

Bo Form 1

	Stance	Note
1 Downward Strike	Ready Stance	Left Hand Down, Right Hand Up
2 Uppercut	L Front Stance	Bo on Left side
3 Downward Strike		
4 Horizontal Strike		
5 Horizontal Strike		
6 Lunging Jab	R Front Stance	Start by reaching back with bo
7 Vertical Stick Block	R Cat Stance	
8 High Block	Ready Stance	L Foot moves 180 C-C-W / Hands palms out
9 Downward Strike	R Front Stance	Bo on Right Side
10 Uppercut		
11 Downward Strike		
12 Horizontal Strike		
13 Horizontal Strike		
14 Lunging Jab	L Front Stance	Start by reaching back with bo
15 Vertical Stick Block	L Cat Stance	
16 High Block	Ready Stance	L Foot moves 90 C-C-W / Hands Palms Out
17 Downward Strike	Right Kneeling Stance	Bo on Left Side
18 Helicopter Spin Strike		Right hand forward / palm out
19 Horizontal Strike		Spin over head / R Hand forward palm out
20 Leg Sweep		Start by reversing grip of right hand
21 Axe Strike		Reverse Right Hand / Slide Hand down bo
22 High Block	Ready Stance	Right foot moves 180 Clockwise
23 Downward Strike	Left Kneeling Stance	Bo on Right Side
24 Helicopter Spin Strike		Left Hand Forward / Palm out
25 Horizontal Strike		Spin over head / L Hand forward palm out
26 Leg Sweep		Start by reversing grip of Left hand
27 Axe Strike		Reverse Left Hand / Slide Hand down bo
28 Counter clockwise propeller spin	Ready Stance	Right foot turns 90 to right
29 Left Front Kick	Left Front Stance	
30 Downward Strike		Bo on Right Side
31 Clockwise propeller spin		Catch Bo at top
32 Atlatl	Right Front Stance	
33 Downward Block		
34 Reverse Downward Block		
35 High Block	Ready Stance	Left foot turns 180 Left
36 Right Front Kick	Right Front Stance	
37 Downward Strike		Bo on Left side
38 Counter clockwise propeller spin		Catch Bo at top
39 Atlatl	Left Front Stance	
40 Downward Block		
41 Helicopter Spin Strike		
42 Helicopter Spin Strike		
43 Helicopter Spin Strike while spinning	Left Front Stance	
44 Bahro		