



又吉古武道 Matayoshi Kobudo

Zoom-Recorded Classes for self-study and guided practice
Taught by Burinkan chief instructor, Russ Smith

\$25 USD or 1 Educational Credit (EC)* each. Must be purchased in order.
Payable via Paypal (BurinkanDojo@hotmail.com)
(Must provide Youtube-related email address for secure access to videos)

Participants can connect with a training community at the Facebook group “Burinkan Matayoshi Kobudo”.

*Educational credits are available to Patrons at our Patreon site (<https://www.patreon.com/user?u=31924100>)

Testimonials:

“This Matayoshi Kobudo program has been an excellent supplement to my martial arts repertoire. Russ Sensei’s breakdown of techniques and body mechanics has been the best example of the potential of online learning in the martial arts community that I have witnessed.

Typically, people host free online seminars or charge outrageous fees for seminars that are mismanaged, and no one seems to ever have their mic muted. This is deterring for many people.

However, Russ had been able to effectively manage classes, coach in an exemplary manner, and convey the importance of the small details that most people think can only be learned in person. Additionally, he always posts class recordings in a timely manner so that you can practice what was taught with the same corrections over and over. (I wish I could rewatch many in person seminars the way I can rewatch these classes)

As a karateka I have always wanted to learn more about Kobudo and I have been very pleased with how well the two go together. “

-Trevor Payne

“As a martial arts instructor myself, I was somewhat reticent at the idea of joining a Zoom class by choice – I thought I’d had enough of Zoom learning after the last few years! But the Burinkan Matayoshi Kobudo classes taught by Sensei Russ Smith have exceeded my expectations.

Russ emphasizes basics and takes the time to explain the finer technical points before having us practice the techniques at length until we begin to execute them naturally. He clearly communicates complicated concepts in a way that overcomes many of the limitations of Zoom, and he patiently observes us as we perform the techniques, providing insightful pointers to each of us along the way.

Russ has found a way to deliver a high-quality, rewarding learning experience through online learning. His positive teaching style and engagement with the students keeps me coming back for more. Living in a rural area in Canada with limited options for high-quality martial arts instruction, I consider it a great privilege to be able to access Russ’s expert teaching on a weekly basis. I highly recommend this class to anyone who is interested in classical Okinawan kobudo!”

-Daniel Whittal

“I’ve studied Matayoshi Kobudo under various teachers since 2017.

I was introduced to Smith Sensei about a year later, and was immediately impressed by the depth of his understanding of the art, and his seemingly effortless ability to share that understanding with students of all experience levels.

As a student in Burinkan’s 52 week virtual course, I’ve gained more insights into body mechanics and the principles underlying each technique we explore than I can even count. Classes are well organized, with each new concept “stacking” on the ones previously learned to create a seamless whole.

Bottom line — I can’t recommend the experience enough. You won’t regret joining.”

-Kennon Bauman

**Class 1 – Introduction to the program. Bo Kihon Waza #1
(Duration 59 min.)****Video Bookmarks:**

00:00 Welcome, intro, background, what to expect, tools, and safety
12:30 Warmup with bo
15:08 Stances and four stance drilling practice
19:48 Grip Change practice
27:36 Bo Kihon Waza 1-4 body coordination for power development
33:50 Bo Kihon Waza 1 – Jodan Uchi (high-level strike)
49:58 Bo Reiho (Bow and opening sequence)
56:56 Summary and Closing

**Class 2 – Bo Kihon Waza #1-2
(Duration 60 min.)****Video Bookmarks:**

00:00 Welcome and questions answered
03:44 Wrist warmup with Sai
06:34 Bo warmups
09:26 Grip Change practice
13:16 Stance drilling practice
16:04 Bo Reiho (Opening and closing sequence)
34:58 Power development practice for bo kihon waza 1-4
39:44 Bo Kihon Waza 1 – Jodan Uchi (high-level strike)
42:30 Adding bo waza 2 – Jodan Naname Uchi (diagonal strike)
49:28 Blocking principles and Jodan uke
54:20 Blocking pressure partner practice method
58:56 Summary and Closing

**Class 3 – Bo Kihon Waza #1-3
(Duration 50 min.)****Video Bookmarks:**

00:00 Welcome and questions answered
02:50 Bo warmups
06:56 Jodan Uke
09:04 Grip Change Practice
10:54 Stance drilling practice and some teaching theory
13:34 Review and questions about the bottom of the bo
14:48 Future options for usage with the bottom of the bo
17:54 Bo Reiho (Opening and closing sequence) pauses and reducing counts
30:08 Bo Reiho with “air bo”
31:00 Power development practice for bo kihon waza 1-4
34:24 Details on grip change between reps
38:50 Practice of Bo Kihon Waza 1-2
46:44 Adding bo waza 3 – Chudan Yoko Uchi (mid-level horizontal strike)
49:40 Summary and Closing

**Class 4 – Bo Kihon Waza #1-4
(Duration 59 min.)**

Video Bookmarks:

00:00 Welcome
03:36 Bow in, bo warmup, grip change practice
12:54 Power development practice for bo kihon waza 1-4
18:10 Bo Reiho (Opening and closing sequence) corrections
28:38 Practice of Bo Kihon Waza 1-3
42:18 Stance drilling
44:22 Bo waza #2 to varying targets
46:54 Structure principle of sharing the work between the lower and upper body
50:00 Bo waza 4 – Gedan Yoko Uchi (low-level horizontal strike)
56:26 Summary - The relationship between Karate and Kobudo
59:22 Closing

**Class 5 – Bo Kihon Waza #1-5
(Duration 54 min.)**

Video Bookmarks:

00:00 Welcome
00:48 Opening and warming up with sai
04:40 Bo warmup and stance drilling
10:20 Practice of Bo Kihon Waza 1-4
30:46 Kake uke (hooking receiving) kamae (posture) – posture details
34:50 Kake uke drilling
43:28 Tsuki (thrust) body mechanics practice
52:48 Summary and closing questions

**Class 6 – Sai Kihon Waza #1
(Duration 55 min.)**

Video Bookmarks:

00:00 Welcome
02:44 Opening and warming up with bo
08:34 Practice of Bo Kihon Waza 1 and body coordination for power
16:44 Bo Kihon Waza 2
22:13 Bo Kihon Waza 3
23:12 Bo Kihon Waza 4
29:10 Bo Kihon Waza 5, part 1 – Kake Uke
36:28 Bo Kihon Waza 5, part 2 – Tsuki
44:16 Sai Opening and Sai Kihon Waza 1 – Jodan Naname Uchi
53:08 Summary and closing questions

**Class 7 – Sai Kihon Waza #2
(Duration 1hr 2min.)****Video Bookmarks:**

00:00 Welcome
02:02 Opening and warming up with bo
08:34 Bo Kihon Waza 1
15:24 Bo Kihon Waza 2
21:48 Bo Kihon Waza 3
26:42 Bo Kihon Waza 4
37:10 Bo Kihon Waza 5, part 1 – Kake Uke
47:44 Bo Kihon Waza 5, part 2 – Tsuki
54:38 Sai Kihon Waza 1 – Jodan Naname Uchi
59:18 Sai Kihon Waza 2 – Jodan Uke
1:02:12 Summary and closing questions

**Class 8 – Sai Kihon Waza #3
(Duration 1hr 4min.)****Video Bookmarks:**

00:00 Welcome
02:14 Opening and warming up with bo
08:40 Bo Kihon Waza 1
13:36 Bo Kihon Waza 2
18:26 Bo Kihon Waza 3
24:22 Bo Kihon Waza 4
38:10 Bo Kihon Waza 5, part 1 – Kake Uke
40:32 Bo Kihon Waza 5, part 2 – Tsuki
51:54 Sai Kihon Waza 1 – Jodan Naname Uchi
59:02 Sai Kihon Waza 2 – Jodan Uke
1:00:22 Sai Kihon Waza 3 – Chudan Tsuki
1:03:14 Summary and closing questions

**Class 9 – Sai Kihon Waza #4 - Chudan Harai Uke
(Duration 56 min.)****Video Bookmarks:**

00:00 Welcome
01:24 Opening and warming up
09:58 Bo Kihon Waza 1
11:10 Bo Kihon Waza 2
12:15 Bo Kihon Waza 3
15:15 Bo Kihon Waza 4
17:02 Bo Kihon Waza 5, part 1 – Kake Uke
22:32 Bo Kihon Waza 5, part 2 – Tsuki
34:06 Sai Kihon Waza 1 – Jodan Naname Uchi
41:00 Sai Kihon Waza 2 – Jodan Uke
43:36 Sai Kihon Waza 3 – Chudan Tsuki
46:18 Sai Kihon Waza 4 – Chudan Harai Uke
54:56 Summary and closing questions

**Class 10 – Sai Kihon Waza #5 - Gedan Harai Uke
(Duration 56 min.)**

Video Bookmarks:

00:00 Welcome
04:14 Opening and warming up
10:28 Bo Kihon Waza 1
13:26 Bo Kihon Waza 2
15:48 Bo Kihon Waza 3
18:07 Bo Kihon Waza 4
21:08 Bo Kihon Waza 5, part 1 – Kake Uke
32:38 Bo Kihon Waza 5, part 2 – Tsuki
39:14 Sai Kihon Waza 1 – Jodan Naname Uchi
43:09 Sai Kihon Waza 2 – Jodan Uke
44:23 Sai Kihon Waza 3 – Chudan Tsuki
45:16 Sai Kihon Waza 4 – Chudan Harai Uke
48:37 Sai Kihon Waza 5 – Gedan Harai Uke
54:05 Summary and closing questions

**Class 11 – Sai Kihon Waza #6 - Gedan Uke
(Duration 45 min.)**

Video Bookmarks:

00:00 Welcome
02:22 Opening and warming up
07:50 Mixed training – Bo Kihon Waza 1-4
12:42 Bo Kihon Waza 5, part 1 – Kake Uke
25:42 Bo Kihon Waza 5, part 2 – Tsuki
29:48 Mixed training – Sai Kihon Waza 1-6
44:35 Summary and closing questions

**Class 12 – Sai Kihon Waza #7 – Chudan Tsuki, Jodan Naname Uchi, Gedan Uke
(Duration 56 min.)**

Video Bookmarks:

00:00 Welcome
00:50 Opening and warming up
07:50 Mixed training – Bo Kihon Waza 1-4
18:14 Bo Kihon Waza 5, part 1 – Kake Uke
32:22 Bo Kihon Waza 5, part 2 – Tsuki
39:24 Mixed training – Sai Kihon Waza 1-6
50:28 Sai Kihon Waza 7 - Chudan Tsuki, Jodan Naname Uchi, Gedan Uke
52:53 Summary and closing questions

**Class 13 – Sai Kihon Waza #8 – Chudan Tsuki, Gedan Harai, Jodan Nuki, Gedan Uke
(Duration 56 min.)****Video Bookmarks:**

00:00 Welcome
06:25 Opening and warming up
15:40 Mixed training – Bo Kihon Waza 1-4
28:36 Bo Kihon Waza 5, part 1 – Kake Uke
33:50 Bo Kihon Waza 5, part 2 – Tsuki
38:10 Mixed training – Sai Kihon Waza 1-6
44:40 Sai Kihon Waza 7 - Chudan Tsuki, Jodan Naname Uchi, Gedan Uke
50:34 Sai Kihon Waza 8 - Chudan Tsuki, Gedan Harai, Jodan Nuki, Gedan Uke
56:04 Summary and closing questions

**Class 14 – Sai Kihon Waza #9 – Chudan Tsuki, Chudan Harai, Gedan Harai, Kote Uchi, Gedan Uke
(Duration 56 min.)****Video Bookmarks:**

00:00 Welcome
02:25 Opening and warming up
05:18 Mixed training – Bo Kihon Waza 1-5
11:48 Bo Kihon Waza 5 - Adding Gyaku Tsuki to create looping practice
18:04 Sai Kihon Waza 1-6 - Mixed training
27:33 Sai Kihon Waza 7 - Chudan Tsuki, Jodan Naname Uchi, Gedan Uke
39:07 Sai Kihon Waza 8 - Chudan Tsuki, Gedan Harai, Jodan Nuki, Gedan Uke
47:21 Sai Kihon Waza 9 – Chudan Tsuki, Chudan Harai, Gedan Harai, Kote Uchi, Gedan Uke
55:18 Summary and closing questions

**Class 15 – Sai Kihon Waza #10 – Chudan Tsuki, Chudan Harai, Mawashi Kote Uchi, Gedan Uke
(Duration 54 min.)****Video Bookmarks:**

00:00 Welcome
03:36 Opening and warming up
11:12 Mixed training – Bo Kihon Waza 1-4
15:12 Bo Kihon Waza 5
24:14 Sai Kihon Waza 1-6 - Mixed training
33:14 Sai Kihon Waza 7 - Chudan Tsuki, Jodan Naname Uchi, Gedan Uke
37:42 Sai Kihon Waza 8 - Chudan Tsuki, Gedan Harai, Jodan Nuki, Gedan Uke
43:20 Sai Kihon Waza 9 and 10
53:48 Summary and closing questions

**Class 16 – Bo Kihon Waza #6 – Gedan Harai, Jodan Naname Uchi
(Duration 47 min.)**

Video Bookmarks:

00:00 Welcome
03:20 Opening and warming up
07:41 Gedan Harai
23:08 Mixed training – Bo Kihon Waza 1-4, ending with Waza 5
35:18 Timing, incidental hits, etc.
46:50 Summary and closing questions

**Class 17 – Bo Kihon Waza #7 – Gedan Hanae Uke, Gedan Nuki-bo
(Duration 51 min.)**

Video Bookmarks:

00:00 Welcome
02:04 Opening and warming up with mixed training – Bo Kihon Waza 1-5
06:06 Bo Kihon Waza 7 Part 1 - Gedan Hanae Uke
17:49 Bo Kihon Waza 7 Part 2 - Gedan Nuki-bo
30:58 Sai Kihon Waza 1-6 - Mixed training
36:36 Sai Kihon Waza 7 - Chudan Tsuki, Jodan Naname Uchi, Gedan Uke
38:08 Sai Kihon Waza 8 - Chudan Tsuki, Gedan Harai, Jodan Nuki, Gedan Uke
40:46 Matayoshi Sai “lock”
49:26 Summary and closing questions

**Class 18 – Bo Kihon Waza #8 – Sunakake
(Duration 58 min.)**

Video Bookmarks:

00:00 Welcome
02:05 Opening and warming up with
04:43 Mixed training – Bo Kihon Waza 1-5
20:02 Bo Kihon Waza 6 - Gedan Harai review and refinement
29:45 Bo Kihon Waza 7 - Gedan Hanae Uke, Gedan Nuki bo
42:32 Sai Kihon Waza 7 review and refinement
48:28 Sai Kihon Waza 8 review and refinement
50:30 Sai Kihon Waza 9 review and refinement
52:12 Sai Kihon Waza 10 review and refinement
53:08 Bo Kihon Waza 8 – Sunakake
57:55 Summary and closing questions

**Class 19 – Bo Kihon Waza #9 – Gedan Osaeuke
(Duration 57 min.)****Video Bookmarks:**

00:00 Welcome
03:42 Opening and warming up with Sai Kihon Waza #1-6
10:48 Sai Kihon Waza 7 review and refinement
12:46 Sai Kihon Waza 8 review and refinement
16:02 Sai Kihon Waza 9 review and refinement
18:10 Sai Kihon Waza 10 review and refinement
24:30 Mixed training – Bo Kihon Waza 1-5
29:36 Bo Kihon Waza 6 - Gedan Harai review and refinement
34:52 Bo Kihon Waza 7 - Gedan Hanae Uke, Gedan Nuki bo
38:52 Bo Kihon Waza 9 – Gedan Osae (version 1)
48:34 Bo Kihon Waza 9 – Gedan Osae (version 2)
56:32 Summary and closing questions

**Class 20 – Bo Kihon Waza #10 – Gyakyu Uchi, Gyaku Tsuki
(Duration 51 min.)****Video Bookmarks:**

00:00 Welcome
02:29 Opening and warming up with Bo Kihon Waza #1-5
08:28 Bo Kihon Waza 6 - Gedan Harai review and refinement
15:24 Bo Kihon Waza 7 - Gedan Hanae Uke, Gedan Nuki bo
24:42 Bo Kihon Waza 8 - Sunakake
29:48 Bo Kihon Waza 9 – Gedan Osae
35:46 Bo Kihon Waza 10 – Part 1 - Gyaku Uchi
42:54 Bo Kihon Waza 10 – Part 2 - Gyaku Tsuki
49:15 Summary and closing questions

**Class 21 – Tonfa Kihon Waza #1 – Jodan Yoko Uchi
(Duration 1hr. 6 min.)****Video Bookmarks:**

00:00 Welcome
01:40 Opening and warming up with Bo Kihon Waza #1-5
05:20 Bo Kihon Waza 6 - Gedan Harai
11:40 Bo Kihon Waza 7 - Gedan Hanae Uke, Gedan Nuki bo
14:44 Bo Kihon Waza 8 - Sunakake
16:08 Bo Kihon Waza 9 – Gedan Osae
22:13 Bo Kihon Waza 10 – Gyaku Uchi, Gyaku Tsuki
29:18 Sai Kihon Waza 7
31:06 Sai Kihon Waza 8
36:08 Sai Kihon Waza 9
38:50 Sai Kihon Waza 10
39:46 Tonfa Introduction and Salutation sequences
52:55 Tonfa Kihon Waza 1 – Jodan Yoko Uchi
1:06:16 Summary and closing questions

**Class 22 – Tonfa Kihon Waza #2 – Jodan Uke
(Duration 52 min.)**

Video Bookmarks:

00:00 Welcome
04:09 Opening and grip change
05:19 Warming up with Bo Kihon Waza #5, 7, 3, 8, and 1
12:06 Sai Kihon Waza 1-6
14:19 Sai Kihon Waza 7
17:04 Sai Kihon Waza 8
20:24 Sai Kihon Waza 9
21:34 Sai Kihon Waza 10
24:29 Bo-Sai Kumite – Sai side
34:29 Bo-Sai Kumite – Bo side
41:28 Tonfa Kihon Waza 1 – Jodan Yoko Uchi
47:10 Tonfa Kihon Waza 2 – Jodan Uke
51:42 Summary and closing questions

**Class 23 – Tonfa Kihon Waza #3 – Chudan Tsuki
(Duration 1hr.)**

Video Bookmarks:

00:00 Welcome and warmup
03:08 Opening and warming up with Bo Kihon Waza #6, 3, 10, 4, and 7
11:04 Sai Kihon Waza 1-6
16:58 Bo-Sai Kumite – Sai side
37:17 Tonfa
43:24 Tonfa Kihon Waza 1 – Jodan Yoko Uchi
50:34 Tonfa Kihon Waza 2 – Jodan Uke
51:25 Tonfa Kihon Waza 3 – Chudan Tsuki
59:48 Summary and closing questions

**Class 24 – Tonfa Kihon Waza #4 – Chudan Nuki
(Duration 53min.)**

Video Bookmarks:

00:00 Welcome and warmup
02:34 Opening and warming up with Bo Kihon Waza #6, 8, 3, 1, 4
10:10 Bo-Sai Kumite – Bo side
26:44 Bo-Sai Kumite – Sai side
40:11 Tonfa combination practice with Kihon Waza #1-4
51:06 Summary - Creating your own combinations

**Class 25 – Tonfa Kihon Waza #5 – Gedan Yoko Uchi
(Duration 1hr. 6min.)****Video Bookmarks:**

01:17 Welcome and warmup
02:34 Opening and warming up with Bo Kihon Waza #6-10
21:37 Sai Kihon Waza #7
30:32 Bo-Sai Kumite – Sai side
44:22 Tonfa combination practice with Kihon Waza #1-4
52:34 Tonfa Kihon Waza #5 – Gedan Yoko Uchi
58:12 Tonfa movements variations and additional options
1:05:44 Closing

**Class 26 – Tonfa Kihon Waza #6 – Gedan Uke
(Duration 1hr. 7min.)****Video Bookmarks:**

01:33 Welcome
02:34 Opening and warming up with Bo Kihon Waza #6-10
23:42 Bo-Sai Kumite – Bo side
37:06 Sai Kihon Waza #9-10
43:20 Application theory – three uses of each movement
51:30 Tonfa combination practice with Kihon Waza #1-6
1:01:10 Tonfa Kihon Waza #7a – Ue Uchi (chin strike)
1:06:06 Closing

**Class 27 – Tonfa Kihon Waza #7 – Ue Uchi, Jodan Uchi
(Duration 1hr. 22min.)****Video Bookmarks:**

00:00 Welcome
01:58 Opening and warming up with Bo Kihon Waza #6-10
08:45 Deep Dive on Bo Kihon Waza #6
16:55 Unified Body for the development of power
44:04 Bo-Sai Kumite – Sai side
48:30 Deep Dive on Matayoshi Sai Lock
1:01:44 Tonfa Kihon Waza #7 – Ue Uchi, Jodan Uchi
1:08:18 Practice on minimal retraction
1:20:06 Closing

**Class 28 – Tonfa Kihon Waza #8 – Chudan Tsuki, Gedan Harai (x2), Jodan Uchi
(Duration 1hr. 7min.)****Video Bookmarks:**

00:00 Welcome
01:40 Opening and warming up with Bo-Sai Kumite – Bo side
07:28 Bo as a Long, Medium, or Short weapon
12:20 Elbow down position and purpose
13:50 Covering the body and not retreating prematurely
17:54 More on elbow down position and purpose
19:56 Deep Dive on Bo Kihon Waza #6
24:22 Avoiding overly-rounded “rowing” motions
27:08 Keeping the centerline covered and threatening the opponent
32:02 Bo-Sai Kumite – Sai side
42:24 Similarity of body methods in bo, sai, tonfa, and tinbei
45:56 Sai general handling, dropping and recycling power
49:26 Tonfa Kihon Waza #1-4
52:44 Tonfa Kihon Waza #7 – Ue Uchi, Jodan Uchi
58:40 Tonfa Kihon Waza #5-6
59:55 Tonfa Kihon Waza #8
1:06:22 Closing

**Class 29 – Tonfa Kihon Waza #9 – Chudan Tsuki, Jodan Yoko Uchi (x2), Jodan Uchi
(51 minutes)****Video Bookmarks**

00:00 warmup and introduction
03:24 Bo Kihon Waza #9 Deep Dive, followups and transitions
19:19 Three planes of engagement
24:54 Four quadrant flow practice on front and rear of bo
30:44 The importance of true shadowboxing
33:55 Four quadrant partner training, randomized, in three stages
39:02 Tonfa Kihon Waza #9 introduction and practice tips
39:24 Wrapup and questions

**Class 30 – Tonfa Kihon Waza #10 – Chudan Tsuki, Nikai Mawashi Uchi
(50 minutes)****Video Bookmarks**

00:00 warmup and introduction
01:51 Bo Kihon Waza #10 Deep Dive, followups and transitions
16:55 Tonfa Kihon Waza #1-9 Review and practice
42:56 Tonfa Kihon Waza #10 introduction and practice tips
47:18 Wrapup and questions

**Class 31 – Bo Kihon Waza #11 – Gedan Yoko Uke, Jodan Naname Uchi
(53 minutes)****Video Bookmarks**

00:00 Welcome and introduction
01:55 Bo-Sai Kumite – Sai side
05:28 Teaching counts and their effect on the system flow
08:01 Sai opening details
17:46 Sai Kihon Waza #7
19:50 More sai opening options and blocking leverage
23:42 Sai Kihon Waza #8
27:08 Details on Thumb Grip transitioning to Hammer Grip
29:24 Sai Kihon Waza #9
32:18 Keeping the weapon in front
36:37 Sai Kihon Waza #10
37:30 Isolated combination - Chudan Harai, Kote Uchi
38:33 Freeing the yoku, applying pressure, and counter-attacking
40:55 Range disparity when applying Sai against longer weapons
42:43 Bo Kihon Waza #11 Gedan Yoko Uke, Jodan Naname Uchi
44:30 Proper structure – “stacking the bones”
51:28 Wrapup, skill development drill reminder, and questions

**Class 32 – Bo Kihon Waza #12 – Jodan Naname Uchi, Jodan Nuki-bo
(56 minutes)****Video Bookmarks**

00:00 Welcome, introduction, and class plan
04:07 Bo Kihon Waza #11 Gedan Yoko Uke
16:06 Bo Kihon Waza #12 part 1 – Jodan Naname Uchi (long grip)
23:04 Incorporating sliding hand change
26:19 Learning to retract in preparation for Nuki-bo
37:40 Upward Nuki-bo
38:40 Tactics for strike then stab (Uchi to Nuki)
42:50 Difference between thrust and pierce (tsuki vs nuki)
49:16 Sai Kihon Waza #4 and #5 – avoiding tip drop
53:17 Wrapup, recap, and questions

**Class 33 – Bo Kihon Waza #12 – Jodan Naname Uchi, Jodan Nuki-bo - Part 2
(48 minutes)****Video Bookmarks**

00:00 Welcome, introduction, and class plan
03:24 Bo Kihon Waza #11 Gedan Yoko Uke as warmup
06:26 Adding in the follow-up attack (Jodan Naname Uchi)
10:52 Alternating with Chudan Gyaku Yoko Uchi
16:28 Applying Chudan Gyaku Yoko Uchi
24:04 Shadowboxing with both ends of the staff
28:21 Blocking over the lead leg vs on the weak line
33:02 Bo Kihon Waza #12 part 1 – Jodan Naname Uchi (long grip)
35:32 Incorporating sliding hand change
37:40 Retracting horizontally
38:21 Thrusting laterally with the whole body
41:06 Applying strike to sliding thrust transition (hit, disengage, spear)
44:14 When to pull the lead hand back
44:46 Recap and Questions

**Class 34 – Bo Kihon Waza #12-13 – Jodan Naname Uchi, Jodan Nuki-bo - Part 2
(51 minutes)****Video Bookmarks**

00:00 Welcome
01:10 Class plan
02:12 Sai grip change and the risk of self-danger
08:58 Bo Kihon Waza #11 Gedan Yoko Uke as warmup
18:34 Exploring the question about Waza #3 from a reverse grip
23:32 Bridging principle “Cross” to strike the hand
28:34 Details and review of Bo Kihon Waza #12 part 1 – Jodan Naname Uchi (long grip)
38:40 Bo Kihon Waza #13 – Part 1 – Chudan Nagashi Uchi
45:01 Bo Kihon Waza #13 – Part 2 – Gedan Yoko Uke – covering the body and lining up the structure
46:26 Transition to Part 3 – Jodan Naname Uchi
49:08 Recap and Questions

**Class 35 – Bo Kihon Waza #11-14
(55 minutes)****Video Bookmarks**

00:00 Welcome, Class Plan
03:02 Bo Kihon Waza #11 - Gedan Yoko Uke as warmup
07:03 Bo Kihon Waza #12 - Jodan Naname Uchi, Jodan Nuki-bo – key points and refinement
28:40 Bo Kihon Waza #13 - Chudan Nagashi Uchi
31:40 Why it's important to not strike too high
45:48 Bo Kihon Waza #14 – Gedan Yoko Uke, Osae – by the count
54:34 Recap and Questions

**Class 36 – Bo Kihon Waza #11-15
(50 minutes)****Video Bookmarks**

00:00 Welcome, Class Plan
01:43 Bo Kihon Waza #11 - Gedan Yoko Uke as warmup
05:38 Bo Kihon Waza #11 - Gedan Yoko Uke, Jodan Naname Uchi combination
10:08 Bo Kihon Waza #11 - Gedan Yoko Uke - complex trajectory and multiple applications
13:55 Bo Kihon Waza #12 - Jodan Naname Uchi, Jodan Nuki-bo – review and refinement
22:20 Pivoting around the center vs pivoting around a stationary (or sliding) hip
27:38 Bo Kihon Waza #13 - Chudan Nagashi Uchi
30:46 Engaging with the bottom of the bo when in gyaku kamae
32:04 Tactic - Point East to strike West
34:39 Bo Kihon Waza #13 – full combination (3 movements)
38:02 Bo Kihon Waza #14 – Gedan Yoko Uke, Osae – by the count
43:34 Bo Kihon Waza #15 – 1-3 of Five Linked Strikes
48:07 Recap and Questions

**Class 37 – Bo Kihon Waza #11-15 review and refinement
(57 minutes)****Video Bookmarks**

00:00 Welcome, Class Plan
02:24 Bo Kihon Waza #11 - Gedan Yoko Uke, Jodan Naname Uchi
09:22 Bo Kihon Waza #12 - Jodan Naname Uchi, Jodan Nuki-bo
17:20 Bo Kihon Waza #13 - Chudan Nagashi Uchi, Gedan Yoko Uke, Jodan Naname Uchi
38:32 Bo Kihon Waza #14 – Gedan Yoko Uke, Osae – by the count
51:20 Bo Kihon Waza #15 – 1-3 of Five Linked Strikes
55:26 Recap and Questions

**Class 38 – Bo Kihon Waza #11-15 review and refinement and Bo/Bo Kumite
(1 hr. 6 minutes)****Video Bookmarks**

00:00 Welcome, Class Plan
06:16 Bo Kihon Waza #11 - Gedan Yoko Uke, Jodan Naname Uchi
11:18 Bo Kihon Waza #12 - Jodan Naname Uchi, Jodan Nuki-bo
19:20 Bo Kihon Waza #13 - Chudan Nagashi Uchi, Gedan Yoko Uke, Jodan Naname Uchi
21:14 Elbow placement discipline (“T-Rex arms”)
28:42 Bo Kihon Waza #14 – (Gyaku) Gedan Yoko Uke, Osae
38:18 Bo Kihon Waza #15 – 1-3 of Five Linked Strikes (“Go-Ren-Da”)
40:32 Palm placement for sufficient structure
44:11 Unified body
45:01 Bo / Bo Kumite – Attacker Side
1:06:10 Recap and Questions

**Class 39 – Bo Kihon Waza #11-15 review and refinement and Bo/Bo Kumite
(49 minutes)****Video Bookmarks**

00:00 Welcome, Class Plan
03:12 Bo Kihon Waza #11 - Gedan Yoko Uke, Jodan Naname Uchi
08:06 Bo Kihon Waza #12 - Jodan Naname Uchi, Jodan Nuki-bo
11:38 Bo Kihon Waza #13 - Chudan Nagashi Uchi, Gedan Yoko Uke, Jodan Naname Uchi
19:46 Pivoting on heel vs ball of foot
26:40 Bo Kihon Waza #15 – Five Linked Strikes (“Go-Ren-Da”)
28:42 Variations of deflection and uppercut in Waza #10 vs #15
30:16 Timing in the during. “Shaving” according to Yu Dayao
37:48 Bo / Bo Kumite – Attacker Side – movements 1-5
48:40 Recap and Questions

**Class 40 – Bo/Bo Kumite and Kata Nicho Sai – Part 1
(1hr. 10min.)****Video Bookmarks**

00:00 Welcome, Class Plan
18:28 Bo / Bo Kumite – Attacker Side
34:39 Bo / Bo Kumite – Defender Side
53:20 Kata Nicho Sai – Part 1
1:09:42 Recap and Questions

**Class 41 – Bo/Bo Kumite and Kata Nicho Sai – Part 2
(54min.)****Video Bookmarks**

00:00 Welcome, Class Plan
05:48 Bo / Bo Kumite – Attacker Side
08:30 Adjusting the grip during a tucked strike
12:18 Bo / Bo Kumite – Defender Side
21:22 Two important reasons to use Kumi-bo for paired practice and the importance of accurate targeting
26:00 Review of the two-person form and analysis of the Defender’s potential solutions at each step
28:24 Timing – true timing in the during vs effect simultaneity
37:28 Major strategic difference between weapon and empty-hand arts
38:14 Kata Nicho Sai – Full form
52:52 Recap and Questions

**Class 42 – Bo/Bo Kumite, Kata Nicho Sai, Shushi Nu Kun
(52min.)**

Video Bookmarks

00:00 Welcome, Class Plan
02:14 Bo / Bo Kumite – Attacker Side
08:12 Bo / Bo Kumite – Defender Side, including variations to act in the During
16:37 Range, Timing, Position
18:33 Kata Nicho Sai – Full form
43:00 Kata Shushi Nu Kun
50:52 Recap and Questions

**Class 43 –Kata Nicho Sai, Shushi Nu Kun
(54min.)**

Video Bookmarks

00:00 Welcome, Class Plan
01:20 Kata Nicho Sai – Full form
25:20 Kata Shushi Nu Kun – 8 movements
54:16 Recap and Questions

**Class 44 –Kata Nicho Sai, Shushi Nu Kun
(52min.)**

Video Bookmarks

00:00 Welcome, Class Plan
03:06 Bo vs Sai – Sai side
14:02 Kata Nicho Sai
27:20 Hard and soft as related to initiative; soft as adaptable
30:30 Lateral defense vs aggressive defense
42:00 Applying the sai lock, and freeing the sai
47:20 Escrima example of pressure and leverage
51:29 Closing

**Class 45 – Kata Shushi Nu Kun and advancing aggressively
(49min.)**

Video Bookmarks

00:00 Welcome, Class Plan
04:24 Warming up with Yoko Uke, Naname Uchi, Retreat, Thrust, Kake Uke
13:22 Creating forward pressure, space, and threat by enlisting the principle “keep the point online”
18:38 Kata sequence practice
25:56 Transition from Naname Uchi to Gedan Yoko Uke with stickiness and flow
40:20 Reminder of execution details for Hanae Uke (rebounding receiving)
46:08 Questions and Closing

**Class 46 – Kata Shushi Nu Kun
(50min.)****Video Bookmarks**

00:00 Welcome and discussion about influences, teaching counts, etc.
07:29 Refinement of Hanae-uke, Nuki-bo
19:48 Combination: Hanae-Uke, Nuki-bo, Gedan Harai, Naname Uchi
27:10 Kata sequence: Shushi Nu Kun – reducing teaching counts
42:02 Gedan Yoko Uke to Naname transition detail
43:26 Shiko Dachii vs “low center-weighted” stance and knee health
48:40 Questions and Closing

**Class 47 – Kata Shushi Nu Kun
(52min.)****Video Bookmarks**

00:00 Welcome
04:38 Hanae-Uke, Gedan Nuki-bo
07:48 Importance of retraction after a thrust
09:04 Right-hand bias in kata and ways to mitigate imbalance in your practice
11:51 Adding Gedan Harai, Naname Uchi to combination
13:56 Applying the transitional movement to strike the hand
27:08 Adding evasion, Tsuki, and kamae
31:22 Practicing evasion of the arm
33:08 Evading with arm, leg, and body
35:08 Falling forward / controlled instability
36:42 Two-person drilling for evasion
38:24 Pulling the hand by focusing on the elbow movement
44:50 Kata sequence – Shushi Nu Kun
48:47 Questions and Closing

**Class 48 – Kata Shushi Nu Kun
(54min.)****Video Bookmarks**

00:00 Welcome, question about sliding and extending the bo, source of our Shushi and Sakugawa bo kata
09:05 Hanae-Uke / Gedan Nuki-bo, Gedan Harai / Naname Uchi, evasion / Tsuki, and kamae
10:28 Targeting practice for Gedan Nuki-bo; maximizing range
16:22 Hanae-uke – ensuring low-line coverage
23:53 Short retraction for Gedan Nuki-bo
28:24 Covering both legs with Hanae-uke, without self-flanking, then thrusting from the center-line
30:24 Avoiding looking and leaning low/forward
35:40 Avoiding retraction of the lead hand during Gedan Nuki-bo; maximizing the strength of the bo, range
27:18 Shushi Nu Kun – next section (8 counts total)
53:16 Questions and Closing

**Class 48 – Kata Shushi Nu Kun
(49min.)**

Video Bookmarks

00:00 Welcome and details on warmups

05:56 Shushi Nu Kun review – Section 1 – N/W/E

11:32 Shushi Nu Kun review – Section 2 – N

17:55 Forcing aggression in the transition from Gedan Yoko Uke to Naname Uchi

27:27 Opportunities for lengthening the bo; discussing living vs dead traditions

33:28 Shushi Nu Kun review – Section 3 – W/E/N

34:01 Shushi Nu Kun review – Section 4 – S/W/N – Classical vs Applied

37:14 Applying correctly to lead to successful flanking

48:10 Questions and Closing