



2nd Degree Black Belt

TRI-SECTIONAL BO STAFF BASICS

BASICS 1

UP BLOCK

- 1 HANDED (BLOCKING WITH STICK #1)
- 2 HANDED (BLOCKING WITH ALL 3 STICKS BEING HELD TOGETHER)

BASICS 2

DOWN BLOCK

- 1 HANDED (BLOCKING WITH STICK #1)
- 2 HANDED (BLOCKING WITH ALL 3 STICKS BEING TOGETHER)

BASICS 3

VERTICAL SWEEPING BLOCK

- 1 HANDED (BLOCKING WITH STICK #1)
- 2 HANDED (BLOCKING WITH ALL 3 STICKS BEING TOGETHER)

BASICS 4

BOX SWEEP

BASICS 5

UPWARD X BLOCK

DOWNWARD X BLOCK

BASICS 6

TWIN OUTER BLOCK HIGH

TWIN OUTER BLOCK LOW

BASICS 7

HIGH STRIKE

STRIKING FROM RIGHT TO LEFT

STRIKING FROM LEFT TO RIGHT

BASICS 8

LOW STRIKE

STRIKING FROM RIGHT TO LEFT

STRIKING LEFT TO RIGHT

BASICS 9

SINGLE HANDED ROTATIONS

FORWARD

BACKWARDS

BASICS 10

TWIN ROTATIONS

FORWARD

BACKWARDS



BASICS 11

HOLDING STICKS #1 AND #3 (1 STICK IN EACH HAND)

FORWARD ROLL OVER TRI-SECTIONAL BO STAFF

TRI-SECTIONAL SLAP THE GROUND

STEP ROLL OVER TRI-SECTIONAL BO STAFF

TRI-SECTIONAL SLAP THE GROUND

BASICS 12

FLOWERING

BASICS 13

HORIZONTAL STRIKES

(HOLDING STICKS #2 AND #3. STRIKING WITH STICK #1)

OVERHEAD HORIZONTAL STRIKES

(HOLDING STICKS #2 AND #3. STRIKING WITH STICK #1)

OVERHEAD HORIZONTAL STRIKES WHILE TURNING

(HOLDING STICKS #2 AND #3. STRIKING WITH STICK #1)

OVERHEAD HORIZONTAL STRIKES GOING DOWN TO THE KNEE

(HOLDING STICKS #2 AND #3. STRIKING WITH STICK #1)

BASICS 14

SINGLE HANDED OVERHEAD STRIKE AND THEN CATCHING ON THE ARM

(HOLDING ONLY STICK #3. STRIKING WITH THE FULL LENGTH ON THE TRI-SECTIONAL)

SINGLE HANDED OVERHEAD STRIKE, STEPPING OVER TRI-SECTIONAL BO STAFF THEN CATCH ON ARM

(HOLDING ONLY STICK #3. STRIKING WITH THE FULL LENGTH ON THE TRI-SECTIONAL)

BASICS 15

1 HANDED FIGURE 8'S

(HOLDING STICKS #2 AND #3. STRIKING WITH STICK #1)

BASICS 16

2 HANDED FIGURE 8'S

(HOLDING STICKS #1 AND #3. STRIKING WITH STICKS #1 AND #3)

2 HANDED FIGURE 8'S

(HOLDING ONLY STICK #2. STRIKING WITH STICK #1 AND #3)

