



Bo Basics



1. High Block/Strike (Alternate sides)
2. Horizontal Block/Strike (Alternate sides)
3. Low Block/Strike (from overhead) (Alternate sides)
4. Horizontal Block/Strike (from overhead) (Alternate sides)
5. Vertical Block (Alternate sides)
6. Mid-level Jab (10 on one side, then repeat on other side)
7. High Jab (10 on one side, then repeat on other side)
8. Circle Block, High Jab (10 on one side, then repeat on other side)
9. Side Circle Block, Side Mid-level Jab (10 on one side, then repeat on other side)
10. Rear End Forward Down Strike, Overhead Strike (Double Overhead Strikes) (10 on one side, then repeat on other side)
11. Rear End Reverse Upper Strike, Front End Reverse Upper Strike (Double Upward Strikes) (10 on one side, then repeat on other side)
12. Horizontal Belly-level Strikes (10 on one side, then repeat on other side) (Bo kata 2)
13. Forward Figure 8 Strikes (continuous) (10 on one side, then repeat on other side)
14. Low Block-Vertical Down Strike, Vertical Upward Strike-Vertical Down Strike on opposite side (Bo kata 1) (10 on one side, then repeat on other side)
15. 45-degree Rising Block (Bo kata 4) (Alternate sides)
16. Low Block (#3 above), Overhead Strike (Bo kata 4) (10 on one side, then repeat on other side)
17. Face Jab (10 on one side, then repeat on other side)
18. Kneeling Overhead Strikes (Alternating Front and Rear)
19. Kneeling Low Strike (from overhead) (Alternating Front and Rear)