**Kobudo Practice Schedule – Bo Staff**



Week 1 – Skill focus – Becoming familiar with the Bo Staff as an extension of your body.

1. Review lesson 1-7 (selecting some several times if you need clarification as you practice)
2. Choose a Bo Staff for practice purposes.

Daily:

1. Practice gripping and moving your Bo staff (Hint: place your Bo somewhere you pass by frequently, or place it by your seat and every time you pass by, pick it up for a few seconds, feeling its weight and making a few quick blocks or strikes)
2. Practice 10 Jodan Uchi

Week 2 – Skill focus – Developing proper striking techniques with the Bo Staff

1. Review lessons 7-9

Daily:

1. Practice 10 Jodan Uchi, 10 Kobi Uchi and 10 Gedan Uchi

Week 3 – Skill focus – Developing proper blocking techniques with the Bo Staff.

1. Review lessons 10-12

Daily:

1. 5 each - Jodan Uchi, Kobi Uchi, and Gedan Uchi
2. 5 each – Jodan Uke, Kobi Uke, Gedan Uke

Week 4 – Skill focus – Putting it all together - Kata.

1. Review lessons 13-14

Daily:

1. Warm-up - 5 each - Jodan Uchi, Kobi Uchi, Gedan Uchi, Jodan Uke, Kobi Uke, and Gedan Uke

2. Practice opening of the Bo Kata (lesson 14) 4 times.

Week 5 – Skill focus – Putting it all together – Kata Continued.

1. Review lessons 15

Daily:

1. Warm-up - 5 each - Jodan Uchi, Kobi Uchi, Gedan Uchi, Jodan Uke, Kobi Uke, and Gedan Uke

2. Practice opening of the Bo Kata (lesson 14-15) 4 times.

Week 6 – Skill focus – Putting it all together – Kata Continued.

1. Review lessons 16

Daily:

1. Warm-up - 5 each - Jodan Uchi, Kobi Uchi, Gedan Uchi, Jodan Uke, Kobi Uke, and Gedan Uke

2. Practice opening of the Bo Kata (lesson 14-16) 4 times.

Week 7 – Skill focus – Putting it all together – Kata Continued.

1. Review lessons 17

Daily:

1. Warm-up - 5 each - Jodan Uchi, Kobi Uchi, Gedan Uchi, Jodan Uke, Kobi Uke, and Gedan Uke

2. Practice opening of the Bo Kata (lesson 14-17) 4 times.

Week 8 – Skill focus – Putting it all together – Kata Complete.

1. Review lessons 18-19

Daily:

1. Warm-up - 5 each - Jodan Uchi, Kobi Uchi, Gedan Uchi, Jodan Uke, Kobi Uke, and Gedan Uke

2. Practice complete Bo Kata (lesson 14-19) 4 times.

Week 9 – Skill focus – Fine Tuning – Building Power.

1. Review lessons as needed.

Daily:

1. Warm-up - 5 each - Jodan Uchi, Kobi Uchi, Gedan Uchi, Jodan Uke, Kobi Uke, and Gedan Uke

2. Perform one Bo Kata at normal speed.

3. Perform two Bo Kata at half-speed, but with more power, be sure to focus strikes and blocks

Week 10 – Skill focus – Fine Tuning – Building Speed.

1. Review lessons as needed.

Daily:

1. Warm-up - 5 each - Jodan Uchi, Kobi Uchi, Gedan Uchi, Jodan Uke, Kobi Uke, and Gedan Uke (Moving forward 5, back 5)

2. Perform one Bo Kata at normal speed.

3. Perform two Bo Kata at 2x speed, focuses as best as you can on accuracy of strikes and blocks.

Week 11 – Skill focus – Fine Tuning – Testing

1. Review lessons as needed.

Daily:

1. At this point you should be ready for testing. If not, continue to work your Bo kata at normal speed, focusing on the areas you feel you’re weakest until you’re confident to test.