

# BO

## Blocks & Strikes

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### READY POSITIONS

**Ready Position 1:** Bo held vertically in right hand on right side of body, tip by floor in front of toes

**Ready Position 2:** Bo held parallel to floor at waist level, both palms facing down

**Ready Position 3:** Bo held parallel to floor at waist level, right hand palm up, left hand down

**Ready Position 4:** As in fighting stance

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### BLOCKS

1. Down Block .....(2 ways) (two-hand) (like a sweep)
2. Upward Block .....(2 ways) (above the head) (vertical inner wrist strike)
3. Inside Block.....(1 way)
4. Outside Block .....(2 ways) (vertically to the side) (like a strike to the head)
5. Diagonal Head Block.....(1 way)

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### STRIKES

1. Thrust
2. Overhead Strike
3. Diagonal Head Strike
4. Sliding Downward Thrust (“4-to-the-Floor”) .....(formally called “TOP-OF-FOOT STRIKE”)
5. Horizontal Strike.....(to head or ribs)
6. Sweep (front end & back end sweep) .....(both ends of bo)
7. Bridge-of-the-nose Strike .....(with middle of bo)
8. Groin Strike



1. **THRUST**

TECHNIQUE: ....Bring bo straight back. Elbow is straight.

TIP: ..... Bo spirals during strike.

2. **OVERHEAD STRIKE**

TECHNIQUE: ....Bring right hand to right shoulder so back of hand faces ceiling.

TIP:..... Student should be able to see top of their hand at end of strike.

3. **DIAGONAL HEAD STRIKE**

TECHNIQUE: .... Chamber by bring right hand to right outer shoulder.

TIP:..... Go through the target.

4. **SLIDING DOWNWARD THRUST (“4-to-the-Floor”) / TOP-OF-FOOT STRIKE**

TECHNIQUE: .... With right hand, slide bo through left hand so end of bo touches floor.

STANCE:..... Walking stance

TIP:..... No air space between fingers.

5. **HORIZONTAL STRIKE (to the ribs) (or to the head)**

TECHNIQUE: .... Chamber bo from bicep.

TIP:..... Chamber before each strike.

6. **SWEEP (Front End & Back End Sweep)**

TECHNIQUE: .... Front end of bo sweeps floor, followed by back end of bo.

STANCE:..... Walking stance

TIP:..... Make moves flow like water.

7. **BRIDGE OF THE NOSE STRIKE**

TECHNIQUE: .... With two hands grasping the bo, shove both hands equally forward.

STANCE:..... Natural stance (you don’t want to be low to strike an opponent’s nose).

SUGGESTION: . Put weight of body behind strike.

8. **GROIN STRIKE**

TECHNIQUE: .... Step out into horse stance w/ rt. foot. Left end of bo swoops under to groin

STANCE:..... Horse stance

TIP:..... Bo touches the inside of left elbow.

**INSIDE BLOCK**

TECHNIQUE: .... Just like a karate inside block.

STANCE:..... Cat stance

TIP:..... Bo touches arm at the inside of striking elbow.