

JO

Self-Defense

(with imaginary partner, defending against opponent's punch)

READY POSITION #3: Bo held parallel to floor at waist level, right hand up, left hand down

All jo strikes are defending against an opponent's punch (their right hand)



1. **TO WRIST**

(strike the inside of opponent's wrist)

Simply flip the right side of the jo up so jo is perpendicular to the floor.

2. **TO RIB**

Right front stance as right tip of jo strikes opponent's ribs.

3. **TO THROAT**

Right front stance as right end of jo strikes opponent's throat.

4. **TO SOLAR PLEXUS**

Slide left foot back into back stance as right end of jo strikes opponent's solar plexus.

5. **TO TEMPLE**

Rush to side of opponent in a diagonal front stance, as in green belt self-defense move #1.

- As you rush to opponent's side, bring jo straight back.

- Immediately bring end of jo straight into their temple.



JO

Self-Defense

(with partner)

READY POSITION 2: Jo held parallel to floor at waist level, both hands down

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1. Opponent grabs the jo (or your wrist)  
Slide your hand over his hand, locking his hand on the jo. (Keep your thumb & finger on jo)  
*(If opponent is grabbing your wrist, begin here)*  
Bring the tip of the jo over his wrist.  
Follow with strike to opponent's rib with jo end.
2. Opponent chokes you  
Shoot the jo up, then smash jo into opponent's rib or throat.
3. Opponent grabs your collar (advanced technique)  
Release left hand from jo.  
Swing left end of jo up and over opponent's arms.  
Left hand grabs jo from over opponent's arms. (your wrists face up)  
Now, using the jo, pull his hands towards your neck and take him down.  
(no need for a strike; you've *got* him if done correctly)
4. Opponent throws a hook (or a round kick)  
Outside block.  
Downward vertical strike with top end. (side A)  
Downward diagonal strike with other end. (side B)  
Strike throat. (side B)
5. Opponent throws a right punch  
Inside block (*turning right hand up*).  
Horizontal strike. (left end of jo)  
Horizontal strike. (right end of jo)  
Thrust to face. (right end of jo)

