

Hill's Martial Arts, LLC

Bo Staff Form

1. Ready position, bo in left hand, thumb pointed down.
2. Half twirl to right, hand snap down.
3. Half twirl to left, hand snap down.
4. Half twirl to right, hand snap down.
5. Left hand grabs bo on right side (ready position).
6. Pivot left foot, step right leg, right bo side strike, kiap.
7. Left side bo up, right leg side kick.
8. Left side bo up, right leg side kick.
9. Strike upward towards chin.
10. Left leg jump #3 front kick.
11. Deep left front stance, bo above head.
12. Left hand grabs bo on left side, over head baseball swing to the left side, back to right side, left hand release, step back with right leg, left low block.
13. Step through, jump butterfly kick, right diagonal strike down.
14. Left hand release, bo behind and catch with left, right hand release, twirl half spin with left hand, right grabs, left hand releases, left inner forearm block.
15. Right leg steps up even with left leg, bo over head, right front kick.
16. Downward strike, counter clockwise circle, jab (ready position 3).
17. Right leg steps back, right upward counter clockwise circle, left downward jab.
18. Left hand release, inverted strike up, right foot steps even with left.
19. Right leg steps into right front stance, inverted strike up.
20. Left hand grabs bo, downward strike.
21. Left diagonal strike, step with left foot into middle stance, left hand release, downward strike to right, bo over right shoulder, grab bo with left across stomach.
22. Right hand release, twirl over head with left, grab bo with right, diagonal strike (B position).
23. step with left, right leg and bo sweep.
24. Right leg steps behind, grab bo with left, twirl bo around head, stepping back with left leg, diagonal strike (B position).
25. Right cat stance, diagonal up, bo block.
26. Step left, front stance, cross sweep right.
27. Step right, front stance, cross sweep left.
28. Place right hand in front of left, step with left, 2 ½ double figure eight twirls.
29. Right front stance, downward strike.
30. Left leg moves even with right, with right hand, hand turns up, left hand down(thumbs facing each other), left hand release, bo in right arm, bow.