

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