

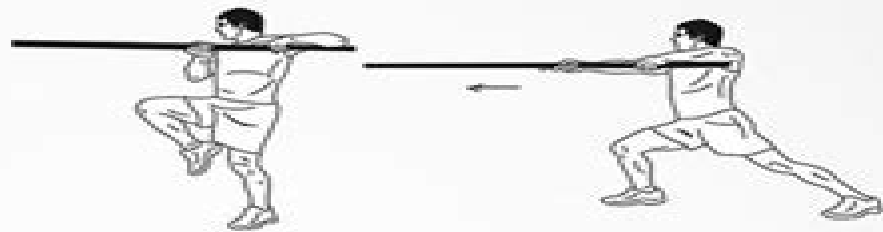
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LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes
alternatively do all four as a combination 20, 30 or 40 times



10 spins



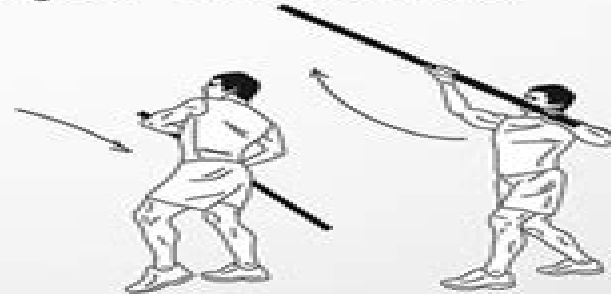
10 forward thrusts



20 combos grounded block + turning kick + reverse hook kick



20 combo horizontal strikes



20 uppercuts

Bo Staff Techniques Manual

DP Hallahan



Bo Staff Techniques Manual:

Black Belt ,1992-10 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Black Belt** ,1993-03 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Black Belt** ,1992-11 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world *Black Belt* ,1993-04 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Black Belt** ,1993-01 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Black Belt** ,1993-02 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Martial Arts Weapons; Bo Staff and Nunchakus for Students and Instructors** B. J. Bruno,Guy Bruno,2011-02-01 Have you ever wanted to know how to properly handle those nunchucks you got for yourself Or did you think it might be fun and rewarding to be able to learn a proper bo staff form Beginner or advanced student or instructor this manual will help you understand the different types of chucks and bo staffs you can purchase the proper techniques and formal training methods that you can learn and apply just like in a martial arts studio but at your own pace This manual was created by Masters Guy and BJ Bruno both high ranking black belts in WTF Taekwondo and founders of the

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