

STUDENT CREED

BO STAFF FLOW DRILLS

Both start in Ready Position "A". Strike RT high, LT high, RT high, LT high, RT low, LT high, RT high, LT low. Partner #1 hooks RT, Partner #2 flips to "B" Position. Partner #2 hooks RT, Partner #1 flips to "B" Position. Partner #1 hook LT, Partner #2 flips back to "A". Partner #2 hooks LT, Partner #1 flips back to "A".

ESCRIMA FLOW DRILLS

Both start RT hand on shoulder and LT hand to RT hip. Strike RT goes to ear on LT side, LT goes far out on top of shoulder, RT strikes and tucks under arm. Repeat with other side of body to end up on the RT side again. LT strikes low then high. Step LT leg back and strike 3 times on top with RT hand. Step RT leg back and strike LT high 3 times. LT leg steps back, RT strikes high, roll forward to strike low, roll backwards to strike high. RT leg steps back, LT hand strikes high, roll forward to strike low, roll backwards to strike high. LT leg steps back, RT strikes 4 times high. RT leg steps back, LT strikes 4 times high. LT leg steps back, strike RT high, roll forward to low, roll backwards to high, continue to roll backwards to low strike. RT leg steps back, strike LT high, roll forward to low, roll backwards to high, continue to roll backwards to low strike. Step to middle stance, tuck on right side. Boom, Bam, Tuck to LT side. Boom, Bam, Tuck to RT side. LT swing low and miss goes to LT shoulder while LT leg steps back. RT strikes 3 times high, rolls forward to strike low, backward to strike high. RT leg steps back. LT strikes 3 times high, rolls forward to strike low, backward to strike high. LT steps back strikes 3 times high, rolls forward to strike low, backward to strike high, continue to roll backwards to strike low. RT steps back strikes 3 times high, rolls forward to strike low, backward to strike high, continue to roll backwards to strike low.

KUBATON APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

1. **ATTACKER** – RT HAND LAPEL GRAB
DEFENDER – TRAP WRIST AT HEART POINT WITH KUBATON/CROSS LT HAND AND LOCK
2. **ATTACKER** - GRABS LT WRIST WITH RT HAND
DEFENDER - GRAB WRIST WITH KUBATON/LT OUTWARD FLEX TO TAKE DOWN/STRIKE TO NECK
3. **ATTACKER**–RT PUNCH
DEFENDER–KUBATON STRIKE TO LUNG/LARGE INTESTINE/LT PARRY/ TRAP PUNCH/FRONT KICK
4. **ATTACKER**-GRABS FROM REAR
DEFENDER-RAISES RT ARM ELBOW HIGH/TURN/STRIKE TO TEMPLE
ATTACKER-FRONT KICK TO BODY
DEFENDER-DOWNWARD STRIKE TO SHIN WITH WAND/PALM BLOCK WITH LT HAND
5. **ATTACKER**-LUNGE LT LEG FORWARD
DEFENDER–STEP LT FORWARD/STRIKE CHEST/UPWARD STRIKE TO CHIN
ATTACKER–LT HAND GRABS RT SHOULDER
DEFENDER–STRIKE GROIN/ROLL UP TO TEMPLE
ATTACKER-RT HOOK
DEFENDER-BLOCK BLADDER POINTS/STRIKE SOLAR PLEXIS/STEP RT/ ROLL TO TEMPLE
ATTACKER-LUNGES
DEFENDER-STEP BACK RT/STRIKE TO TEMPLE
ATTACKER-GRAB STRIKING WRIST
DEFENDER-SWITCH KUBATON TO LT HAND/STRIKE SOLAR PLEXIS/TRAP SHOULDER/LT LEG SWEEP
6. **ATTACKER**-THROWS 3 PUNCHES LEADING WITH RT
DEFENDER-LT WEAVE BLOCK/RT WEAVE BLOCK/LT WEAVE BLOCK/RT STRIKE TO PECTORAL/STEP UP BEHIND/REAR CHOKE
7. **ATTACKER**-GRABS RT WRIST
DEFENDER-SWING HAND UPWARD TO PALM OF HAND/ROLL WAND AROUND WRIST BONE APPLY DOWNWARD PRESSURE

BO STAFF APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

1. **ATTACKER** – RT PUNCH
DEFENDER – "A" POSITION, HOOK SHOULDER, KICK OUT THE LEGS AND FLIP ATTACKER
2. **ATTACKER** – CHARGE TO GRAB
DEFENDER - "B" POSITION, STRIKE HEAD, LEG, CROSS SWEEP LEGS FOR TAKE DOWN
3. **ATTACKER** – STAB WITH KNIFE TO STOMACH
DEFENDER – "B" POSITION, STRIKE INSIDE WRIST, RELEASE LT HAND AND SPIN STAFF TO STRIKE CHIN, OVER THE HEAD TO SWEEP THE LEGS, STRIKE DOWN
4. **ATTACKER** – KNIFE SWIPES TO CUT THROAT
DEFENDER – "A" POSITION, STRIKE INSIDE THE WRIST, OUTSIDE THE WRIST, STOMACH, RELEASE RT HAND, OVER THE HEAD, SWEEP THE LEGS, STRIKE DOWN
5. **ATTACKER** – SWING BASEBALL BAT TOWARD HEAD
DEFENDER – "A" POSITION, BLOCK BAT, SLIDE TO HOOK NECK, FLIP FOR TAKE DOWN, STRIKE DOWN

ESCRIMA APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

1. ATTACKER – WITH BO STAFF STRIKE HIGH RT → DEFENDER – STRIKE LT HIGH →	DEFENDER -WITH 2 ESCRIMA STRIKE RT HIGH→ ATTACKER -STRIKE RT LOW→	ATTACKER -STRIKE LT HIGH DEFENDER -STRIKE RT LOW, PASS OVER AND STRIKE RT LOW BACK THEN LT TO LOW BACK, RT TO MID-BACK, LT TO UPPER BACK
2. ATTACKER –WITH 1 TONFA, STRIKESIDE OF HEAD→ DEFENDER – BLOCK LOW →	DEFENDER -1 ESCRIMA, BLOCK HIGH→ ATTACKER -STRIKE HIGH AGAIN →	ATTACKER -STRIKE LOW DEFENDER -STRIKE STOMACH, SHOULDER LOCK, KNEE
3. ATTACKER – WITH KNIFE SLICE TO THROAT → DEFENDER – BLOCK WITH BACKHAND ESCRIMA → ATTACKER -LOOP STICK TO SIDE AND STAB →	DEFENDER -BLOCK WITH SINGLE ESCRIMA → ATTACKER -STAB TO STOMACH → DEFENDER -WEB LOCK KNIFE HAND AND CIRCLE COUNTER CLOCKWISE, STRIKE INSIDE THIGH, OUTSIDE THIGH, BACK OF HEAD	ATTACKER - LOOP BACK TO CUT THROAT DEFENDER -DOWNWARD BLOCK WITH 2 HANDS
4. ATTACKER – WITH 1 ESCRIMA, BACKFIST → DEFENDER – BLOCK LOW	DEFENDER → WITH 1 ESCRIMA, BLOCK → ATTACKER -STRIKE HIGH →	ATTACKER - STRIKE LOW DEFENDER -POP UP ARM, HOOK LEG, TAKE DOWN AND LEG LOCK
5. ATTACKER – WITH 2 ESCRIMA STRIKE RT HIGH → DEFENDER – BLOCK LT LOW → ATTACKER -STRIKE LT LOW →	DEFENDER -BLOCK RT HIGH → ATTACKER -STRIKE RT HIGH → DEFENDER -BLOCK RT LOW, HIT LT UPWARD & RT DOWNWARD TO STRIP AWAY, THEN CHOKE	ATTACKER -STRIKE LT LOW DEFENDER -BLOCK WITH BOTH STICKS AND STRIP AWAY

KNOWLEDGE

NAME OF LEVEL: LEGAL WEAPON
QUALITY: COURAGE

MEANING: USING WHAT IS AT HAND FOR SELF-DEFENSE
MEANING: TAKING ACTION IN SPITE OF FEAR

MOST IMPORTANT THING WHEN DOING LEVEL 4: FOCUS ON TECHNIQUE