

STAFF/BO/JO

Orientation

(Yellow Requirement)

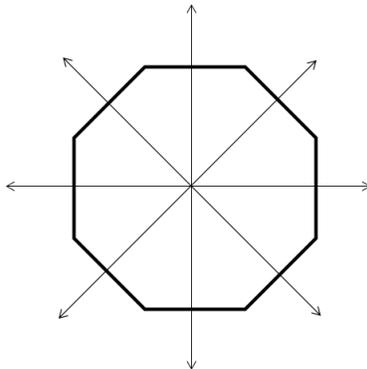
Orientation is to tell you about the Jo requirements and show you how to use your weapon safely.

1. How to hold your weapon: by your right side, behind your arm, close to your leg
2. Don't play with the weapon or swing around, don't let siblings use it, practice outside at home
3. Hold on to your weapon, you can't use it to defend yourself if you drop it. You will fail test.
4. Your responsibility to bring weapon to class, tournament and tests
5. Difference between Jo (shorter: about 4' or below eyebrow) and Bo Staff (taller: about 6' or above eyebrow)
6. Jo is extension of your arm; it is long so you can reach farther. It is used for blocking and striking: Just like your empty hand: Inward, outward, upward, downward, reverse hand
7. Show use of center of the weapon, ends of the weapon and where **not** to put your hands

DRILLS (3 sets of 10)

1. Blocking/Striking Sets
Block down, up, and side (front diagonals)
2. Bag work (on the floor for small students): top, bottom diagonal, ribs

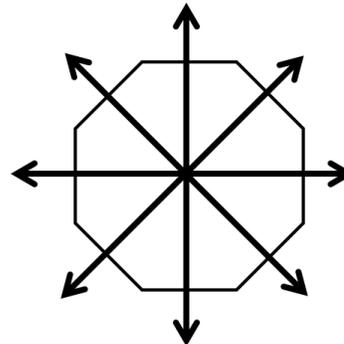
BLOCKING KATA – Stationary (Sound Off)



Blocking:

1. Block down, set
2. Block up, set
3. Block side, set
4. Block side, set
5. Top diagonal
6. Top diagonal
7. Bottom diagonal
8. Bottom diagonal
9. Parry
10. Aim center, strike

STRIKING KATA – Stationary (Sound Off)



Striking:

1. Top diagonal
2. Top diagonal
3. Bottom diagonal
4. Bottom diagonal
5. Ribs
6. Ribs
7. Straight groin
8. Straight head
9. Aim center, strike
10. Home

If time allows continue with Drills:

3. Figure 8
4. Figure 8 1,2,3
5. Overhead Spin, Strike

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