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Bo staff training for beginners pdf

When does the course start and end? The course starts now and never ends! It's a completely self-paced online course - you decide when it starts and when it ends. How long do I have access to the course? What does access sound like for life? After signing up, you have unlimited access to this course for as long as you like – through any and all devices you have. So you want to dominate the BO staff? Or, even just learn some cool moves and basics – this is the complete beginner's guide to good staff. You found the right place to start. 1) Choosing the Right Bonus Why do you train with the Bonus? = what kind of good you should use. Freestyle Bo Training: If you're training to learn freestyle techniques, shapes, and possibly even dabble in competitions, then you'll want a good lighter weight. I classify our official good style Ultimate Bo as a good freestyle art. So, if you're starting out with my training programs, or looking to learn the basics of good, you'll want a good toothpick. Extreme Training/Competitions: Looking to be the next NASKA world champion? Is your goal to be in cereal boxes sold within martial arts academies? You will need a very light but solid bonus. A bonus that is very thin, and specially designed for brightness, and visual appeal. You'll want good graffiti. Traditional training / Strength: Do you want to form the old school - or better yet, traditional, as has been done for centuries? You will want a real Bonus, which is traditionally made of a wood like oak. It is a strong and heavy wood, designed for real combat, deadly blows and weapon for weapons combat. It is not recommended for pure beginners, unless you have great control (and a high ceiling). You'll want an oak bonus. Fight Fight/Good Scattering: Are you training to really practice combat? In the Ultimate Bo system, we have a section on each level called Combat Bo. For Sparring Bo and combat practice, you'll need something that's safe enough to really hit one another with. Something like a good reflection of action is really better. Be careful that some padded goods are simply a wooden rod, with a thin layer of rubber (or similar material) around it. This doesn't feel right across the side of your head. You'll want a padded bond. If you don't have the money, for now, you can use a good toothpick and slide a pool noodle over it. What size should Bo buy? For competition / Freestyle / Personal Bonus I recommend using a bonus that is slightly shorter than you. So if you are 5' 9, get a 5' 6 inches good. Many bonuses are available in increments of 1/2 feet, or 6 inches. If not, it's possible to buy a 6-foot bond, and trim a little from the top and bottom. If the bonus is higher than you, it can be make certain rotations, and downward strikes, as the good will make contact with the ground, this will become very frustrating. For traditional training and combat if you are doing mainly bojutsu, Ultimate Bo (traditional and Or Good Combat – you will want a staff that is your height, or a little higher. If you are 5' 10, get a bonus of 6'. If you're 6' 1, go ahead and go down an inch. It is better to be within a range of one to two inches of the height of your bonus if possible. Some staff arts, such as Chinese staffing forms, use much longer staff, such as 7' or 8'. The traditional Japanese bonus, the rokushakubo, which literally translates into six-foot staff, is a good fit for most. Where can I buy a personal bonus? Online. Search for good staff and look through all the major online marketers. You can also check out our eBay and Amazon to find a nice bonus at a good price. Remember that a bonus is a large item, so expect to pay an additional shipping fee because of its size. Tailor-made. If you want to make your own, or meet someone who is good with carpentry, get a personalized bonus! Woods such as ratan, bamboo and oak are good options. Make sure it's soft and polished so that the splints don't become a problem, you might want to coat it with some kind of exterior protection. Local martial arts shop. These are quite rare unless you live in a big city. Go to google maps, sites, etc. and search for your local businesses. If there is a store nearby, you can check your selection and avoid the shipping cost. Local Academy of Martial Arts. People tend to forget that this is a great choice. Basically, every martial arts academy/club/school sells products from a wholesale company. 拳 The staff were very friendly and helpful. Just call any local Kwon Do tae, Karate, or another school and ask if they have any bonuses in stock. If not, you should be able to order through your supplier, which will give you a bonus to (possibly a lower price), greater selection, and no shipment. If you still don't realize it, a bonus is really just a glorified, combat-oriented stick, loaded martial arts. You can use a broom stick, walking stick, pvc pipe and anything else with a similar shape to the one you are starting with. Don't be ashamed. I used to practice nunchakus when I was a kid with a long sock, you work with what you have. 2) Have / Hand positions Now that you have your own bonus, let's learn how to use it as a professional! Normal suspension: This is the hand position you will use most of the time. Keep staff in thirds. A palm looking up and a palm looking down. Narrow suspension: a palm up, one palm down, but with only a length of fist of space between the two hands. This is great for turning. Wide Hold: Again the same palm up and down, but taking up about 2/3 of the bonus, your hands are placed out wider, used for blocks and defining 3) Positions with bo most good beginners seem to overlook their positions. I get it, you think it's all about the hands and the upper body. But the positions actually create the foundation for everything your upper body is doing. Better long frontal posture means a more powerful push. A nicer cat posture means a more balanced but funny upper cut. These are the Long frontal posture: one leg is out, the front knee is bent, the hind leg is straight. Almost every ten feet face the front, the back feet are pointing at a light angle. The back is straight, tilted forward, but with the poise. Horse posture: As if you're riding a horse, imagine you're in the saddle. The legs are in a perfect line, width of the past shoulder, knees bent, legs almost parallel to the floor, the back is straight, forward. Front Stance: This is the square posture also known as a foreground balance, and is common in traditional martial arts such as karate. The ten feet facing forward, the front knee bent, the back leg straight, the square shoulders. Cat posture: Very light posture. About 80-90% of his weight is on his back knee, his front foot is barely touching the ground. 4) Basic Level Bo Strikes Time to move on to some basic level strikes. Please make sure you have a clear and wide training area. I've heard horror stories of students putting holes in the wall, smashing fans, and even punching their family in the face. Please clear a nice room, or practice outside! Also, if you don't really have space, use a small stick, like a scime stick to 'ghost practice' movements until you get more space later. Aerial front strike: Lift the front knee, rest the good on your right shoulder, good is parallel to the ground, put your right foot in front in a long front posture, like rotating that front hand, twisting your wrist, and sliding your left hand down in your pocket. 4-point strike: a simple move up, from side to side. Make sure all strikes hit the same spot, and keep your elbows parallel to the ground, maintaining a strong long frontal posture. Aerial Rib Attack: From a horse position, carry your arms over your head, and end up swinging the front tip of the bond through, hitting the opposite end of the bond on your own rib. Front thrust: Lift the front knee, draw back the good all the way in a straight line behind you, then go out in a long deep front position and push the tip of the bonus to the goal. You will land in a powerful position, your back is straight, elbow up, tip driven. Top cut: A lot like a top boxing cut, but draw the bonus under first. This will create a more rounded movement as it ends up in the cat's posture. 5) Beginner Bo Super Combination Now, let's combine everything we've learned to this point and build our confidence. By learning and practicing a combo like this, you'll be more prepared to move on to a real good training program, and learn full forms. 6) How to move to the next level Wow, I can't believe you've already so far! Woohoo, you're no longer a complete beginner. So where should I go from here, to take my skills to the next level? Consistent practice: Whether you want to admit it or not, practice makes (near) perfect. My last good students who practice constantly week after week do their best in their rank exams and are the star students. By setting up a real day every or time to practice your good and move forward, you are destined for success. Find a partner/friend: When you have someone learning and going through the moves with you, you are bound to do better. Learn a Kata / Form: Instead of learning random techniques here and there, learning a complete kata will make you much better. A kata requires intense focus, concentration, rhythm, striking, postures, breathing, screams, memorization and heart. Of course, you can learn two katas on my first DVD Bonus, Ultimate Training Beginner Bo. Or, if you train in a dojo, ask your instructor to show you a form. Train with the ultimate good study course! Become a definite good student: I'd love you to take you to the next level and train with my ultimate good study course at home. This is not just a set of training videos, but a whole distance training program. Lean katas, techniques, scattering, and more from White-Black Belt, and earn a real black Chevron range at home in Ultimate Bo. You will also receive support for instructors and connect with more students from all over the world. Check out our Ultimate Bo Home Studies course now and keep learning with me! Check out some of my other good popular articles, such as 5 common questions about Ultimate Bo and Bōjutsu Ready for the Next Lesson? Sign up for my free online bonus staff course, to learn even more basics, defenses, and even to take full follow-up classes. You will have access to free training while continuing your bōjutsu trip. Trip.

