



Budo Bead Weapon Techniques

The way is in training. Do not let the mundane and material of this world overwhelm you. Stop and breathe. Focus on your training.

WARNING!!!!!! By purchasing Budo Beads, you acknowledge that you accept full responsibility for your or others' actions with them and we are not liable for the use of your Budo Beads. If you use these as a weapon, you use them at your own risk!

- Remember, the best self defense is using your mind and your awareness! Do not put yourself in situations where you need to defend yourself! **If you have to "Kung Fu" your way out of a situation then it is already too late!!!!**
- **Your mind should always be your strongest weapon and you should never have to use Budo Beads as a self-defense tool!**
- Budo Beads, as a weapon, **can be used like nunchucks**. They are most effective for soft tissue striking. Hitting hard surfaces, such as concrete or other hard surfaces, like a pair of nunchucks, **will probably break the beads!**

Here are a few self-defense techniques that are possible.

Armored Strike - Wrap around your wrist and hand as seen in the photograph! Make all of your open hand strikes into an armored strike.



Hook your **Budo Beads** on your thumbs, holding your hands in a blocking stance against a double hand strike. Then choke out with your **Budo Beads** as you move behind the attacker.



Hold in both hands and use **Budo Beads** to strike at the face!



Throw out your **Budo Beads** striking at their face and then spin and whip at their body.



For free Budo Beads videos check out our YouTube page and Facebook page!

<https://www.facebook.com/BudoBeads/>

https://www.youtube.com/channel/UCmzi_06pA57gVNpLewFI94Q

Do not strike just anything with your new Budo Beads! They are made for you to use in meditation to destress and relax. You can also use them to practice swinging and striking techniques like you would a pair of nunchucks. Budo Beads are only to be used as a self defense tool in an extreme circumstance!

Although Budo Beads are strong and durable, if you repeatably strike anything with them, then eventually, they can break. Remember, the main purposes of Budo Beads is for tactile therapy, much like worry beads, and stress relief in meditation.