

Hill's Martial Arts, LLC

Bo Staff Applications

1. Unarmed attacker – step with right leg, right punch

Application – in ready position 1, step with left leg, circle left side of bo over attackers arm into armpit side stepping flipping attacker.

2. Unarmed attacker – step with right leg attempting a two handed choke.

Application – in ready position 2, before the attacker chokes, right hand strike to the top of the head, left side strike to attacker's right leg, right cross sweep, attacker falls.

3. Knife attacker – steps with right leg, right hand knife thrust.

Application – ready position 2, right downward strike, left hand release, ½ twirl striking attackers jaw. In ready position 1, right step, leg sweep right side, attacker falls, strike to chest.

4. Knife attacker – step right, looping slice.

Application – ready position 1, right strike on hand, left side strike on hand, right side strike to stomach, left baseball sweep to legs knocking attacker down, circle bo overhead, right downward strike.

5. Baseball bat attacker – left leg forward slide, right side swing.

Application – ready position 1 – right diagonal step, right strike bat, right side of stick to the back of the neck pulling attacker forward, left foot steps forward, push left side of bo up, right knee to stomach, right leg steps back flipping attacker to floor on their back.