

Bo Basics



1. Punch (From Horse Stance)
2. Thrust (From Crane Stance)
3. Knuckle Rap/Punch (From Horse Stance)(step away)
4. Up/Down/Side/Side (From Zenkutsu Dachi)(temple, temple)
5. Down Block/Head Strike (From Zenkutsu Dachi)
6. Middle Block/Head Strike (Leg lifts) (From Zekutsu Dachi)
7. Parry/Punch (Step away) (From Horse Stance)
8. Cross Body Block/Uppercut/Knee Strike (From Zenkutsu Dachi)
9. Overhead Block/Side/Side (From Zenkutsu Dachi, then Seisan dachi)
10. Neck Strike/Head Strike (Temple)/Head Strike (Top of Head) (from Zenkutsu dachi, then Seisan Stance)
(Shi Shi)
11. Chamber (Left Shoulder)/Step Back/Block knee/Scoot/Strike Foot (From Zenkutsu Dachi)
12. Kneel/Strike Right Knee/Strike Left Knee (Start in Seisan Dachi then Kneeling Seisan)
13. Step Back/Cross Body Block/Punch in neck (From Zenkutsu Dachi, then Horse, then T)