



# Bo-jutsu / Naginata

## Stick Science / Spear



### Guidance Note's

*Bo-jutsu* is a Japanese martial art using a staff usually about 6 to 7 feet long called *Bo*. The art is similar to *Jo-jutsu* and *Naginata*. The system is strongly focused upon defence against the Japanese sword. *Bo-jutsu* techniques, involves locking, striking, thrusting restraining and immobilising.

The *Naginata* is between 6 to 8 feet in length and is one of several varieties of traditionally made Japanese swords in the form of a pole weapon with a curved blade on one end. *Naginata* were originally used by the samurai class of feudal Japan, and (foot soldiers). *Naginata* techniques, involves locking, striking, thrusting restraining and immobilising.



Note:-

All *Kobudo* grades have just the one level of pass.

#### 7<sup>th</sup> Kyu/Mon

#### Mauve Belt

Pass mark 50%

The emphasis on this grade is and a basic knowledge, guard positions and the ability to move form guard in continual movements.

#### 6<sup>th</sup> Kyu/mon

#### Yellow Belt

Pass mark 55%

The emphasis on this grade is basic defence and understanding the principles of combinations attacks.

#### 5<sup>th</sup> Kyu/Mon

#### Orange Belt

Pass mark 60%

The emphasis on this grade is a high standard of defence techniques and a good level of grip changes.

#### 4<sup>th</sup> Kyu/Mon

#### Green Belt

Pass mark 65%

The emphasis on this grade is speed, balance, control, co-ordination, stamina, Knowledge of counters and combinations with good fighting spirit in contesting.

#### 3<sup>rd</sup> Kyu/Mon

#### Blue Belt

Pass mark 70%

The emphasis on this grade is on style and fluidity and a full understanding of *kata* and its *bunkai*.

#### 2<sup>nd</sup> Kyu/Mon

#### Brown Belt

Pass mark 75%

The belt of knowledge, a vast understanding of *Bo-jitsu* and *Naginata* techniques, translations and ability to teach others.

#### 1<sup>st</sup> Kyu/Mon

#### Black Belt

Pass mark 80%

The belt of knowledge, a vast understanding of *Bo-jitsu* and *Naginata* techniques, translations and ability to teach others.  
Test of previous grades. Reflexes & Reactions, outstanding knowledge and understanding of all aspects of *Bushido*.



# Bo-jutsu

## 7<sup>th</sup> Mon/Kyu Mauve Belt



Students Name \_\_\_\_\_

Note: All techniques displayed with a *Bo* at this level1. Ukemi Waza (Break Falling Techniques)

- *Hidari Yoko Ukemi* Left side fall
- *Migi Yoko Ukemi* Right side fall
- *Mae Korobi* Forward roll
- *Ushiro Korobi* Backward roll

/40

2. Kata

- *Bo Kamae No Kata* (Stance *Kata*)

/10

3. Uke Waza (Blocking Techniques)

- *Juji Uchi Uke* Cross quarter striking parry
- *Yoko Uke* Side bar block - Left and Right
- *Bar Blocks* High and Low

/30

4. Uchi Waza (Striking Techniques)

- *Mae ShoMen* Front quarter strike to head
- *Mae ShoMen* Rear stick quarter strike to head
- *Yoko ShoMen* Side quarter strike to head
- *ShoMen* Two handed descending Strike
- *Juji Yoko Men* Cross side head strike
- *Mawashi Yoko Men* Circular strike

/60

5. RenRoku Waza (Combination Techniques) From Middle Guard

- Cross - Circular head combination
- Downward quarter strike - Thrust to throat

/20

6. Garami / Jime Waza (Locking techniques) x 3

/30

7. RenRoku Fusegi (Defences against a *Bo* attacker)

- Downward ➤ Rising bar block - Double Quarter strike
- Cross Strike ➤ Side bar block - Front Descending Quarter strike to head

/20

8. Disengagement's

End of stick held, Middle of stick held

/20

9. Japanese Translations (Translate from Japanese)*Gi* | *Obi* | *Dojo* | *Hajime* | *Yamatte* | *Sensei*

/6

10. Renshiki Dojo Etiquette

- Bow on entry and exit of dojo
- Correct procedure for bowing on and off the mat
- Refer to all teachers as *Sensei*

/10

Highest Possible Score 246

Pass Mark 50%

123

Result \_\_\_\_\_

Examiners Signature \_\_\_\_\_

Date \_\_\_\_\_





# Bo-jutsu

## 6<sup>TH</sup> Mon/Kyu Yellow Belt



Note: All techniques displayed with a *Bo* at this level

Students Name \_\_\_\_\_

### Wrist & Body loosening Techniques

1. Ukemi Waza (Break Falling Techniques) To be performed whilst holding a *Bo*
  - *Mae Korobi* Forward roll
  - *Ushiro Korobi* Backward roll

/20
2. Kata
  - *Fudoshin Bo Sho* 1st Kata

/10
3. Uke Waza (Blocking Techniques)
 

<ul style="list-style-type: none"> <li>• <i>Sukui Uke</i> Scooping blocks High, Low, Middle</li> <li>• <i>Gedan Yoko Uke</i> Low side block from leg attack</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Soto Uke</i> Outside Parry</li> <li>• <i>Uchi Uke</i> Inside Parry</li> </ul>
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/40
4. Uchi Waza (Striking Techniques)
  - *Age Uchi* Rising Quarter strike to groin
  - *Bar strike* Nose or throat
  - *Thrusts x 4* Long, Short, Middle, Side
  - *Quarter strikes x 4* Down, Descending, Cross, Rising.
  - *Mawashi Yoko Men* Roundhouse to side of head

/50
5. RenRoku Waza (Combination Techniques)
  - Cross - Circular head combination
  - Downward quarter strike – Thrust to throat
  - Rising quarter strike to groin – Middle thrust – Spinning reverse thrust
  - Rising quarter strike to groin – Two handed downward

/40
6. Garame / Jime Waza (Locking techniques) x 6
 

/60
7. Disengagement's

<ul style="list-style-type: none"> <li>• Wrist held from front</li> <li>• Double lapel</li> </ul>	<ul style="list-style-type: none"> <li>• Front strangle</li> <li>• Wrist held from rear</li> </ul>	<ul style="list-style-type: none"> <li>• Single lapel</li> </ul>
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/50
8. RenRoku Fusegi (Combination Defence) (Returning to guard in good form)
  - *Mawashi Yoko Men* Side bar block – parry – middle thrust
  - *Middle thrust* Parry – middle thrust
  - *Descending Quarter strike* Reverse rising block - Circular cross strike

/30
9. Japanese Translations (Translate from Japanese)
 

*Ju-jitsu | Zories | Ryu | Ashi | Ude | Men | Hajime | Yamatte | Te | Ukemi*

/10
10. Renshiki Dojo Etiquette
 

/10

Highest Possible Score 320

Pass Mark 55% 176

Result \_\_\_\_\_

Examiners Signature \_\_\_\_\_

Date \_\_\_\_\_



# Bo-jutsu

## 5<sup>TH</sup> Mon/Kyu Orange Belt



Students Name \_\_\_\_\_

Note: All techniques displayed with a **Bo** at this level  
Complete Loosening Routine (Kata form)

1. **Kata** /10
  - **Fudoshin Bo Ni** 2<sup>nd</sup> Kata
2. **Uke Waza** (Blocking Techniques) /10
  - Moving around in a guard position showing all blocks against two attackers
3. **Uchi Waza** (Striking Techniques) /20
  - **Thrusts** Reverse under arm, Descending
4. **RenRoku Waza** (Combination Techniques) /60
  - Cross - Circular head combination
  - Downward quarter strike – Thrust to throat
  - Rising quarter strike to groin – Middle thrust – Spinning reverse thrust
  - Rising quarter strike to groin – Two handed downward
  - Long thrust - Rising quarter strike
  - Downward quarter strike – Cross quarter strike x 2
5. **Garamé Waza** (Locking Techniques) x 9 off own choice /90
6. **Disengagement's** All previous techniques displayed at random against two attackers /10
7. **RenRoku Fusegi** (Combination Defence) Returning to guard in good form /30
 

<b>Attack:</b> <ul style="list-style-type: none"> <li>• Circular head strike</li> <li>• Middle thrust</li> <li>• Descending Quarter strike</li> </ul>	<b>Defence:</b> <ul style="list-style-type: none"> <li>Side bar block – parry – middle thrust</li> <li>Parry – middle thrust</li> <li>Reverse rising block - Circular cross strike</li> </ul>
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8. **Defences against unarmed attacker** One defence from each of the following /60
 

<ul style="list-style-type: none"> <li>• Downward</li> <li>• Thrust high</li> </ul>	<ul style="list-style-type: none"> <li>• Circular</li> <li>• Thrust low</li> <li>• Cross</li> <li>• Ankle kick</li> </ul>
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9. **Shiai** 3 Bouts Jo against Jo
10. **Japanese Translations** (Translate from Japanese) /9
 

Jo | Fudoshin | Ura | Uke | Shuto | Waza | Tanto | Judo | Karate
11. **Renshiki Dojo Etiquette** /10

Highest Possible Score 309

Pass Mark 60% 185

Result \_\_\_\_\_

Examiners Signature \_\_\_\_\_

Date \_\_\_\_\_





# Bo-jutsu / Naginata

## 4<sup>TH</sup> Mon/Kyu Green Belt



At this level the *Naginata* is introduced

Students Name \_\_\_\_\_

### Bo-jutsu

1. Kata
  - *Fudoshin Bo Shin Kata* Spirit *Kata* /10
2. Uchi Waza (Striking Techniques) Test of accuracy
  - 3 Strikes with *Bo* of own choice breaking tiles /30
  - Thrusts with *Bo* All versions with use of a suspended ring to show accuracy /10
3. RenRoku Waza (Combinations) Showing Speed – Power – Accuracy
  - Return to guard in good form
  - All previous *Bo* combinations to be performed on a *Makiwara* (Strike Shield) /10
4. Garame / Jime Waza (Locking and Strangle techniques) x 12 /120
5. **Unarmed Defences against armed attacker**
  - One defence from each of the following (Display with *Bo*)
  - Downward
  - Thrust to throat
  - Circular to head
  - Thrust to middle section
  - Cross to head
  - Cross to legs
6. Shiai (Contest)
  - 2 Bouts - *Bo* against *Bo*
  - 2 Bouts - *Bo* against *Bokken* /40

### Naginata

7. Kata
  - *Kamae No Kata*
  - *Fudoshin Naginata Sho* Stance *Kata* with spear /10
  - 1<sup>st</sup> Spear *Kata* /10
8. Uke Waza (Blocking Techniques) with *Naginata*
  - Moving around in a guard position with the showing all blocks against two attackers /10
9. Uchi Waza (Striking Techniques) with *Naginata*
  - Thrusts with *Naginata* All versions with use of a suspended apple to show accuracy /10
10. RenRoku Fusegi (Combination Defence) Return to guard in good form
  - Two defences from each of the following attacks with *Naginata*
  - Downward
  - Thrust to throat
  - Circular to head
  - Thrust to middle section
  - Cross to head
  - Cross to legs
11. Kiri Waza (Cutting Techniques)
  - Down and Cross cuts against a suspended piece of fruit showing accuracy /10
12. Renshiki Dojo Etiquette /10

Highest Possible Score 460

Pass Mark 65%

299

Result \_\_\_\_\_

Examiners Signature \_\_\_\_\_

Date \_\_\_\_\_

Fudoshin Bo-Jutsu / Naginata Syllabus January 2013



# Bo-jutsu / Naginata

## 3<sup>RD</sup> Mon/Kyu Blue Belt



Students Name \_\_\_\_\_

Bo-jutsu

1. Kata
- *Bo Kamae No Kata Dachi* (Stance Kata) /10
  - *Fudoshin Bo Sho 1<sup>st</sup> Kata* /10
  - *Fudoshin Bo Ni 2<sup>nd</sup> Kata* /10

2. RenRoku Fusegi (Combination Defence)  
(Returning to guard in good form and in continual change)

All previous techniques in a circle with several attackers attacking at random for 3 minutes /10

3. Shiai
- |         |                          |     |
|---------|--------------------------|-----|
| 3 Bouts | <i>Bo against Bokken</i> | /30 |
| 2 Bouts | <i>Bo against Jo</i>     | /20 |

Naginata

4. Kata
- *Fudoshin Naginata Ni* 2<sup>nd</sup> Spear Kata /10

5. Kiri Waza (Cutting Techniques)
- All cutting techniques with blade held up and down /10

6. RenRoku Waza (Combination Techniques) with **Naginata**
- Quarter cut - Thrust
  - Thrust to throat - Downward cut
  - Rising cut to groin - Spinning cross cut
  - Flying Side Kick- Thrust
  - Cross cut to head - Thrust - Spinning reverse middle thrust
  - Quarter Cross cut - short thrust
- /60

7. Renshiki Dojo Etiquette /10

Highest Possible Score 180      Pass Mark 70%      126

Result \_\_\_\_\_ Examiners Signature \_\_\_\_\_ Date \_\_\_\_\_





# Bo-jutsu / Naginata

## 2<sup>nd</sup> Mon/Kyu Brown Belt

Bo-jutsu / Naginata

Students Name \_\_\_\_\_

1. **RenRoku Fusegi** (Combination Defence)  
(Returning to guard in good form and in continual change) /10

**Bo** - All previous techniques in a circle with several attackers attacking at random

2. **Uchi Waza** (Striking Techniques)  
**Bo** - Demonstrate all strikes on a suspended tile to show accuracy. /10

**Naginata** - Demonstrate all strikes on suspended Fruit to show accuracy. /10

3. **RenRoku Waza** (Combination Techniques) Returning to guard in good form

**Bo** - To be performed on a Makiwara showing speed – power – accuracy

- Forward roll – cross strike to knee – middle thrust – descending strike to groin as attacker lands
- Roundhouse kick to knee – spinning cross to head – short thrust
- Reverse rising heel kick – reverse thrust – over arm thrust – turning quarter strike /30

**Naginata** – Repeat the above combination on the air /30

4. **Disengagements** (To be performed with **Bo** and **Naginata**)

- |   |  |      |
|---|--|------|
| • One end of stick held from front        | • One end of stick held from front with two hands  |      |
| • One end of stick held from rear         | • Two hand shoulder width on stick held from front |      |
| • Middle of the stick held with one hand  | • Two hand shoulder width on stick held from rear  |      |
| • Middle of the stick held with two hands |  | /140 |

5. **Shiai**

- |           |                                       |     |
|-----------|---------------------------------------|-----|
| • 2 Bouts | <i>Bo</i> against <i>Nunchaku</i>     | /20 |
| • 2 Bouts | <i>Bo</i> against <i>Tonfa</i>        | /20 |
| • 2 Bouts | <i>Naginata</i> against <i>Bokken</i> | /20 |

6. **Renshiki Dojo Etiquette** /10

Highest Possible Score 270

Pass Mark 75%

102

Result \_\_\_\_\_

Examiners Signature \_\_\_\_\_

Date \_\_\_\_\_



# Bo-jutsu / Naginata

## 1<sup>st</sup> Mon/Kyu Black Belt



Students Name \_\_\_\_\_

1. **Kata**

• <i>Bo Kamae No Kata</i>	Stance Kata	/10
• <i>Bo Sho</i>	1 <sup>st</sup> <i>Bo</i> Kata	/10
• <i>Bo Ni</i>	2 <sup>nd</sup> <i>Bo</i> Kata	/10
• <i>Bo Shin</i>	Spirit Kata	/10
• <i>Naginata Kamae No Kata</i>	Stance Kata	/10
• <i>Naginata Sho</i>	1 <sup>st</sup> Kata	/10
• <i>Naginata Ni</i>	2 <sup>nd</sup> Kata	/10
• <i>Naginata Shin</i>	Spirit Kata	/10

2. **Using Naginata defened against two attackers**  
One with *Bokken* and one with *Bo* for 2, 3 minute rounds /30

3. **Accuracy Test**  
**Bo** - Using the following strikes, strike a match box off a hard surface without touching the hard surface  
 • Circular                      • Cross /20  
**Naginata** - Using the following cuts, cut fruit showing accurate blade angles  
 • Circular                      • Cross                      • Descending - front                      • Descending – rear /40

4. **Tamashi Waza** (Breaking Techniques) with **Bo**  
Show 2 methods of thrusting breaking tiles on every attempt /20

5. **Shiai**  
**Bo**  
 • 2 Bouts      *Bo* against *Nunchaku*  
 • 2 Bouts      *Bo* against *Tanjo* /20  
 • 1 Bouts      *Bo* against Unarmed attacker /20  
 • 1 Bouts      *Bo* against *Tonfa* /10  
 • 1 Bouts      Unarmed against *Bo* attacker /10  
/10  
**Naginata**  
 • 2 Bouts      Naginata against Naginata  
 • 2 Bouts      Naginata against *Bokken* /10  
/10

6. **Renshiki** Dojo Etiquette /10

Highest possible score 260

Pass mark 80%      208

Result \_\_\_\_\_ Examiners Signature \_\_\_\_\_ Date \_\_\_\_\_