



TARGET

Head/Upper Body

GRIP

Start:



End:



STANCE

Front



Stance



WEIGHT DISTRIBUTION

40% 60%

4-POINT COMBINATION

PREPARATION

There is no specific chamber for this technique, as each consecutive strike is a chamber for the next.

EXECUTION

In a solely upward motion, strike with the heel of the staff, bringing the tip of the staff over the nondominant shoulder (resting on the shoulder). Reverse the motion and strike straight down with the tip, bringing the heel end under the shoulder. Now strike towards the dominant shoulder with the heel, bringing the tip end to rest by the dominant arm. Now reverse the motion, striking to the nondominant shoulder with the tip of the staff, ending in the same position as with the second strike.

END POSITION

Each strike ends at the base of the neck, perpendicular to the angle of the shoulders (each strike pointed straight forward).



1. Upward



2. Downward



3. To Dominant



4. To Nondominant

DRILL

Emphasize the individual strikes within the combination: With the first strike, slide (use step and drag footwork) forward, with the second strike, slide backward, with the third strike, slide right, with the fourth strike, slide left. Often the 4-point is viewed as one strike rather than 4 distinct strikes, and this drill helps emphasize that using applicable footwork.

KEY POINTS

- Punctuate the combo with pauses to emphasize the individual nature of each strike
- Keep the grip wide enough to maintain good control, but not wide enough to restrict motion



TARGET

Midline

GRIP

Start:



End:



STANCE

Crane

Stance



WEIGHT
DISTRIBUTION

100%

ANGLE BLOCK

PREPARATION

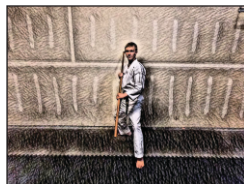
There is no definite chamber for the angle block, as it can be executed from multiple positions. Common techniques preceding the angle block are the downward thrust, front thrust, and ready position. Since there is no set stance for an angle block only upper body execution will be explained.

EXECUTION

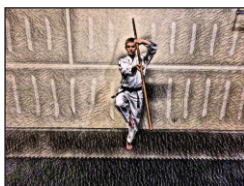
There is a two-part execution present: a swing, then a push. The swing is to swing the staff to one side of the body at a 45-degree angle to the ground. The dominant hand should be on top and by the face, both arms should be bent. The push is extending the arms explosively, maintaining the angle.

END POSITION

The angle block can be executed to both sides and from different stances (front, back, crane). The nondominant arm is extended at solar plexus level and the front arm is bent to accommodate the 45-degree angle of the staff. The dominant hand is slightly offline of the head and at forehead level.



Start Position



End Position



DRILL

Emphasize explosive nature: Have a partner swing a kick shield at you while you perform the angle block. It should be large enough to have a good bit of momentum and force you to block with power. Practice on both sides then have the attacking partner alternate randomly to practice reflex.

KEY POINTS

- Maintain the two-part motion, swing, then explosive push
- Be sure to have a definite stop point, this makes the technique look more crisp
- Keep the hands at correct height



TARGET

Torso

GRIP

Start:



End:



STANCE

Long

Front Stance



WEIGHT

DISTRIBUTION

30% 70%

FRONT THRUST

PREPARATION

The staff is tip forward, parallel to the ground at solar plexus height. The dominant hand is palm up and the nondominant hand is palm out, with forearms parallel to each other. The hands maintain normal grip. The feet are in a modified cat stance, with the nondominant foot at a 45 to 60 degree angle.

EXECUTION

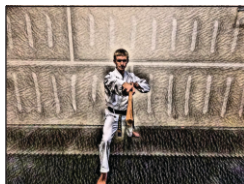
While stepping into a long front stance, keeping the bo parallel to the ground, push the bo forward with full extension of the dominant arm and rotate the dominant hand facing down, not allowing any sliding or slippage in the grip, meaning the staff and nondominant hand rotate the same amount in the same direction.

END POSITION

The lower body is in a long front stance and the hips and torso maintain the angle of the nondominant foot. The dominant arm is extended and the palm is facing down, while the nondominant hand is facing inward. The torso is upright, not leaning toward the dominant foot.



Start Position



End Position



DRILL

Emphasize the power / push: Execute thrust against a heavily padded target. Instead of just using the shoulders and arms to get power, use footwork/stance to add your body's momentum into the thrust. This will add intensity and explosiveness into your front thrust, which will make traditional thrusts more powerful and combat thrusts faster as well.

KEY POINTS

- Fully extend dominant arm and snap dominant wrist
- Shift body weight forward (into long front stance) for more power
- Be sure your chamber is pulled back enough, forearms parallel



OVERHEAD FRONT STRIKE

TARGET

Head/Neck

GRIP

Start:



End:



STANCE

Front



Stance

WEIGHT DISTRIBUTION

40% 60%

Preparation

Place the bo over your dominant shoulder, tip back. The bo is parallel to the ground and pointed straight forward. The nondominant foot maintains most of your body weight and is angled at 35 to 45 degrees, while the dominant foot is pointed forward with the heel elevated.



Start Position

Execution

While Stepping into a front stance with the dominant foot, pull with the nondominant hand and push with the dominant hand, bringing the tip over the shoulder and downward toward the head-level target. The wrist snaps to palm down and the arm locks directly before impact. The nondominant hand slides to the hip throughout the pulling motion.



End Position

The lower body position is a front stance, dominant side forward, with the shoulders, hips, and nondominant foot all matching their 35 to 45 degree angle. The dominant arm is extended and the palm is facing down, while the nondominant hand is touching the belt, palm facing in.



End Position



DRILL

Emphasize the push-pull motion: Start in a neutral stance in the OHFS chamber. Pull with the nondominant hand until the bo is perpendicular to the ground, then push with the dominant hand into the end position. Repeat this motion, decreasing the delay between push and pull until they occur at the same instant.

KEY POINTS

- Keep the chest upright throughout the strike
- Incorporate as much hip and torso rotation as possible
- Snap the dominant wrist down just before completing the strike



OVERHEAD RIB (KNEE) STRIKE

TARGET

Ribs/Head

GRIP

Start:



End:



STANCE



Horse
Stance

WEIGHT

DISTRIBUTION

50% 50%

PREPARATION

Start in either a rib strike or with the hands over the head, staff parallel to the ground. The hands should be in a modified normal grip with the nondominant hand slightly closer to the center of the staff than normal. This can be executed in most stances, but especially in horse, front, and long front stances.

EXECUTION

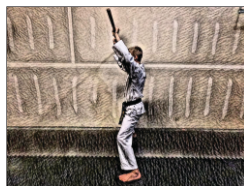
Keep the staff parallel to the ground throughout the movement. Rotate the staff horizontally either direction, dropping the staff as rotation continues, until the staff hits your ribs. The staff should rotate under the shoulder of the side you are striking to directly before completing the movement.

END POSITION

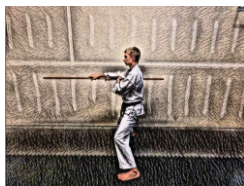
End with the staff under one shoulder or the other, rotating the palms to support the push pull motion. The overhead rib strike can be executed by rotating the staff in both directions. The overhead knee strike is similar to its rib counterpart but is executed by tilting the staff as it rotates (to knee level).



Start Position



End Position



DRILL

Emphasize coordination and position: Slide a roll of tape over the staff and in between your hands in a normal grip. Position the staff evenly between your hands and execute on overhead rib strike (starting slowly). The tape should stay in the middle if your staff stays parallel to the ground. Perform multiple on each side and increase in speed as necessary.

KEY POINTS

- Straighten the legs a small amount when hand are above the head, and drop into the stance as you strike
- Maintain fluid motion
- Keep your staff parallel to the ground throughout the strike



PUSH BLOCK

TARGET

Midline

GRIP

Start:



End:



STANCE

Front



Stance

WEIGHT DISTRIBUTION

40% 60%

PREPARATION

Start in a modified cat stance with most of the weight on the nondominant leg. The staff starts perpendicular to the ground, heel up, with the dominant hand on the nondominant hip.



Start Position

EXECUTION

Keeping the staff perpendicular to the ground, move the staff to the dominant side of the body, with the dominant hand at the dominant hip. From here, step forward as you push out the staff and lock your arms.



END POSITION

You are in a dominant front stance with your shoulders facing mostly forward. The staff is perpendicular to the ground and just outside of the dominant shoulder (laterally), with the nondominant arm extended and the dominant arm mostly extended.



End Position



DRILL

Emphasize power. Treat this block as a strike. Have a partner have a staff parallel to the ground and get in a good stance behind it. Execute your push block, contacting the other staff. You should not only be pushing but having good intensity as well. Do this multiple times and see which partner can block harder.

KEY POINTS

- Keep the staff perpendicular to the ground, which means the dominant arm will have a little bend
- Be sure to block just outside of your body line, which is good application for your combat blocks



TARGET

Facel/Neck

GRIP

Start:



End:



STANCE

Back

Stance



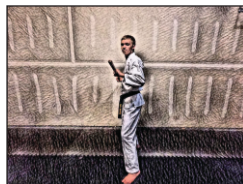
WEIGHT DISTRIBUTION

50:50!

REVERSE THRUST

PREPARATION

There is no definite chamber position for the reverse thrust, however, your body does need to face away from the direction you will be striking to start. It is best delivered from a position where one arm is extended in the opposite direction, such as with a front thrust or overhead rib strike.



Start Position



EXECUTION

Look to the target first. While stepping across and out with the nondominant leg (pivoting on the dominant leg), extend the heel of the staff in a thrusting motion towards face level. Use the outside of the dominant upper arm as a mechanism of control.

END POSITION

Land in a nondominant back stance with the heel of the staff at face level and the tip end of the staff resting beside the dominant upper arm, nondominant arm outstretched.



End Position



DRILL

Emphasize the rapid change in direction: Have two partners, one with a staff, the other with a kick shield. Have the staff-wielder stay in a relaxed position, eyes closed. The one holding the pad will circle and when they say "attack", the person with the staff will open their eyes, acquire the target, and strike with either a front or reverse thrust, whichever is more appropriate.

KEY POINTS

- Don't forget to snap the head towards the striking direction
- Fully extend the nondominant arm
- Step out with the nondominant leg to gain stability and incorporate hip movement



UPPERCUT

TARGET

Grain/Legs/Ribs

GRIP

Start:



End:



STANCE

Back

Stance



WEIGHT DISTRIBUTION

50:50!

PREPARATION

Place the feet about one foot apart with the dominant heel off the ground and nondominant foot angled as it is in a front stance. The heel of the staff is forward, the tip end is resting beside the upper arm, and the staff is parallel to the ground.



Start Position



EXECUTION

While stepping forward with the dominant leg, the tip of the staff circles to the foot and upward and across to the end position. The motion is completely fluid and the body drops into the stance as the strike is completed. The nondominant hand slides to the belt.

END POSITION

You are in a dominant side back stance with the front arm at solar plexus level with the elbow pushed out. The back hand is at the belt and the tip of the staff is at shoulder or neck level. You are in a dominant side forward back stance.



End Position



DRILL

Emphasize fluid motion: Have a partner hold a pad at the appropriate striking angle. The person with the bo will bring their hands to the center of the staff and will continually spin the bo in a reverse figure 8. The pad holding partner will say "attack" and the other will step into an uppercut and hit the pad. There should be no pauses, only a fluid motion until the staff hits the pad.

KEY POINTS

- *Use hip rotation to add to the power of the uppercut*
- *Use a completely fluid motion to achieve power*
- *Drop your body and weight into the back stance*