

BO

Self-Defense

Choreographed Fight Scene with a Partner

Ready Position #4: Facing partner in fighting stance, right foot & hand forward

1. **DIAGONAL HEAD STRIKE**..... right
DIAGONAL HEAD BLOCK: Diagonally hold bo to side of head, same angle as strike
2. **HORIZONTAL STRIKE (to ribs)**.....left
OUTSIDE BLOCK: Hold bo to one side, parallel to body and perpendicular to the floor
3. **OVERHEAD STRIKE (to top of head)**..... right
UPWARD BLOCK: Hold bo over the head
4. **THRUST (to throat)**..... right
INSIDE BLOCK
5. **BACK END SWEEP**.....left
DOWN BLOCK: Block is same as strike, or sweep
6. **SLIDING DOWNWARD THRUST ("top-of-foot" strike)**.....left
DOWN BLOCK: Sweep
7. **DIAGONAL HEAD STRIKE**..... right
OUTSIDE BLOCK

