



### **Level I. Basic Kobudo** (1 Brown stripe)

1. Downward striking (paddle the kayak)
2. Upward striking (backing up the kayak)
3. 2 downward then 2 upward strikes
4. 2 downward strikes then 1 upward strike
5. 2 upward strikes then 1 downward strike

### **Level II. Advanced Kobudo** (2 Brown stripes)

1. 2 downward then 1 middle strike (top)
2. 2 downward then 1 middle strike (bottom)
3. 2 upward strikes then 1 middle strike (top)
4. 2 upward strikes then 1 middle strike (bottom)
5. 3 downward then 2 middle strikes (top and bottom)



### **Level III. Basic Middle Grip / Bo 1** (Brown belt)

1. Figure 8s: downward, upward, and alternating
2. The nine basic strikes: stationary, retreating, and advancing
3. Basic blocking: stationary, retreating, and advancing
4. Kata: Bo 1 and applications

### **Level IV. Advanced Middle Grip / Bo 2** (1 Black stripe)

1. Advanced blocking: striking/disarming blocks
  - a. Block (strike) opponent's lead hand as they strike
  - b. Block bo then slide along shaft to strike hand
2. Advanced striking
  - a. Double striking
  - b. Hooking disarms
3. Bo 2 and applications

### **Level V. Extended Grip / Bo 3** (2 Black stripes)

1. Extended grip basic strikes and figure 8s
2. Snap strikes and extended grip striking disarms
3. Fencing with the bo (change, double change, beat, and cutover)
4. Extended grip hooking disarms
5. Bo 3 and applications

**Recommended Reading:** *The Art and Science of Staff Fighting* by Joe Varady