

# JO

## Blocks & Strikes

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### READY POSITIONS

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

**Ready Position 2:** Jo 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**

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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, always parallel to floor) (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 jo)
  5. Body Block in Mountain Stance
  6. Circle Disarm (as in kata)
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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
  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. Jo Swing (as in kata)
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