

Black Belt Students
Video Tutorial Guide: “B” Lesson Skills
Summer Term 2020
2nd Training Period
Week #6-10: July 20 through August 23

Bo Fundamentals: **One Steps #1 & #2** (*Defenses against Uchi-Otoshi attack*).

One Step #1

- **Starting Position:** attacker in Jodan-no-Kamae (High Guard); defender in Chudan-no-Kamae (Middle Guard).
- **Attack:** Uchi-Otoshi (Overhead Strike).
- **Defense:** Left foot steps back, Naname-Uke (Side Strike Block); Gyaku-Gedan-Uchi (Reverse Low Strike) to attacker’s front knee; Uchi-Otoshi (Overhead Strike) to attacker’s head. Then withdraw.
- Attack and Defense in the air first, and then with partner. Slowly at first, then gradually increase speed and power.

One Step #2

- **Starting Position:** attacker in Jodan-no-Kamae (High Guard); defender in Chudan-no-Kamae (Middle Guard).
- **Attack:** Uchi-Otoshi (Overhead Strike).
- **Defense:** Left foot steps back, Naname-Uke (Side Strike Block).
- **Attack:** Gyaku-Yoko-Uchi (Reverse Side Strike).
- **Defense:** Morote-Uke (Double-Handed Block); slide forward into Horse Stance and roll Bo around and down to your left, levering opponent off-balance; Yoko-Uke (Inside to Outside Block) to neck/head to take opponent down. Then withdraw.

- Attack and Defense in the air first, and then with partner. Slowly at first, then gradually increase speed and power.

Bo Kata: **7 Strike Kata**

- 1st Merit: Good Technique. Every skill is done as correctly as possible. Focus on proper grip, moving into the next strike or block cleanly, and establish 3 points of contact at the end of each block or strike.
- 2nd Merit: Power. Move more quickly while still maintaining control over all techniques. When striking or blocking with one end of the Bo, generate power by pulling the other end sharply into your body. Shouldn't be rushed or sloppy.
- 3rd Merit: Focus. For each block and strike, first find the target with your eyes, then perform. Technique should always be precisely directed to its target. Don't simply flail with both ends of the Bo and trust to luck.
- Practice with a partner – slowly at first, then gradually increase speed and power.

Please use this written guide to help you practice as you work through the skills in your “B” Lesson video tutorial. You'll find brief captions in the video itself that should help you keep track of the skills we're working with.

Please set aside two times during the week to carefully work through your “A” lesson skills on your own. This will help you get the most out of our in-person lessons together, and to strengthen and grow in your study and practice of the martial arts.

Please also set aside time during the week to work with our Warrior Personal Strength Lesson. You'll have video lessons and written lesson guides to help you better understand what these personal strengths are and how they work.