Ironing Stick)

2. *JEE PAHNG EE* (Cane)

3. *DISCIPLINE STICK*

4. *YUK MO BAHNG MAHNG EE*  
   (Police Baton)

5. *BBAHL LAE BAHNG MAHNG EE*  
   (Laundry Stick)

6. *JEE GEH DEH*

7. *KOM BAHNG DEH*

8. *BOO CHAE*  
   (Fan)
1. STEEL SPEAR WITH BAMBOO KNOTS

2. AX OR BIG HATCHET

3. STEEL WHIP

4. STEEL WHIP WITH SEVEN KNOBS

5. SWORD

6. KOREAN KNIFE

7. SCIMITAR WITH BLUE DRAGON FIGURE ON IT

8. BIG KNIFE

9. WRITING BRUSH FORMED LIKE STEEL WEAPON

10. SPEAR ATTACHED WITH CRESCENT SWORD

11. SPEAR

12. STEEL SPEAR WITH SHAPE OF SNAKE
MIDDLE & LONG RANGE JAHNG BONG - STAFF

EUN JANG DO - LADY’S KNIFE

KOREAN SWORD
CHAPTER 1

GRIPS AND STANCES
GRIPS & STANCES

A GRIP

PALM UP - PALM DOWN
(Rifle Grip)

B GRIP

DOUBLE PALM DOWN
(Kayak Grip)

STANCES

1. FRONT STANCE
2. LONG FRONT STANCE
3. NATURAL STANCE
4. BACK STANCE
5. LONG BACK STANCE
6. CROSS STANCE
7. REAR STANCE
8. ONE LEG STANCE
CHAPTER 2

STRIKING AND BLOCKING
STRIKES

MIDDLE OF STICK STRIKE

END OF STICK STRIKE

BUTT STRIKE

= striking and blocking areas

BLOCKS

MIDDLE OF STICK BLOCK

\END OF STICK BLOCK
CHAPTER 3

QUADRANTS AND ANGLES
THE QUADRANTS

As you face the bag ready to strike, imagine the bag as your opponent or an attacker. Imagine that the bag is dissected with horizontal and vertical lines (refer to page 20). The horizontal line runs across the elbows of the body and the vertical line runs from the top of the head down through the center of the body.

The upper right quadrant is number one (1), from the left elbow up to the top of the head.

The upper left quadrant is number two (2), from the right elbow up to the top of the head.

The lower right quadrant is number three (3), from the left elbow down to the left foot.

The lower left quadrant is number four (4), from the right elbow down to the right foot.
THE ANGLES OF ATTACK
STRIKING ANGLES

Within the four quadrants there are nine (9) angles of strikes. An angle can be any strike within the radius of three hundred sixty (360) degrees.

The nine (9) strikes are in the following quadrants:

**#1 strike** is in the upper right quadrant

**#2 strike** is in the upper left quadrant

**#3 strike** is in the horizontal line across the elbows or waist area starting from the right side of the body to the left side of the body.

**#4 strike** is just the opposite of #3 strike. The #4 strike is on the horizontal line starting from the left side of the body across to the right side of the body.

**#5 strike** is in the lower right quadrant. Starting from the lower right side of the body across and up to quadrant number two (2). From the knee up and to the shoulder.

**#6 strike** is from the left side of the body. Starting from the lower left side of the body up and across into quadrant number one (1). From the left knee up through the body to the shoulder.

**#7 strike** is on the vertical line running from the groin area toward the top of the head.

**#8 strike** is on the vertical line from the top of the head, running down toward the groin.

**#9 strike** is a stab to the center of the body.
CHAPTER 4

RANGES OF COMBAT
THE TWO RANGES OF COMBAT

1. LONG RANGE

This is outside the striking range of your partner, although still within the reach of the weapon.

2. MIDDLE RANGE

This is the range where most blocking occurs and will be used for disarming your attacker.

notes
1. "V" Thumb (Eagle):

2. Double Thumb:

3. Cross "X":

MIDDLE & LONG RANGE JAHNG BONG - STAFF
TWIRLING TECHNIQUES
4. **Palm Roll Over:**

5. **Double Palm Up**
   - **Figure "8":**

6. **Waist Level Palm Exchange:**
7. BEHIND THE NECK PALM EXCHANGE:

8. OVER THE SHOULDER PALM EXCHANGE:

9. BEHIND THE BACK PALM EXCHANGE:
CHAPTER 6

JAHNG BONG DRILLS
JAHNG BONG DRILLS

1. **Waist:** Holding jahng bong horizontally on right side (palm up), slide jahng bong to left side, left hand grabs and slides jahng bong to right side, continue back and forth. Continue drill with stepping, double stepping, and turning.

2. **Trigger Drill:** Holding jahng bong horizontally with right hand between index and middle fingers ("tiger claw grip"), bring left hand (palm up as in a knifehand) up behind right hand. Raise jahng bong up with "tiger claw" right hand and between thumb and forefinger of left hand. Spin down to left side with right index ("trigger") finger holding. Cross to right side and repeat.

3. **Trigger Drill with Grab:** Same start as #2, bring up as in #2, spin jahng bong clockwise with left hand into right hand grab
4. **Trigger Helicopter:** Same as #3 except: after grab with right hand, spin jahng bong horizontally on open left palm. Then grab jahng bong with left hand, bring down to left side, slide to right side and repeat.

5. **Forearm Trap:** Holding jahng bong with right hand (palm up), bring jahng bong across under left arm and rotate it clockwise over left forearm. Drop right hand and bring top of right forearm across and trap jahng bong between forearms. Raise jahng bong with right forearm and grab with left hand. Repeat.

6. **Backhand Roll:** Holding jahng bong with both hands palm up, left hand rolls over to thumb down/fingers up, right hand rolling over left hand. Grab with left hand. Repeat.

7. **Palm Roll:** Holding the jahng bong with right hand (palm down), spin clockwise into upward palm of left hand. Continue.

8. **Palm Roll and Throw:** Palm roll, toss with right hand, catch with left hand.
9. **Toe Toss:** Jahng bong on ground, toe roll up to air, catch with hand.

10. **Helicopter:** Holding jahng bong to right side with “tiger claw” hand position, spin jahng bong overhead, then spin over back while leaning forward. Repeat.

11. **Standing Helicopter:** Holding jahng bong with left hand (as in an outer forearm block), spin the jahng bong down and behind your back; grab it with your right hand and spin it up to over your head; grab it with your left hand and repeat.

12. **Oops Drill:** Drop jahng bong to ground so that it bounces back up – catch the other end.
1 THROUGH 9 MIDDLE RANGE DISARMING TECHNIQUES

1. #1 angle strike, #2 angle strike, push down (contact knuckle) and #1 angle strike.

2. #2 angle strike, push down (contact knuckle) and #1 angle strike.

3. High-low angle block, push forward (contact knuckle), #1 angle strike (contact knuckle).

notes
4. High-low angle block (left hand high), slide down, push forward (contact knuckle), #2 angle strike.

5. High-low angle block (right hand low), left hand strike low (contact knuckle), right hand strike middle (forearm), right hand push down (contact knuckle).

6. High-low angle block (left hand low), right hand strike middle (forearm), left hand strike middle (forearm), left hand push down (contact knuckle), right hand #1 angle strike.
MIDDLE & LONG RANGE JAHNG BONG - STAFF

7. Left hand low, right hand high angle block, right hand strike down (contact knuckle), left hand #2 angle strike.

8. Left high #2 angle double strike, left hand push down, right hand #1 angle strike.

9. High-low vertical block (right hand high), push forward (contact knuckle), #1 angle strike (contact knuckle), #2 angle strike.
The first Wealth is Health.

Never mind what others do; do better than yourself. Beat your own record from day to day, and you are a success.
MIDDLE RANGE
JAHNG BONG POOME SAE
(Long Staff Form)

Start Position: Stand at attention with jahng bong along right side, feet together.

Ready Position: Left foot steps to parallel stance, right hand holds jahng bong under armpit at 45 degree angle to right side.

(Kihaps are at the student’s discretion)

—— 1st segment ——

1. Bring jahng bong upward and across to left side, 180 degree spin to downward strike to low section with left leg up. (You will be on your right leg with the jahng bong pointing down with your right hand on top, palm down, and your left hand on the bottom, palm up)

2. In continuous motion, spin the jahng bong counterclockwise 360 degrees to downward strike, middle section on right side. (The jahng bong will be under your right armpit)

3. In continuous motion, rotate jahng bong upward across body to a right hand upward strike, high section, on left side.
4. Right foot steps back at a 45 degree angle to x stance, right side downward strike to low section (jahng bong will be under right armpit).

5. Left foot slide steps back to a left rear stance, right upward strike, high section.

6. Right foot steps forward to left back stance, right upward circular strike, high section.

— 2nd segment —

7. Shift to right front stance, left upward strike, low section. (Left hand is on bottom, arm extended, right hand on top)

8. Feet stay in place, rotate jahng bong to a right downward strike, high section.

9. Feet stay in place, bring left arm across for a left horizontal strike, high section. (left arm straight, right hand holding back of jahng bong so that it touches outside of shoulder)

10. Step up to parallel stance, right downward strike, high section (back of jahng bong is under armpit).

11. Step up into a left back stance, right side strike, high section.
12. Shift to a long right front stance, left thrust, high section.

13. Step back to a left rear stance, left circular block, high section.

— 3rd segment —

14. Step to a right sparring stance, weight on front, right circular downward strike, low section (on your right side).

15. Step to a left sparring stance, weight on front, right circular downward strike, low section (on your left side).

16. Step to a right sparring stance, weight on front, right circular downward strike, low section (on your right side).

17. Sweep jahng bong across to left side, spin vertical 360 on left side.

18. Sweep back to right side, spin vertical 360 to a middle block while switching to one leg stance on left leg (left hand on top, right hand low).

19. In continuous motion, set right foot down to left back stance, right downward strike, middle section.
MIDDLE & LONG RANGE JAHNG BONG - STAFF

20. Shift right leg to a long front stance, right thrust to high section (right hand leading, jahng bong on left side of body).

21. Step again to long right front stance, right lunge thrust, to high section (jahng bong on left side of body).

22. Step back to a left back stance, left circular block.

— 4th segment —

23. Turn to back side, x stance, right downward strike, low section.

24. Right foot steps back to right back stance, left downward strike, low section.

25. Left foot steps back to left back stance, right downward strike, low section.

26. In place, left downward strike.

27. In place, right side strike, middle section.

28. In place, left side strike, high section.

29. In place, pull down.

30. In place, right downward strike.
MIDDLE & LONG RANGE JAHNG BONG - STAFF

31. In place, left downward strike.

32. In place, raise jahng bong up, (right arm straight on top).

33. In place, downward stab.

34. Using jahng bong for pivot point, jump spin around jahng bong 180 degrees to middle stance [left hand low (palm down), right hand high (palm up)].

35. With left foot against edge of jahng bong, pop jahng bong up to horizontal position (right hand palm out, left hand palm in).

—— 5th segment ——

36. Right foot steps back to left in closed stance, middle block (jahng bong on right side, left hand on top, palm out, near back of head, right hand on the bottom, palm out).

37. Right foot steps out to middle stance, high block at 45 degree with left hand on top and right hand on bottom, both palms facing out.

38. Step forward to a right front stance, spin jahng bong 360 degrees to a right side strike, middle section (jahng bong is under right armpit and behind back).
39. Double step to a right front stance and spin the jahng bong overhead 360 degrees counterclockwise to execute a left circular downward strike (strike goes from right upper to left middle).

— 6th segment —

40. Right foot steps to left foot to closed stance to face around 180 degrees. Right hand moves to front of left hand.

41. Turn 180 degrees to left front stance, with thrust to middle section.

42. In continuous motion, left foot steps to right rear stance, right downward strike, low section.

43. Step to left sparring stance, reverse figure 8 motion to x-stance with jahng bong held horizontally under chin.

44. Right foot steps to middle stance, right thrust, middle section.

45. Right foot steps across left foot to x stance, right thrust, middle section.

46. Press down left tip of jahng bong to ground on left side, right end up.
47. Left foot steps over jahng bong, right foot steps on bottom of jahng bong (right hand high, left hand low).

48. Switch hands to left hand high, right hand low.

49. Right foot steps back, low hand pulling jahng bong up while switching to closed stance.

50. In place, bring the jahng bong horizontal under chin, right hand palm out, left arm extended.

— 7th segment —

Switch to baseball grip for helicopter strike

51. Right foot steps forward 90 degrees, 360 degree helicopter downward strike to low section.

52. Turn 180 degrees, 360 degree helicopter strike to low section.

53. Step back to right back stance, left hand side strike to middle section.

54. Spin jahng bong 360 degrees with left hand.

55. Right foot steps forward to left back stance, right hand side strike to high section.
—— 8th segment ——

56. Right foot steps back to right back stance, left hand downward strike, middle section.

57. Right foot steps forward, right hand figure 8.

58. Double step forward, right hand figure 8.

59. Double step forward, right hand figure 8.

60. Double step forward, right hand figure 8.

61. Double step forward, right hand figure 8.

62. Right foot steps back, turn clockwise 180 degrees, upward strike.

—— 9th segment ——

63. Double step forward, right hand figure 8.

64. Double step forward, right hand figure 8.

65. Double step forward, right hand figure 8.

66. Double step back, right hand figure 8.

67. Double step back, right hand figure 8.

End with jahng bong under right armpit (tip low)
CHAPTER 9

LONG RANGE JAHNG BONG
FLOOR DRILLS
LONG RANGE
JAHNG BONG FLOOR DRILLS

1. **Switch hand strike** - Attention position (hold stick vertically next to seam of right leg, feet together, with right hand at a natural attention position). Left hand grip center of stick and raise, sliding stick through right hand to end and regrip. Step forward with left foot into left front stance, and downward strike (face level). Switch hand position on stick, step with right foot forward into right front stance and downward strike to face level. Continue...
2. Low tip block and strike - Attention position, step forward with left foot into left front stance, downward strike (face level), right foot step forward into X-stance and low tip block, step forward with left foot into left front stance, downward strike. Step forward with right foot into right front stance and switch hand position, downward strike, left foot step forward into X-stance, low tip block, step forward with right foot into right front stance, downward strike. Continue...
3. **Middle strike** - Attention position, step forward with left foot into left front stance, downward strike, regrip left hand to palm down grip, pull stick through to end gripping end of stick with left hand and move right hand to center position, right foot step forward into middle stance and middle strike. Pull stick through to end gripping end of stick with right hand and move left hand to center position, left foot step forward into middle stance and middle strike. Continue...
4. **Low block** - Attention position, step forward with left foot into left front stance, downward strike, pick up left foot and set back down into same front stance, low block (left hand in front, right hand under armpit). Step with right foot into right front stance, low block (right hand in front, left hand under armpit). Continue...
5. Low block and circular high strike - Attention position, step forward with left foot into left front stance, downward strike, pick up left foot and set back down into same front stance, low block (left hand in front, right hand under armpit), spin stick counterclockwise for circular high strike, step forward into right front stance, downward strike, low block (right hand in front, left hand under armpit), spin stick clockwise for circular high strike. Continue...
6. Low block and circular downward strike - Attention position, step forward with left foot into left front stance, downward strike, pick up left foot and set back down into same front stance, low block (left hand in front, right hand under armpit), circular downward strike in line with left foot position. Step right foot forward, right front stance, low block (right hand in front, left hand under armpit), circular downward strike in line with right foot position. Continue...
7. **Low block one hand/Long strike** - Attention position, step forward with left foot into left front stance, downward strike, low block, move left foot forward into long front stance while spinning stick counterclockwise (end over end motion), sliding left hand to end position, strike stick to the floor (maintain control). Step right foot forward, front stance, low block, step right foot into long front stance while spinning stick clockwise, sliding right hand to end position, strike stick to the floor. Continue...
8. Cross strike, upward strike - Attention position, step forward with left foot into left front stance, downward strike, change left hand to palm down grip, pull through to end of stick, change right hand to palm up grip, cross strike (be sure to pivot feet), upward strike. Right foot step forward, right front stance, downward strike, change right hand to palm down grip, pull through to end of stick, change left hand to palm up grip, cross strike, upward strike. Continue...
9. **Stab** - Attention position, step forward with left foot into left front stance, downward strike, stab [slide left hand down to right hand (do not let go of stick)], then pull down with right hand through left hand, downward strike position, right foot step forward, right front stance, downward strike, stab (slide right hand down to left hand), then pull down with left hand through right hand, downward strike position. Continue...
CHAPTER 10

LONG RANGE JAHNG BONG FORM
Char-yeot (Attention) Jahng Bong on right side

1. Left hand across to grab Jahng Bong
   Pull stick up with left hand and pull to high/low downward circle block leaving right hand at tip of stick
   (Jahng Bong is at a 45 degree angle across the body)

2. 45 Degree step with left foot
   Long Jahng Bong strike high

3. Slide left hand to tip
   Step to right foot, long upward strike
   Switch right palm

4. Right hand pass tip behind strike

5. Left downward strike (face front)

6. Turn counterclockwise- Jahng Bong turn clockwise over head 180 degrees strike

7. Upward strike and downward strike at same time
8. Left hand back to tip of Jahng Bong
   Shift to combat stance
   Long thrust twisting palm up

9. Pull Jahng Bong back to short sparring stance

10. Step right foot Long Jahng Bong strike

11. Slide foot in and back out with Jahng Bong, circle and repeat long strike

12. Left hand slide to right hand tip
    Turn counterclockwise 180 degrees, long combat stance
    Thrust and pull

13. Turn clockwise with clearing strike (arm across body)

14. Figure 8

15. Figure 8

16. Figure 8

17. Low squat back stance and low ground strike

18. Stand up to middle stance
    Counterclockwise hook block with short stab
19. Step back with right foot, long downward strike, left hand forward

20. Long downward strike, right hand forward

21. Long upward strike

22. Long thrust and pull

23. Shift to X-stance, Long Jahng Bong strike, right hand forward

24. Figure 8 with horizontal block, side strike coming from over your head

25. Left floor step, half figure 8 strike with left hand up

26. Left hand slide to tip (right hand palm up) combat stance

27. Long Jahng Bong strike low

28. Long stance to cross stance (pick up)

29. Circle sweep, right foot stomp, long downward strike, land in a middle stance

30. Right foot shift back to closed stance

31. Figure 8 (step with each figure 8, end with left foot forward)
32. Figure 8

33. Figure 8

34. Figure 8

35. Figure 8

36. Figure 8

37. Long over head tip strike in a front stance

38. Jahng Bong release

39. Right shoulder body roll

40. Grab right hand 1 (one) arm circle sweep over head

41. 1 (one) arm circle sweep to behind back

42. Grab with left hand rolling across belly clockwise switching to right hand

43. Right hand up over head V-roll

44. Palm to palm roll behind the back

45. V-roll up to middle stance, left hand finishing, Jahng Bong pointing to left side
MIDDLE & LONG RANGE JAHNG BONG - STAFF

46. 360 degrees belly roll with body turning clockwise

47. Back counterclockwise with 360 degrees belly roll

48. From middle stance to sparring stance
   Right hand under with upward strike to chin

49. Down strike to collar bone

50. Clockwise strike to head and downward strike to collar bone

51. Left hand rotate to top of Jahng Bong

52. Figure 8 (back to starting point, between 3-6 count figure 8)

53. Figure 8

54. Figure 8

55. Finish right side with pressing knife hand block

56. Left hand cross under Jahng Bong, spin clockwise to left side then to right side
GUIDELINES FOR PARENTS

1. For your child's safety, **DO NOT BUY WOODEN OR HARD WOOD STICKS.** (see page 9 for Safety tips)

2. Do not allow your child to take the Long Staff to school or outside the home. The only place the Long Staff should be taken is to the class for training purposes.

3. We suggest that you set aside a special place to store the Long Staff. This will teach your child how to treat his/her belongings with respect, and equally important, you will know where the Long Staff is at all times.

4. Remember, our goal for this training is to help with developing coordination and upper body strength. We will not be teaching aggressive aspects of the Long Staff.
PROMISE NOTE

I promise to train with this weapon with safety, care, and respect...

I promise that I will practice with this weapon only at my Martial Arts school with the permission and under the supervision of my instructor...

I promise to practice at home only if I have permission from my parents and are under their supervision...

I promise to practice only the material that has been taught to me by my Martial Arts Instructor...

I promise to always keep this weapon at home in a special place decided on by my parents and myself...

I promise not to take this weapon anywhere (this includes school or a friend's house) except my Martial Arts school...

I promise not to "show-off" with this weapon as I understand that this is when accidents happen and someone could get hurt...

I understand that it is a privilege to be able to train with this weapon and I promise not to abuse this privilege in any way...

Signed: _____________________________

Date: _______________________________