

Bo or 6 foot Long Staff

Rokushaku Bo Furi – Six-foot staff swing (Bo or 6-foot wooden staff)

The Twirling Art is found on the Bo no Maki is one of Professor Okazaki's arts
The goal is to allow the weapon to become an extension of your body, mind and intent. This figure 8 motion ideally protects from attack, 360 degrees around you using the foot work from the first chapter. In the beginning, covering your front and both sides is enough.

Starting Position palm up
(active hand) Left hand palm
down (passive hand)

Draw a circle up with the
right end of the Bo

Circle the right end
in front, to your left,
and down



Continue to lead with the right end of the Bo in a figure 8 circle, left side, right side



After chambering the stick under your armpit, reverse figure 8 spin
leading with the left end of the Bo and redirect the direction back to chambered.



This is a Bo Kata my first Sensei, Ginny Kitzke, taught me when I was a blue belt. Beginning position, right palm up, left palm down. Slide your bottom hand down, step forward and slide your top hand to a downward strike, bending your knees slightly. Slide your top hand up, step forward and slide your bottom hand with an upward strike to the groin.



Slide your right hand up, step with the back foot, slide your bottom hand to a side strike.
Do the same movement to strike the other side.

Strikes



Blocks



Step back to block an upper strike with a snap at the end of the block.
Step back to block a lower strike. Step back block right side strike.

Basic Hanbo Katas

Starting Hanbo grip position
grab the stick in thirds palms down

Blocks

Upward block



Push stick up with snapping horizontally above your head.

Lower level block



Slide back with one or both feet. Use a snapping motion down horizontally.

Side block-strike right and left



To block a right hand punch step to your left (do the opposite with a left punch block). Rise the left end of the stick up. The stick is vertical in a snapping motion block strike Uke's strike.

Poking Strike



Defense from a right hand strike. Step back with your right foot and slide your right hand to near the right end of the stick. Using a pool stick slide through your left hand to strike Uke.

Snapping Strike



From a right hand strike/step back with your right foot release the stick with your right hand after applying pressure with your left hand so the stick will snap to the target

Basic Hanbo Katas

Starting Hanbo grip position grab the stick in thirds palms down

These are some Hanbo Katas that I teach to Kyu Ranks

Hanbo Katate Tori to front of the Neck Takedown



Block – strike a right punch after stepping to your left (not shown). Release the stick with your left hand. Take a Katate Tori Ichi hold, place-strike the stick in front of Uke's throat. With the middle of the stick in Uke's elbow bend, pull the right end of the stick down and towards you as you apply the wrist lock with light pressure on Uke's throat with the stick. After take down press your right knee into the inside of Uke's bent right elbow.

Strike belly behind the neck takedown



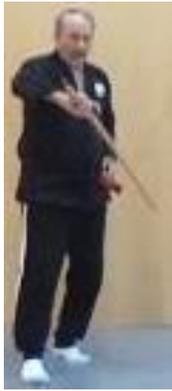
This art was taught to me as release the bottom hand from the stick, strike the belly causing Uke to bend over. Place the stick behind their neck, move behind Uke's arm and lever up using pressure against their neck and arm taking them down to their face (not completely shown). Kneel on the stick.

Counter to behind the neck counter



A few years later a Prof. pointed out to me that it was too easily countered. If the strike is not hard enough to the belly and your takedown is slow they can turn their head to the left and grab the stick and pull it off their head. He suggested this move to the art #1 Tsuke Iri on the next page.

Bokken Kata

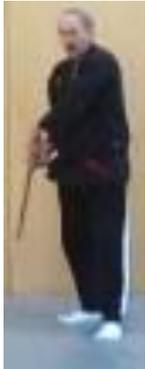


Jodan upper guard

Middle guard

to thrusting

Lower guard



Side guard



Kesa guard



Jodan Guard



Jodan deflection



Kesa cut



Middle guard