

Bo Self Defenses
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Basic self-defense is a block followed by a strike (with or without moving the feet). For best power and quickness a block on one side should be followed by a strike on the other side OR front tip block should be followed by a back tip strike OR a block followed by a thrust with the same tip. These two-step defenses can be followed by other alternating strikes if necessary.

1. Overhead Block to Neck/Temple Strike: In neutral position (*joon bi*) the Bo is thrust overhead in the horizontal position to block an overhead strike from another Bo or weapon. With your left foot step forward and to the left and then do a "helicopter" (spinning the Bo horizontally by moving the left hand forward and down to end in the right armpit while the right hand guides the Bo tip backwards, to the left, then forwards and downward at 45° to strike the right side of the attacker's neck). This maneuver blocks and then pushes the attacker's weapon to your right.
2. Left Side Vertical Block to Groin Strike: In a left front stance, the Bo is held vertically with the left hand high and thrust to the left side to block a side strike to your left side. The left spins the Bo vertically first to the back then upwards to the attacker's groin while the right hand moves back to the right shoulder.
3. Right Side Vertical Block to Thrust to Face: In a right front stance, the Bo is held vertically with the left hand high and thrusts to front and right to block a side strike to your right side. The right hand moves upward in back of the right shoulder to move the Bo into a horizontal position. Use both hands to thrust the tip of the Bo into the attacker's face.
4. Hook Block to Temple Strike: In a right front stance, execute a "hook block" with the right hand forward to block a thrust attack to your body (right hand moves the Bo tip down to block the strike, then horizontally right to left the executes a "C" from bottom to top to block the attacker's Bo upward and toward your right side). Step forward with your left foot and execute a side strike to the attacker's right neck/head with your left hand forward.
5. Forearm Strike to Side Strike: (This may be used with a knife/club attack either from the waist level or overhead.) Step backwards with your left foot and strike the forearm with the Bo tip, right had forward, (may do a "C" hook) to dislodge the weapon. Step forward with the left and do a side strike to the attacker's temple, neck or ribs. (May be followed with a thrust to the throat.)