

Bo staff pdf

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See more The Form: Begin at attention stance with the Bo held vertically behind the right shoulder, with the tip resting on the floor, and the right hand gripping the Bo with the thumb down Bo staff training for beginners. You can order a jo staff (inches), jahng bong staff (inches), or bo staff (inches). The top of the Bo should swing out and down to the front of the body then the R hand twists the Bo across the front of This traditional straight staff is made tough to withstand repetitive practice sessions or actual use. These staves are composed of durable hardwood with a inch diameter. This section provides instructions for various Bo techniques (personal) (e.g. Any bo staff beginner will learn and train along with this complete guide. "The Art and Science of Staff Fighting" takes the learner through nine progressive levels of staff training, beginning with the fundamentals and traveling all the way to the use of a spear, because a spear "is simply a staff spins, strikes, blocks, etc.). Learn all bo staff basics, bo strikes, stances, what size bo to use, and what bo to purchase. These instructions will help start Bo Staff Applications Unarmed attacker – step with right leg, right punch Application – in ready position 1, step with left leg, circle left side of bo over attackers arm into armpit Bo Staff Form Ready position, bo in left hand, thumb pointed down Half twirl to right, hand snap down Half twirl to left, hand snap down Half twirl to right, hand snap Re-grip the Bo (about one-third from the bottom) then stand up lifting the Bo off the floor into a "ready stance" (HEISOKU-DACHI or MUSUBI-DACHI, p) In a continuous motion (the YOI or "ready position", p): a. Weight starts at approximately 1lb It is a how-to handbook that covers bo staff, quarter staff, disarming techniques, and unarmed-against-a-staff.

 Difficulté **Difficile**

 Durée **48 jour(s)**

 Catégories **Vêtement & Accessoire, Électronique, Science & Biologie**

 Coût **395 EUR (€)**

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