

Bo/Jo Class

Revised: 28 May 2009

Bow-In:

Sit Down:

Slowly move the lower tip of the Bo straight forward until the Bo is vertical in front of you.

Keeping the Bo vertical move the staff to the left hand.

Slowly lower the upper tip straight in front of you until the Bo is horizontal with left arm at your side.

Keeping the Bo pointing in front of you, sit down in good TKD position and lay the Bo flat on the ground on your left still pointing the Bo directly in front of you.

To get up the sequence is reversed.

Intro:

History:

500's Shaolin temple monks improvised using stick weapons for fighting

1314 Okinawans denied use of sword so farm objects adapted as weapons including Bo

Early 1600's Muso invented the shorter Jo after losing fight with Bo against Miyamoto

Terms:

Bo (or Kon) is a staff over 5 feet long (should be slightly longer than your height)

Jo is a shorter staff usually about 4 feet long

"Jitsu" is the fighting use

"Do", "the way" is the personal development style derived from the fighting style.

Sticks and staffs are commonly available self-defense objects originally used to counter other weapons.

(Grappling techniques and hand self defenses are specifically designed for personal self-defense)

Safety:

Carry the Bo and Jo vertically either behind the shoulder or in front of you. Control!

Keep a good grip on all weapons. Dropping a weapon is both disrespectful and dangerous.

Before starting a form or exercise you MUST assure there is no one within Bo/Jo distance.

Remember this is a weapon that can seriously injure or kill. Respect weapons and classmates

Atemi: Striking points are the focus of the stick and staff weapons:

Head: Forehead, temples, upper lip, back of the skull

Throat

Solar plexus (soft area just below the breast bone)

Groin

Wrists

Elbows

Knees

Feet

Handouts Provided: Bo form Sushi No Kon Ni, 13 Step Jo form, and class notes

Session Plan:

Warm-ups: everyone

Younger students with Mr. Ken to review Willow basic Bo forms then high jump

Adult students:

Teach/refresh Sushi No Kon Ni Bo form

Review fine points of the form: (Review these issues during instruction period)

First establish good foot position then move the Bo/Jo

Use good technique to achieve speed.

Proper hand position:

Palm on the “top” (opposite the force) of the staff when striking/blocking
Trailing hand about 6 to 12 inches from the end of the Bo for reach.
Trailing hand held at the waist to provide support for the strike.
Grip mainly with last 3 fingers. Thumb and index are loose.
Wrap the index finger; avoid pointing it along the Bo.

Crisp and precise TKD type movements (different than Aikido style)
Teach/refresh 13 Step Jo form (this is an aikido style form)
Simple Jo self defense practice
Spotlight form presentation if time allows

Transition:

Focus: 30 seconds of silence with eyes closed.

Get Up: Reverse the procedure above.

Getting acquainted with the Bo (this transitions to the Jo):

Standard grips: basic (jun nigiri) and reverse (gyaku nigiri) grips

Hand position: to gain advantage from the length of the Bo, the trailing hand can be closer (6 to 12 inches from) the end of the Bo (traditionally we talk about holding in thirds).

Avoid pointing finger along the Bo.

Sliding exercise

Figure eight exercise (this will be part of the next form we learn)!

Warm Ups and Exercises:

Warm-Ups:

Neck stretches with holding the Bo to the opposite side

Bo on the shoulders and rotate the shoulders horizontally (keep the waist steady)

Bo on the shoulders and do side bends

Bo held overhead and do back bends

Bo in front with outstretched hands and do wrist exercises.

Bo behind the back and lift arms straight up

Bo vertically behind the back, one hand on top, other hand pulls the Bo down and forward

Bo behind the waist and rotate the waist

Bo vertically on the floor and do Achilles stretch

Exercises:

Bo mountain climbers

Bo bent over rows and presses

Bo squats

Bo roundhouse kicks (may do either with the Bo tip on the floor or holding Bo)

Move forward with alternating roundhouse kicks and Bo strikes (only for small groups!)

Bo tips on the floor and do back kicks

Standing lunges with Bo tips on the floor for balance. Do in place by moving foot back.

Bo crunchers with Bo on the chest

Double crunchers (with feet up) with Bo reaching to feet

Stretches:

Feet straight out and bend forward to put Bo over the feet.

Stretch legs widely apart and bend over to put Bo over one foot

Bottoms of feet together and bend forward with the Bo to stretch the back

Pull feet in, put Bo across knees and press down

Move to Stations: Hand select younger students.