

# Hill's Martial Arts, LLC

## Bo Staff Flow Drills

### Single

1. Two hand spins \*4
2. Left hand figure eight \*4
3. Right figure eight \*4
4. Right figure eight to left twirl, left figure eight to right twirl \*4
5. Around the body twirl \*1
6. Double figure eight \*4

### Double

1. Swim flow
2. Hook flow from position A to position B