*Sushi No Kon Ni* Advanced Notes

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Revised:

Techniques are similar from weapon to weapon. Fine points for improving *Sushi No Kon Ni and other* and other weapons:

1. Set a good stance first and then perform the weapon technique. A strong stance is necessary for proper technique.
2. “Hop” means to move your front foot first, “drag foot” means to move your back foot first.
3. Make sure your stances are correct for the form and that you are sliding the feet between techniques, as in a traditional Tae Kwon Do form.
4. With the left hand high front leg block, insure your elbow is tucked in behind your Bo to protect it.
5. With a “hop” and thrust first pull the right hand back and the thrust as you hop forward.
6. As you strike, lean forward slightly to get the weight over the front knee/foot. This extends the reach of the strike and adds more power to the strike. Keep the balance, though.
7. For a block insure that you push out the Bo to absorb the strike and block far enough away from the body to avoid the strike.
8. As with a punch, keep your shoulders relaxed, move the hands in opposite directions, and turn the hand over at the last to get power.
9. Keep the palm of BOTH hands facing the strike so the Bo does not get knocked out of your hand.
10. Back straight, head up, face relaxed, and breath. In my opinion a form looks best when it appears effortless but strong.
11. Remember technique, power, focus, rhythm, grace and beauty.
12. Consider what each move is for (to be discussed at the black belt workouts).
13. As with any good form, you should actually be able to believe you are fighting an attacker.
14. The proper technique and timing of the bow-in/out is still being discussed.