

JO

Self-Defense (with partner)

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

1. Opponent Grabs the Jo (or your wrist) with his right hand
Slide your right hand over his hand, trapping his hand on the jo. Keep your thumb & finger on Jo.
(If opponent is grabbing your wrist, begin here)
Bring the left end of the Jo over his wrist.
Follow with strike to opponent's rib with the left end of the Jo.
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 palm faces up)
Using the Jo, pull his hands towards your neck and take him down.
(no need for a strike; you've got complete control of him if done correctly)
4. Opponent Throws a Hook (or a round kick)
Outside block (your left side) so Jo is vertical.
Downward vertical strike with top right end. (side A)
Downward diagonal strike with the other end. (side B)
Strike opponent's 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)



JO

Self-Defense

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

READY POSITION #2B: Jo held parallel to floor at waist level, right hand up, left hand down

All jo strikes are defending against an opponent punching with their right hand



1. **TO WRIST**

(strike the inside of opponent's wrist)

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

2. **TO RIB**

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

3. **TO THROAT**

Right back 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**

Step diagonally left in front stance (left foot forward), as in green belt self-defense move #1.

— As you step to opponent's side, bring jo straight back.

— Strike (thrust) with right end of Jo into opponent's temple.

