

STAFF/BO/JO
LEVEL IV
(Green Requirement)

Improved handling basics
Application of basics
Body control of weapon

DRILLS (3 sets of 50)

1. Figure 8
2. Figure 8, 1,2,3
3. Overhead Spin, Strike

Universal Block/Strike Tori/Uke
Alternating Drill

KATA EXERCISE

(Sound Off/Slow Smooth Soft/Kiai)

1. Universal Blocking/Striking (Jo/Bo)
2. Kata 7 (Bo)
3. Kata 8 (Bo)
4. Mai No Jo 1-6

BAG WORK

KATA 8

Start with Kata 7, and replace "Dip, overhead, home" with:
Block down, block side, block up, spin (right side) 4 times. On 4th spin, crescent kick
Block down, block side, block up, spin (left side) 4 times. On 4th spin, crescent kick
Feet together, strike

KATA 8 (CONTINUED)

(to the front)
Dip, cross step, plant (weapon), side kick, top corner, cross step, upper cut, trust, turn, block up, block down
(to the rear)
Dip, cross step, plant (weapon), side kick, top corner, cross step, upper cut, trust, turn, block up, block down
Step across (right), top corner, feet together strike, dip, step back, block down
Step across (left), top corner, feet together strike, dip, step back, block down
(to the left side)
Block down (square horse), top corner, block down, spin (to right) 1, 2 (steps)
Block down (square horse), top corner, block down, spin (to left) 1, 2 (steps)
Block down, trust (to right), kick, strike
Block down, trust (to left), kick, strike, block down
Step to the rear corner, (face the front)
Bottom corner (left), feet together, ribs, ribs
Bottom corner (right), feet together, ribs, ribs
Step to front corner in right cat, top corner, strike, switch sides, strike
Shuffle back, left cat strike, switch sides, strike
Feet together (front), dip, across, overhead, home (weapon on left side)

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

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