

# BO

## Blocks & Strikes

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### READY POSITIONS

**Ready Position 1:** Bo held vertically in right hand on right side of body, against hip. **Attention stance.**

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

**Ready Position 2b:** Same as #2, only right palm faces up

**Ready Position 3:** As in **fighting stance**

**Ready Position 4:** Bo held in right hand, perpendicular to floor, right side of body (Shepherd's hold)

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### BLOCKS

1. Down Block ..... (2 ways) (horizontal downward, always parallel to floor) (horizontal to vertical)
2. Upward Block ..... (2 ways) (above the head) (horizontal to vertical)
3. Inside Block ..... (1 way) (same as JKC inside block)
4. Outside Block ..... (2 ways) (vertically to the side) (strike with end of bo)
5. Diagonal Head Block ..... (1 way) (45°)

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### STRIKES

1. Thrust
2. Overhead Downward strike
3. Diagonal Head strike
4. Sliding Thrust (sometimes called "4 to the floor")
5. Horizontal strike (strike with end of bo)
6. Sweep (front end & back end sweep) (both ends of bo)
7. Horizontal Thrust (strike with middle of bo) (strike opponent's throat or bridge of their nose)
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 THRUST** (“4-to-the-Floor”)  
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**  
TECHNIQUE: ....Chamber bo from bicep.  
TIP:.....Chamber before each strike.
  
6. **SWEEP** (Front End Sweep, then 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. **HORIZONTAL THRUST** (often striking opponent’s throat or the bridge of their nose)  
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 way out into horse stance w/ rt. foot. Bo’s left end swoops under to their groin.  
STANCE:.....Horse stance  
TIP:.....Bo touches the inside of left elbow.
  
9. **INSIDE BLOCK**  
TECHNIQUE: ....Just like a karate inside block.  
STANCE:.....Cat stance  
TIP:.....Bo touches arm at the inside of striking elbow.