



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](mailto: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>)

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**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

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“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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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**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 49 – 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

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

00:00 Welcome  
01:52 Shushi Nu Kun - Section 1  
11:54 Skill Development three-level formula  
17:44 Shushi Nu Kun – Section 2  
21:02 Shushi Nu Kun – Section 3  
36:49 Shushi Nu Kun – Section 4  
42:00 Shushi Nu Kun – Section 5 Introduction  
50:19 Questions and Closing

**Class 51 – Kata Shushi Nu Kun  
(53min.)****Video Bookmarks**

00:00 Welcome  
03:04 Shushi Nu Kun - Section 1 – application sequence  
20:34 Shushi Nu Kun - Section 1 – classical sequence  
27:52 Shushi Nu Kun – Section 2  
35:30 Shushi Nu Kun – Section 3  
38:08 Shushi Nu Kun – Section 4  
43:15 Shushi Nu Kun – Section 5  
51:00 Questions and Closing

**Class 52 – Kata shushi Nu Kun  
(46 min.)**

00:00 Welcome  
02:30 Refinement of low sweep sequence from Shushi Nu Kun  
05:58 Shushi Nu Kun - Section 1  
08:42 Shushi Nu Kun - Section 2  
24:49 Shushi Nu Kun - Section 3  
32:33 Shushi Nu Kun - Section 4  
38:15 Shushi Nu Kun - Section 5  
45:03 Wrapup, questions, and closing