

STAFF/BO/JO
LEVEL 2
(Purple Requirement)

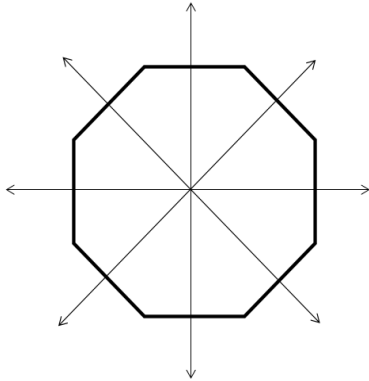
DRILLS (3 sets of 30)

1. Blocking/Striking Sets (10 each)
2. Figure 8
3. Figure 8, 1,2,3
4. Overhead Spin, Strike

KATAS

BLOCKING/STRIKING KATA

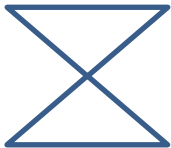
(Sound Off & with Kiaii)



Stances for Blocking/Striking Kata

1. Stationary (feet together)
2. One-step pivot RT/LFT (C-step)
3. Point triangle RT/LFT
4. Corners RT/LFT

Point/Corners triangle right/left



KATA 7

(Sound Off & with Kiaii)

Block down set
Block side set (left)
Block down set
Block side set (right)
Step back (right), 1(head), 2(groin), 3(head)
Feet together, dip, switch sides
Step back (left), 1(head), 2(groin), 3(head)
Feet together
Dip, sandwich, overhead spin, kick, strike (into a cross step)
Spin with a cheat step, dip, switch sides, strike
Dip, sandwich, overhead spin, kick, strike (into a cross step)
Spin with a cheat step, dip, switch sides, strike
Dip, overhead, home (weapon on left side)

TORI/UKE DRILLS

Blocking Striking Kata (sound off & with Kiaii)

Use all Blocking/Striking Kata stances

Test : Staff/Bo/Jo Level 2 Date: _____ Signature: _____

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