

# BO

## Self-Defense Choreographed Fight Scene with a Partner

**Ready Position #3:** Facing partner in fighting stance, right foot & hand forward

**BLUE = attacker**

**GREEN = defender**

1. **DIAGONAL HEAD STRIKE** ..... right  
DIAGONAL HEAD BLOCK: Diagonally hold bo to left side of head, 90° from the strike
2. **HORIZONTAL STRIKE** (to ribs) ..... left  
OUTSIDE BLOCK: Hold bo to your right side, parallel to your body and perpendicular to the floor
3. **OVERHEAD DOWNWARD STRIKE** (to top of head) ..... right  
UPWARD BLOCK: Hold bo over your head, parallel to the floor
4. **THRUST** (to throat) ..... right  
INSIDE BLOCK, your right arm is forward
5. **BACK END SWEEP STRIKE** (stepping forward) ..... left  
BACK END SWEEP BLOCK: Step back to block with left end of your Bo, blocking your right side.
6. **SLIDING DOWNWARD THRUST** (“top-of-foot” strike) ..... left  
BACK END SWEEP BLOCK: Block with left end of your Bo, blocking your right side.
7. **DIAGONAL HEAD STRIKE** (back right foot steps forward) ..... right  
OUTSIDE BLOCK with the right end of your Bo. Movement is the same as Diagonal Head strike.

