

## Bo Hojoundou

### Set 1

- 1 top of the head
- 2 side of the head
- 3 rib
- 4 knee
- 5 Top of the head thrust

### Set 2

- 1 overhead thrust block
- 2 slide bo
- 3 overhead slide switch
- 4 butt end eye strike
- 5 backhand strike

### Set 3

- 1 twirl bo
- 2 downward diagonal strikes
- 3 Strike return, thrust block
- 4 overhead, upward butt strike return, side butt strike overhead thrust
- 4 strike thrust, step downward block thrust, step back front block, overhead thrust

## sai hojo undou

### Set 1

- 1 outward block
- 2 inward block
- 3 upward block
- 4 downward block
- 5 punch

### Set 2

- 1 Flail
- 2 punch flail
- 3 elbow strikes while stepping forward and backwards
- 4 lift leg, downward block, vertical strike
- 5 Punch, flail, vertical strike

### Set 3

- 1 punch, down block, step punch
- 2 double down block, double punch
- 3 double upward block, double strike
- 4 downward flail, stab, downblock, while stepping