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WEAPONS  
JO



## JO – AN OVERVIEW

The Jo features in all martial arts styles however it has been made particularly famous by the Okinawan karate styles. It is a short cylindrical wooden stick about 4 foot long and 2 inches in diameter. It is used for short to medium range fighting against an attacker who is empty handed or armed with a jo, knife or other short to medium range weapon. The Jo can be carved with a few grooves along the body which make gripping easier. Alternatively tape or rope may be tied around the Jo in a fashion to enable a good grip when striking with great force. Sometimes the two ends of a Jo are tapered off into sharp points to make stabbing actions more effective causing irreparable damage to targets such as eyes, temples, throat, solar plexus etc. However such a Jo will be greatly weakened and not suitable for powerful blocking.

While learning, a Jo made of any type of wood will suffice. However when one becomes adept in the use of this weapon, a good quality Jo made from some sort of hard wood will be necessary. A good quality strong Jo is essential particularly when two practitioners perform striking and blocking techniques in earnest. The power and speed generated during such practice will quickly damage a Jo of inferior quality.

A very versatile weapon the Jo provides a plethora of blocking and striking options making use of the middle, sides and end-points. Targets can be struck from horizontal, vertical and oblique angles by jabbing, pushing, pulling and swinging. Blocks are immediately followed by strikes, making counterattacks extremely fast and effective. At first sight the endless possibilities of defending and attacking with the Jo can make it seem a difficult weapon to master. The practitioner can be overwhelmed even by a simple motion of pulling to block and immediately pushing to strike with the same end of the Jo. Therefore the techniques must be broken down and practiced individually before they are strung together to create the simultaneous block and attack scenario.

The experienced Jo practitioner enjoys an immense advantage over an unarmed opponent and a fair advantage over an armed opponent. Devastating strikes can be delivered with this versatile weapon, which can quickly incapacitate or even seriously injure or kill an opponent. To be effective, hand-eye co-ordination, body shifting and appropriate stances must accompany Jo techniques. This will allow the development of extreme power, speed and accuracy, necessary attributes of a successful technique. The blocking and striking techniques contained in this guide will be described completely with the appropriate hand, foot and body work. Repeated and extensive practice of the techniques is advised so that the practitioner's body performs them "automatically" and without thought.

*"Always practice with diligence and care" Sifu Bill Young*

## JABBING WITH THE POINT OF THE JO

### Jab with the point of the Jo to the solar plexus

**Warning:** The point of the Jo when used for stabbing allows the user to perform destructive and potentially lethal techniques. When practicing with a partner utmost care and control must be exercised focusing the techniques well in-front and away from the target.

**Technique:** Stand in a ready stance with the Jo held in both hands just in front of your midsection left hand reverse hold (palm facing up) and right hand normal hold (palm facing down). Step in and forward with the left foot into a deep forward stance while at the same time you gently swing your arms holding the Jo to the right pointing the left hand side of the Jo to the opponent in front of you. As you complete the step forward push both arms forward aiming the point of the Jo to the opponent's solar plexus. While you start pushing the arms forward place the left forefinger on the Jo while still holding it in a tight grip and point the finger to the eye of the opponent, essentially using it as a pointer in the same way a shooter uses the rifle sight. Where your finger points that is where the Jo will strike. At the conclusion of the strike your stance is deep and strong, your left arm is straight in line with the Jo and the power manifests at the point of the Jo travelling from the ground through your legs, hips, body and arms. As with all strikes the point of the Jo aims 2-3 inches beyond the target. Make sure that at the moment of impact your whole body arms and legs are tensed with the sole purpose of "piercing" your opponent as if you were holding a spear. Immediately following the strike relax the tension momentarily and then pull the weapon back and step back with the left foot to assume the original ready stance. Perform this a number of times at first slow and gradually increasing speed both while striking and withdrawing. Then perform this strike with the right side by reversing all the fine points above. When you have mastered this strike practice daily 20 times on each side.

### Jab to other targets

The jab can be applied to a variety of other targets with varied affects from minor injury to major injury and even death. Below is a list of targets and the potential affect a well placed and powerfully performed jab with the jo will have.

TARGET	AFFECT
Eye	Permanent blindness, brain injury, death
Throat	Severe discomfort, difficulty breathing, crashed windpipe, death
Face	Broken nose, cheek bones, teeth, jaw etc
Temple	Severe injury, death
Spine from upper to lower	Severe injury, death
Back of neck	Severe injury, death
Kidneys	Severe injury
Solar plexus/heart	Severe discomfort, shortness of breath, heart injury, death
Ribs	Severe pain, cracked or broken ribs, bruised lung, major/permanent injury
Shoulder	Severe pain, dislocated sjoulder
Abdoment	Severe pain, bruised or damaged organs, major/permanent injury
Groin	Severe pain, bruised or damaged organs, major/permanent injury
Knee	Severe pain, broken kneecap, permanent injury, disablement
Thigh	Severe pain, bruised or damaged thigh, major injury
Shin	Severe pain, bruised or damaged shin, major injury
Top of foot or toes	Severe pain, bruised or damaged foot/toes, major/permanent injury
Other targets	Study a body chart to discover other targets suitable for this strike

## STRIKING WITH THE MIDDLE OF THE JO

### Strike with the middle of the Jo to the face

**Warning:** The middle of the Jo is a superb striking surface, which allows the practitioner to generate tremendous power by pushing the weapon to the target with both arms and the weight of the body. When practicing with a live partner utmost care and control must be exercised focusing the techniques well in-front and away from the target.

**Technique:** Stand in a ready stance with the Jo held in both hands just in front of your midsection both hands in normal hold (palms facing down). Step in and forward with the left foot into a deep forward stance while at the same time you gently lift the Jo in line and close to your chest. At the conclusion of the strike your stance is deep and strong, both arms are straight with elbows locked and the power manifests at the middle of the Jo travelling from the ground through your legs, hips, body and arms. As with all strikes the Jo aims 2-3 inches beyond the target. Make sure that at the moment of impact your whole body; arms and legs are tensed with the sole purpose of destroying your opponent. Immediately following the strike relax the tension, pull the weapon back and step back with the left foot to assume the original ready stance. Perform this technique a number of times at first slowly and gradually increasing speed until you can perform the technique as fast as possible but correctly. When you have mastered this strike practice daily 20 times stepping forward with the left and then with the right leg.

### Other targets

The above technique can be applied to a variety of other targets with results varying from minor injury to major injury or even death. Below is a list of targets and the potential affect a well placed and powerfully performed strike with the middle of the Jo will have.

TARGET	AFFECT
Nose	Temporary blindness, inability to breath from the nose, severe pain, major injury
Mouth	Severe discomfort, damage or loss of teeth, damaged lips and mouth, major injury
Throat	Severe discomfort, shortness of breath, death
Back of neck	Severe injury, death
Ribs	Severe pain, cracked or broken ribs, bruised lung, major/permanent injury
Elbow	Dislocation, fracture, severe pain, permanent injury
Abdoment	Severe pain, bruised or damaged organs, major/permanent injury
Groin	Severe pain, bruised or damaged organs, major/permanent injury
Thigh	Severe pain, bruised or damaged thigh, major injury
Knee	Severe pain, broken kneecap, permanent injury, disablement
Shin	Severe pain, bruised or damaged shin, major injury
Other targets	Study a body chart to discover other targets suitable for this strike

## STRIKING WITH THE END OF THE JO

### Strike with end of the Jo to the temple

**Warning:** The end of the jo, is a powerful striking surface, which allows the practitioner to generate tremendous power by using a push-pull force. When practicing with a live partner utmost care and control must be exercised focusing the techniques well in-front and away from the target.

**Technique:** Stand in a ready stance with the Jo held in both hands just in front of your midsection both hands in normal hold (palms facing down). Step forward with the left foot into a high forward stance and push forward with the left arm while pulling back with the right arm. At the conclusion of the strike your stance is strong, left arm is straight with elbow locked and the power manifests at the end of the Jo travelling from the ground through your legs, hips, body and arms. This will create a centrifugal force striking the opponent with the end of the jo to the temple. As with all strikes the jo aims 2-3 inches beyond the target. Make sure that at the moment of impact your whole body, arms and legs are tensed with the sole purpose of destroying your opponent. Immediately following the strike relax the tension, pull the weapon back and step back with the left foot to assume the original high left forward stance. Perform this a number of times at first slow and gradually increasing speed both while striking and withdrawing. When you have mastered this strike practice daily 20 times stepping forward with the left and then with the right leg.

### Other targets

The above techniques can be applied to a variety of other targets with results varying from minor injury to major injury or even death. Below is a list of targets and the potential affect a well placed and powerfully performed strike with the middle of the Jo will have.

TARGET	AFFECT
Nose	Temporary blindness, inability to breath from the nose, severe pain, major injury
Mouth	Severe discomfort, damage or loss of teeth, damaged lips and mouth, major injury
Throat	Severe discomfort, shortness of breath, death
Temple	Severe injury, death
Back of neck	Severe injury, death
Ribs	Severe pain, cracked or broken ribs, bruised lung, major/permanent injury
Abdoment	Severe pain, bruised or damaged organs, major/permanent injury
Groin	Severe pain, bruised or damaged organs, major/permanent injury
Thigh	Severe pain, bruised or damaged thigh, major injury
Knee	Severe pain, broken kneecap, permanent injury, disablement
Shin	Severe pain, bruised or damaged shin, major injury
Other targets	Study a body chart to discover other targets suitable for this strike

## STRIKING WITH THE END OF THE JO (Reverse)

### Strike with end of the Jo to the back of the neck

**Warning:** The end of the jo, is a powerful striking surface, which allows the practitioner to generate tremendous power by using a push-pull force. When practicing with a live partner utmost care and control must be exercised focusing the techniques well in-front and away from the target.

**Technique:** Stand in a ready stance with the Jo held in both hands just in front of your midsection both hands in normal hold (palms facing down). Step in and forward with the left foot into a high forward stance gently pulling the Jo to the right side pointing the left point past the opponent's head. While stepping forward with the left leg perform a jab well past the side of opponent's head and then in one continuous motion pull back with the left arm while pushing forward with the right arm performing a "reverse" strike to the back of the neck with the end of the Jo using the centrifugal force. At the conclusion of the strike your stance is strong, right arm is straight with elbow locked and the power manifests at the end of the Jo travelling from the ground through your legs, hips, body and arms. As with all strikes the Jo aims 2-3 inches beyond the target. Make sure that at the moment of impact your whole body, arms and legs are tensed with the sole purpose of destroying your opponent. Immediately following the strike relax the tension, pull the weapon back reversing the way it went out and step back with the left foot to assume the original ready stance. Perform this a number of times at first slow and gradually increasing speed both while striking and withdrawing. Then practice on the other side by reversing the process. When you have mastered this strike practice daily 20 times stepping forward with the left and then with the right leg.

### Other targets

The above technique can be applied to a variety of other targets with results varying from minor injury to major injury or even death. Below is a list of targets and the potential affect a well placed and powerfully performed reverse strike with the end of the Jo will have.

TARGET	AFFECT
Back of head	Severe pain, major injury
Back of neck	Severe pain, major injury, death
Back of elbow	Severe discomfort, minor or major injury
Back of ribs	Severe discomfort, minor or major injury
Kidneys	Minor or major injury
Hamstring	Pain, minor or major injury
Back of knee	Potential injury caused by falling
Other targets	Study a body chart to discover other targets suitable for this strike

## STRIKING WITH THE END OF THE JO (Lifting up)

### Strike with end of the Jo to the groin

**Warning:** The end of the jo, is a powerful striking surface, which allows the practitioner to generate tremendous power by using a push-pull force. When practicing with a live partner utmost care and control must be exercised focusing the techniques well in-front and away from the target.

**Technique:** Stand in a ready stance with the Jo held in both hands just in front of your midsection left hand reverse hold (palm facing up) and right hand normal hold (palm facing down). Step in and forward with the left foot into a very low horse stance gently pulling the Jo to the right side pointing the left point below the opponent's groin. While stepping forward with the left leg perform a jab well past and under the opponent's groin and then in one continuous motion pull up with the left hand and push down with the right performing an upwards strike to the groin with the end of the Jo using the centrifugal force. At the conclusion of the strike your stance is very low and strong, right arm is straight with elbow locked and the power manifests at the end of the Jo travelling from the ground through your legs, hips, body and arms. As with all strikes the Jo aims 2-3 inches beyond the target. Make sure that at the moment of impact your whole body, arms and legs are tensed with the sole purpose of destroying your opponent. Immediately following the strike relax the tension, pull the weapon back reversing the way it went out and step back with the left foot to assume the original ready stance. Perform this a number of times at first slow and gradually increasing speed both while striking and withdrawing. Then practice on the other side by reversing the process. When you have mastered this strike practice daily 20 times stepping forward with the left and then with the right leg.

### Other targets

This is a specialist strike focused to the groin. However with diligent study you may find other uses for this type of strike.

TARGET	AFFECT
Groin	Extreme discomfort, serious injury
Other targets	Study a body chart to discover other targets suitable for this strike

## STRIKING WITH THE END OF THE JO (Pushing down)

### Strike with end of the Jo to the collarbone

**Warning:** The end of the jo, is a powerful striking surface, which allows the practitioner to generate tremendous power by using a push-pull force. When practicing with a live partner utmost care and control must be exercised focusing the techniques well in-front and away from the target.

**Technique:** Stand in a ready stance with the Jo held in both hands just in front of your midsection both hands in normal hold (palms facing down). Step UP and stomp down forward with the left foot into a horse stance lifting the Jo and then striking down with the left arm aiming at the opponent's collarbone. At the conclusion of the strike your stance is strong, left arm is straight with elbow locked and the power manifests at the end of the Jo travelling from the ground through your legs, hips, body and arms. As with all strikes the Jo aims 2-3 inches beyond the target. Make sure that at the moment of impact your whole body, arms and legs are tensed with the sole purpose of destroying your opponent. Immediately following the strike relax the tension, pull the weapon back reversing the way it went out and step back with the left foot to assume the original ready stance. Perform this a number of times at first slow and gradually increasing speed both while striking and withdrawing. Then practice on the other side by reversing the process. When you have mastered this strike practice daily 20 times stepping forward with the left and then with the right leg.

### Other targets

The above technique can be applied to a limited number of other targets with results varying from severe discomfort to major injury or even death. Below is a list of targets and the potential affect a well placed and powerfully performed downward pushing strike with the end of the Jo will have.

TARGET	AFFECT
Top of head	Severe pain, major injury, death
Shoulder area	Severe pain, major injury
Chest area	Severe discomfort, minor injury
Arms	Severe discomfort, minor or injury
Other targets	Study a body chart to discover other targets suitable for this strike



## STRIKING WITH THE END OF THE JO (Crossing arms)

### Strike with end of the Jo to the collarbone

**Warning:** The end of the jo, is a powerful striking surface, which allows the practitioner to generate tremendous power by using a push-pull force. When practicing with a partner utmost care and control must be exercised focusing the techniques well in-front and away from the target.

**Technique:** Stand in a ready stance with the Jo held in both hands just in front of your midsection both hands in normal hold (palms facing down). Step in and forward with the right into a high forward stance. At the same time bring both arms towards your right hand side and when the left side of the Jo is aiming at your opponent rotate the Jo so that the right hand comes up and forward and the left arm goes under and back. The right hand side of the Jo will strike the opponent's collarbone while the left hand side of the Jo will end up under your armpit. At the conclusion of the strike your stance is strong, right arm is straight with elbow locked and the power manifests at the end of the Jo travelling from the ground through your legs, hips, body and arms. As with all strikes the Jo aims 2-3 inches beyond the target. Make sure that at the moment of impact your whole body, arms and legs are tensed with the sole purpose of destroying your opponent. Immediately following the strike relax the tension, pull the weapon back reversing the way it went out and step back with the right foot to assume the original ready stance. Perform this a number of times at first slow and gradually increasing speed both while striking and withdrawing. Then practice on the other side by reversing the process. When you have mastered this strike practice daily 20 times stepping forward with the right and then with the left leg.

### Other targets

The above technique can be applied to a limited number of other targets with results varying from severe discomfort to major injury or even death. Below is a list of targets and the potential affect a well placed and powerfully performed downward pushing strike with the end of the Jo will have.

TARGET	AFFECT
Top of head	Severe pain, major injury, death
Shoulder area	Severe pain, major injury
Chest area	Severe discomfort, minor injury
Arms	Severe discomfort, minor or injury
Other targets	Study a body chart to discover other targets suitable for this strike

## STRIKING BY SWINGING THE JO (Double handed)

### Strike top of head by swinging the Jo

**Warning:** The end of the jo, is a powerful striking surface, which allows the practitioner to generate tremendous power by using a swinging motion. When practicing with a partner utmost care and control must be exercised focusing the techniques well in-front and away from the target.

**Technique:** The Jo can be used to strike by swinging it with both arms. Such strikes require a lot more room but can generate plenty of power by the swinging motion of the weapon. The opponent can be struck from a comparatively distant position with a lot of centrifugal force. Striking is performed with the end of the Jo. Stand in a ready stance with the Jo held in both hands just in front of your midsection left hand reverse hold (palm facing up) and right hand normal hold (palm facing down). Step in and out with the left leg, while you slide your left hand to the end of the Jo and then slide the right hand half way down to the middle of the Jo, create a circle with the right tip of the Jo so that it goes right, back and over your head held by the two hands as described. As you step forward bring both hands down straight and strike the top of opponent's head with the end of the Jo. While in practice you absolutely control the swing so that the Jo stops well short of your partner, when you are performing this technique for real you let your arms swing right down aiming to destroy your opponent's skull. At the conclusion of the strike your stance is strong, both arms are straight with elbows locked and the power manifests at the end of the Jo travelling from the ground through your legs, hips, body and arms. As with all strikes the Jo aims 2-3 inches beyond the target. Make sure that at the moment of impact your whole body, arms and legs are kept supple and swing as well. Perform this a number of times at first slow and gradually increasing speed both while striking. Then practice on the other side by reversing the process. When you have mastered this strike practice daily 20 times stepping forward with the left and then with the right leg.

### Other targets

The above technique can be applied to a variety of other targets with results varying from minor injury to major injury or even death. Swinging the Jo enables one to strike many targets. from a variety of angles. Below is a list of targets and the potential affect a well placed and powerfully performed strike with the swinging Jo will have.

TARGET	AFFECT
Top of head	Severe pain, potential major injury, death
Temple/ear area	Extreme pain, major injury, death
Side of neck	Extreme pain, major injury
Face area	Severe discomfort, damage or loss of teeth, damaged lips and mouth, major injury
Throat	Severe discomfort, shortness of breath, death
Back of neck	Severe injury, death
Arm	Severe pain, Possible cracked or broken bones, minor/temporary injury
Ribs	Severe pain, cracked or broken ribs, bruised lung, major/permanent injury
Abdoment/Back	Severe pain, bruised or damaged organs, major/permanent injury
Thigh	Severe pain, bruised or damaged thigh, major injury
Knee	Severe pain, broken kneecap, permanent injury, disablement
Back of knee	Severe pain, temporary minor injury
Shin	Severe pain, bruised or damaged shin, major injury
Calf	Severe pain, bruised or damaged shin, minor injury
Ankle	Severe pain, bruised or damaged ankle, medium injury
Feet	Severe pain, bruised or damaged instep, toes etc, debilitating injury

## STRIKING BY SWINGING THE JO (Single handed inside)

### Strike temple by swinging the Jo

**Warning:** The end of the jo, is a powerful striking surface, which allows the practitioner to generate tremendous power by using a swinging motion. When practicing with a partner utmost care and control must be must be exercised focusing the techniques well in-front and away from the target.

**Technique:** The Jo can also be used to strike by swinging it with one arm much the same as a whip. Such strikes require a lot of space but can generate tremendous power. The opponent can be struck from a comparatively distant position with great centrifugal force. Striking surface is the end of the Jo. Stand in a ready stance, Jo held horizontal to the ground, both left and right hands in a normal hold (palms facing down). Stepping in and forward with the right leg into a high right forward stance slip the right hand towards the end of the Jo. When your right hand reaches the end of the Jo, hold it and with the left thumb push the Jo forward while the right arm extends as a whip with the Jo at the end of it as an extension of your arm. This swinging/whipping motion should aim at the opponent's right temple as he faces you. While in practice you absolutely control the swing so that the Jo stops well short of your partner's temple, when you are performing this technique for real you let your right arm swing completely from the front to the right in line with your right shoulder. The centrifugal force thus created will strike the opponent with the end of the jo to the temple. As with all strikes the Jo aims well beyond the target. Make sure that at the moment of impact your whole body, arms and legs are kept supple and swing as well. Perform this a number of times at first slow and gradually increasing speed both while striking. When you have mastered this strike practice daily 20 times stepping forward with the left and then with the right leg.

### Other targets

The above techniques can be applied to a variety of other targets with results varying from minor injury to major injury or even death. Below is a list of targets and the potential affect a well placed and powerfully performed strike with the swinging Jo will have.

TARGET	AFFECT
Top of head	Severe pain, potential major injury
Nose	Temporary blindness, inability to breath from the nose, severe pain, major injury
Mouth	Severe discomfort, damage or loss of teeth, damaged lips and mouth, major injury
Throat	Severe discomfort, shortness of breath, death
Temple	Severe injury, death
Back of neck	Severe injury, death
Arm/Shoulder	Severe pain, Possible cracked or broken bones, minor/temporary injury
Ribs	Severe pain, cracked or broken ribs, bruised lung, major/permanent injury
Abdoment	Severe pain, bruised or damaged organs, major/permanent injury
Groin	Severe pain, bruised or damaged organs, major/permanent injury
Thigh	Severe pain, bruised or damaged thigh, major injury
Knee	Severe pain, broken kneecap, permanent injury, disablement
Shin	Severe pain, bruised or damaged shin, major injury
Calf	Severe pain, bruised or damaged shin, minor injury
Ankle	Severe pain, bruised or damaged ankle, medium injury
Instep	Severe pain, bruised or damaged instep, medium injury

## STRIKING BY SWINGING THE JO (Single handed outside)

### Strike temple by swinging the Jo

**Warning:** The end of the jo, is a powerful striking surface, which allows the practitioner to generate tremendous power by using a swinging motion. When practicing with a partner utmost care and control must be exercised focusing the techniques well in-front and away from the target.

**Technique:** The Jo can also be used to strike by swinging it with one arm much the same as a whip. Such strikes require a lot of space but can generate tremendous power. The opponent can be struck from a comparatively distant position with great centrifugal force. Striking surface is the end of the Jo. Stand in a ready stance, Jo held horizontal to the ground, both left and right hands in a normal hold (palms facing down). Stepping in and forward with the right leg into a high right forward stance slip the right hand towards the end of the Jo. When your right hand reaches the end of the Jo, hold it and lift both hands over your head and, holding it with the right hand swing the Jo forward while the right arm extends as a whip with the Jo at the end of it as an extension of your arm. This swinging/whipping motion should aim at the opponent's right temple as he faces you. While in practice you absolutely control the swing so that the Jo stops well short of your partner's temple, when you are performing this technique for real you let your right arm swing completely from the outside right to left in line with your right shoulder. The centrifugal force thus created will strike the opponent with the end of the jo to the temple. As with all strikes the Jo aims well beyond the target. Make sure that at the moment of impact your whole body, arms and legs are kept supple and swing as well. Perform this a number of times at first slow and gradually increasing speed both while striking. When you have mastered this strike practice daily 20 times stepping forward with the left and then with the right leg.

### Other targets

The above techniques can be applied to a variety of other targets with results varying from minor injury to major injury or even death. Below is a list of targets and the potential affect a well placed and powerfully performed strike with the swinging Jo will have.

TARGET	AFFECT
Top of head	Severe pain, potential major injury
Nose	Temporary blindness, inability to breath from the nose, severe pain, major injury
Mouth	Severe discomfort, damage or loss of teeth, damaged lips and mouth, major injury
Throat	Severe discomfort, shortness of breath, death
Temple	Severe injury, death
Back of neck	Severe injury, death
Arm/Shoulder	Severe pain, Possible cracked or broken bones, minor/temporary injury
Ribs	Severe pain, cracked or broken ribs, bruised lung, major/permanent injury
Abdoment	Severe pain, bruised or damaged organs, major/permanent injury
Groin	Severe pain, bruised or damaged organs, major/permanent injury
Thigh	Severe pain, bruised or damaged thigh, major injury
Knee	Severe pain, broken kneecap, permanent injury, disablement
Shin	Severe pain, bruised or damaged shin, major injury
Calf	Severe pain, bruised or damaged shin, minor injury
Ankle	Severe pain, bruised or damaged ankle, medium injury
Instep	Severe pain, bruised or damaged instep, medium injury

## BLOCKING WITH THE MIDDLE OF THE JO

### Block an overhead strike

**Warning:** The Jo, is a powerful versatile weapon, which allows the practitioner to generate tremendous power when using it correctly. When practicing with a partner utmost care and control must be exercised focusing the techniques well in-front and away from the target.

**Technique:** In this technique the Jo is used to block an overhead strike. Usually a block is followed immediately by a strike but in this example we will limit ourselves to the blocking technique. Stand in a ready stance holding the Jo horizontal to the ground, both left and right hands in a normal hold (palms facing down). As the opponent steps forward and performs an overhead strike, step back with the right leg and raise both arms above your head by pushing the Jo upwards as if you were throwing a double punch towards the sky! Synchronise the movement with the opponent's attack so that you "strike" his Jo with the middle of your Jo on the way up. As with strikes so with the blocks the Jo aims 2-3 inches beyond the target which in this case is the opponent's Jo. Make sure that at the moment of impact your whole body, arms and legs are tensed with the sole purpose of blocking your opponent's Jo. Immediately following the strike relax the tension, pull the weapon back and step forward with the right foot to assume the original ready stance. Your opponent does the same returning to his starting position. Perform this a number of times at first slow and gradually increasing speed both while striking and withdrawing. This is a strong block that will protect you from a powerful strike to the head while leaving the opponent open for a counter attack. When you have mastered this strike practice daily 20 times stepping forward with the left and then with the right leg.

### Other Blocks with the middle of the Jo

The middle of the Jo can be used to block a number of attacks as described in the table below.

ATTACK	BLOCK
Jab	Quickly lift the Jo up and block by straightening your arms downwards
Side strike	Quickly step to the opposite side and block by turning the Jo vertical
Other	Experiment blocking various other strikes with the middle of the Jo

## BLOCKING WITH THE END OF THE JO

### Block a strike to the side of the head

**Warning:** The Jo, is a powerful versatile weapon, which allows the practitioner to generate tremendous power when using it correctly. When practicing with a partner utmost care and control must be exercised focusing the techniques well in-front and away from the target.

**Technique:** The ends of the Jo can be used to block in a similar way they are used for striking. Attention is required to ensure good targeting, as the end of the Jo is a smaller surface than the middle of the Jo. Stand in a ready stance, Jo held horizontal to the ground, both left and right hands in a normal hold (palms facing down). As the opponent steps into a right forward stance and performs a right strike to the left side of your head with the end of his Jo, step back with the left foot into a right forward stance and block his strike with the right end of your Jo. As with all strikes so with blocks the Jo aims 2-3 inches beyond the target which in this case is the opponent's Jo. Make sure that at the moment of impact your whole body, arms and legs are tensed with the sole purpose of blocking your opponent's weapon. At completion of the technique count to 3 and then relax the tension, pull the weapon back and step back to the starting ready position with your left foot. Your opponent does the same returning to his starting position. Perform this a number of times at first slow and gradually increasing speed as technique and co-ordination improves. This is a strong block that will protect you from a powerful strike to the side of your head while leaving the opponent open for a counter attack.

### Other Blocks with the end of the Jo

The end of the Jo can be used to block a number of attacks as described in the table below.

ATTACK	BLOCK
Jab to the face	Quickly step to the left and perform an inner-outer block with the end of your Jo
Side strike	Same block but doing an inner outer motion with the end of the Jo
Other	Experiment blocking various other strikes with the end of the Jo

## ATTACK – DEFENCE – RETALIATION

**General purpose of this section:** The following are examples of using the Jo against another Jo. The level of difficulty is easy. Only one dimensional techniques are presented here, where the attacker and defender move forward and backwards executing single strikes, blocks and retaliations. As in all areas of martial arts so in the study of the Jo, advanced techniques are combinations of basic techniques with varying distance, height, direction and a host of other elements. An untrained observer gets pleasure by watching advanced combinations of techniques which appear exciting and potentially easy to do. A trained martial artist watching the same combination of techniques, will marvel at the perfect mastery of the basic components and appreciate the many hours of practice required to perfect a free flowing and impressive advanced combination. The purpose of this section is to give you the ability to practice the basics. To extend your ability further will require in depth study and experimentation on your part and training with a knowledgeable Jo practitioner.

*“Is he a Master? Don’t look at qualifications, Don’t listen to stories, Just look at his basics” Sifu Bill Young*

**Instructions & Warnings:** The Jo, is a powerful versatile weapon, which allows the practitioner to generate tremendous power. In “live” practice with a partner utmost care and control must be exercised focusing the techniques well in-front and away from the target. Of course in “shadow” practice with no partner the full range of the technique can be applied. At first both practitioners start with no power, force or speed but work on correct technique and accuracy. As they become more comfortable with the synchronisation and accuracy of this technique they may gradually build up speed and power to 30%, 50%, 80% and eventually to 100%. If at some stage technique and accuracy suffers then both must go slow again until this is rectified. When you feel competent performing the technique try it on the reverse side by reversing leg and arm movements to a mirror image. Always remember that the power of the Jo techniques comes from the ground, up through your legs, driven by your hips and body rotation to your arms and Jo. This must be demonstrated in your body movements that must be powerful, fast and snappy while driving the Jo techniques. The mental place when practicing the Jo is one of war and total destruction of the opponent. Anything else, including crowd pleasing dexterity demonstrations and multiple “flashy” techniques such as throwing the Jo around like a gymnastics baton or a billiard queue, should not take up a martial artist’s precious study time.

*“Your martial arts partner puts himself at your disposal. You must show respect, care, and control” Sifu Bill Young*

### **Overhead strike - Upper middle block - Right side strike**

Attacker and defender stand in a ready stance at a distance of about 1.5-2 meters, Jo held horizontal to the ground, both left and right hands in a normal hold (palms facing down). The attacker steps forward with the right leg and perform an overhead strike aiming at the top of the defender’s head. The defender steps back with the left leg and performs a rising block with the middle of the Jo followed by a right side strike to the attacker’s temple. At completion of the technique count to 3 and then relax the tension as both pull back to the original starting position.

### **Strike to temple – Outer inner block – Cross armed strike to the head**

Attacker and defender stand in a ready stance at a distance of about 1.5-2 meters, Jo held horizontal to the ground, both left and right hands in a normal hold (palms facing down). The attacker steps forward with the right leg and performs a right hand strike aiming at the defender’s temple. The defender steps back with the left leg and performs a right outer-inner block with the side of the Jo followed by a cross armed overhead strike to the attacker head. At completion of the technique count to 3 and then relax the tension as both pull back to the original starting position.

### **Horizontal strike – Outer inner vertical block – Jab to the sternum**

Attacker and defender stand in a ready stance at a distance of about 1.5-2 meters, Jo held horizontal to the ground, both left and right hands in a normal hold (palms facing down). The attacker steps forward with the right leg and performs a right hand horizontal strike aiming at the side of defender’s body. The defender steps back with the left leg into a 45° horse stance and performs a vertical block to the left with the middle of the Jo left hand up, retaliating with a right jab to the opponent’s solar plexus. At completion of the technique count to 3 and then relax the tension as both pull back to the original starting position.

### **Jab to the face/throat – Left inner/outer block – Left side strike**

Attacker and defender stand in a ready stance at a distance of about 1.5-2 meters, Jo held horizontal to the ground, both left and right hands in a normal hold (palms facing down). The attacker steps forward with the right leg and performs a right hand jab aiming at defender's face/throat. The defender steps to the right and forward 45°, into a forward stance and performs a left inner outer block with the side of the Jo, retaliating with a left side strike to the attackers face. At completion of the technique count to 3 and then relax the tension as both pull back to the original starting position.

### **Jab to the stomach – Vertical block – Stab to the instep**

Attacker and defender stand in a ready stance at a distance of about 1.5-2 meters, Jo held horizontal to the ground, both left and right hands in a normal hold (palms facing down). The attacker steps forward with the right leg and performs a right hand jab aiming at the stomach area of defender's body. The defender steps to the left into a left cat stance and performs a vertical block to the right with the middle of the Jo right hand up, retaliating with a left point stab to the opponent's instep. At completion of the technique count to 3 and then relax the tension as both pull back to the original starting position.

### **Upward strike to the groin – Downward pushing block – Strikes to arm and the face**

Attacker and defender stand in a ready stance at a distance of about 1.5-2 meters, Jo held horizontal to the ground, both left and right hands in a normal hold (palms facing down). The attacker steps forward with the right leg and performs a lifting strike aiming at the defender's groin. The defender steps back with the left leg into a right forward stance and performs a downward pushing block with the middle of the Jo pushing attacker's Jo to the ground, retaliating steps forward with the left and performs a downward strike to the attacker's hand and then to the face. At completion of the technique count to 3 and then relax the tension as both pull back to the original starting position. This is a particularly difficult technique so diligent practice is required to work out the correct stance, distance, intensity and accuracy of block and strikes.

### **Downward diagonal strike to the neck – Diagonal block – Upward swinging strike to groin**

Attacker and defender stand in a ready stance at a distance of about 1.5-2 meters, Jo held horizontal to the ground, both left and right hands in a normal hold (palms facing down). The attacker steps forward with the right leg and performs a diagonal downward strike to the side of the defender's neck. The defender steps back with the left leg into a right facing 45° horse stance and performs a diagonal block with the middle of the Jo left hand on top, retaliates with a right handed upward swinging strike to the attacker's groin. At completion of the technique count to 3 and then relax the tension as both pull back to the original starting position. One handed strikes are particularly difficult to control when practicing with a partner so diligent practice is required to work out the correct stance, distance, intensity and accuracy of block and strike.

### **Upward diagonal strike to the body – Diagonal block – Downward swinging strike to the head**

Attacker and defender stand in a ready stance at a distance of about 1.5-2 meters, Jo held horizontal to the ground, both left and right hands in a normal hold (palms facing down). The attacker steps forward with the right leg and performs a diagonal upward strike to the defender's body. The defender steps back with the left leg into a right facing 45° horse stance and performs a diagonal block with the middle of the Jo right hand on top, retaliates with a right handed swinging strike to the top of the attacker's head. At completion of the technique count to 3 and then relax the tension as both pull back to the original starting position. One handed strikes are particularly difficult to control when practicing with a partner so diligent practice is required to work out the correct stance, distance, intensity and accuracy of block and strike.

**Where to now:** Now that you have learned the basics of the Jo you have two options. Seek out a knowledgeable Jo practitioner to learn from who will give you the ability to learn the "intricacies" of the weapon and techniques. Alternatively, or in addition to, you can conduct an in depth study of this weapon yourself. Study written material and watch videos, selecting the techniques you like and suit your body type and then putting together your own combinations. As with all study endeavours writing down a diary of your learnings, observations, moments of inspiration and constant retrospection will build your knowledge and mastery of the Jo further than you ever imagined. Good Luck!

*"I will show you the way to the top of the mountain, your climb" Sifu Bill Young*