

ACTION KARATE

ADVANCED CURRICULUM

PHASE III



UNIVERSAL STAFF

Hold staff straight out with right hand-**“Action”**-Bring staff across the front of your body with right hand-**“Karate”**-Bow and say-**“Staff”**-Return staff straight out with right hand-**“Kata”**

Staff in right hand-lift up even with shoulder/ left hand chops up to your right shoulder, left hand downward chop, flip/ left hand grab staff under right arm/ left leg steps out to 9:00 into a horse-stance Right Palm should face up, left palm should face the ground/ Keep hands in this position for entire kata

Lift up left leg and poke down with staff/ lift up right leg poke with staff/ right leg lands at 12:00 with right arm out in front

Take staff hit up toward left shoulder, -hit down in down front- Touch right shoulder with staff-strike forward- Do a reverse figure eight ending with a forward strike on the left side of your body.

Left hand pokes behind as you go into a lean away stance/ poke staff forward as you go into a forward leaning stance/take left leg step to 9:00 into a horse stance as you push out with staff

Go down on your left knee, facing front and strike with your right hand out/ bring your left hand out from under your right arm and strike up/ go back to left hand under right arm

Stand up and face 9:00 poke behind you-poke forward-pull right leg back as you take staff and hit right shoulder then strike forward-take left hand put it underneath right arm pit- take left hand out from under your right arm pit and strike forward \and hold staff on left side of your body.

Right hand pokes up toward right side as you lift your right knee/right leg lands at 3:00 in a lean away stance -- Bring your feet together with staff in left hand as you twirl it under your shoulder—Bow-**“Staff Kata Rocks”**

History of Bo Staff

Bo-“staff” The Bo is a long wooden staff for herding livestock, guiding boats or used as a way of carrying supplies in baskets. In this instance the Bo was placed across the shoulders and the baskets would hang from either side. Although there are two styles of the Bo, the average length of both is 6’ with a diameter of 3.5 inches. The Chinese Bo keeps an equal diameter along its entire length where as the Okinawan style tapers at each end. This tapering makes for a much more focused and affective strike. Regardless of the style, its ends are used to strike an opponent’s eyes, throat, and solar plexus of groin. It can also be used to block an attack as well as to sweep the feet. For those who are well versed in its use, a broom, mop, paint handle and any number of household items can make for an excellent stand in.

In order to get the most our of your weapons training and get ahead of the line in your new curriculum, Action Karate offers several private training options designed for students who need extra help or just want to excel. Though students will learn everything they need to know for testing in class, some students want to learn how to become truly proficient in martial arts weapons and learn more advanced training techniques. Private Lessons allow our students to learn these more challenging skills and jump ahead of the class.

“Jump Start” Option 1

2 Bo Staff Private Lessons \$79

“The Staff Master” Option 2

One Private Lesson each Month for the Next 12 Months \$479