



## ***Bo Staff Pattern John W. Swift***

Pattern John W. Swift is named after its designer (now Master Swift), who owns Verve Martial Arts, and is President of the Independent Taekwondo Schools. He taught it to a number of LCTKD students around 2009.

It is the fourth ensodo weapons pattern, learnt by students who have achieved their 5th Kup (blue stripe belt).

### **Notes about the pattern description.**

The pattern is designed as if an imaginary combat against multiple opponents.

Strike “up” is aimed to come up under an opponent’s chin, or to deflect their bo upwards. Strike “down” would normally be aimed at the head or shoulder, or to deflect an opponent’s bo down.

“High” means aimed at the neck or head of an opponent of the same height, at the same level (i.e., kneeling if you are kneeling). “Middle” means torso, commonly the ribs. “Low” is usually aimed at the knee.

“Around head” means the striking tip of the bo is swung around the head in the direction indicated (clockwise or anti-clockwise) to generate speed and surprise for the strike.

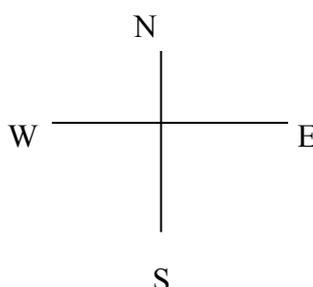
When a strike is indicated as “left” it means coming in from your left. It would usually strike your opponent’s right side.

A “thrust” is a strike in which the bo is not swung but pushed out in a linear fashion to strike with the end of the tip.

Unless told otherwise, remain in the last given stance.

Movement sequences may be repeated as many times as you like. So, for example, a strike up, strike down sequence may be repeated a number of times before moving on. Repetition could result in a pattern of as many as 100 movements, symbolising the committing of 100% to your patterns practice.

Use points of the compass to learn direction. Moves are described as facing N, S, E, or W.





## Pattern Moves

Starting position: parallel stance facing N, with bo held vertically in the right hand, behind the right arm.

1. Step forward into a right walking stance, facing N, swing the tip of the bo to the left side and strike up left with bo under left arm.
2. Strike down right.
3. Middle side strike left.
4. Middle side strike right.
5. Strike up left.
6. Strike down right.
7. Middle side strike left.
8. Middle side strike right.
9. High side strike left.
10. High side strike right.
11. Around head clockwise into high strike left (note right hand is forward).
12. Around head anti-clockwise into high strike right (note right hand is forward).
13. Around head clockwise into high strike left.
14. Pivot 90 degrees left on both feet into a left walking stance facing W, while coming around the head anti-clockwise to execute a middle side strike right.
15. Middle side strike left.
16. Middle side strike right.
17. Strike up left with bo under left arm.
18. Strike down right.
19. Middle side strike left.
20. Middle side strike right.
21. Middle side strike left.
22. Strike down right with bo under right arm.
23. Around head anti-clockwise into high strike right.
24. Pivot 90 degrees to right on both feet into a right walking stance facing N, executing around head clockwise low strike left.
25. Around head anti-clockwise into high strike right.
26. Around head clockwise into low strike right.
27. Pivot 90 degrees left on both feet into a left walking stance facing W, executing around head anti-clockwise high side strike right.
28. Low side strike left.
29. Pivot 90 degrees to right on both feet into a right walking stance facing N, keeping tip of bo low and arcing it round with you, to execute a low sweep.
30. Step forward with left leg, to be side on to N, and thrust bo down with left hand forward, while right foot follows into an x stance.
31. Turn to face S, and step S with right foot while thrusting up with the bo, right hand forward.



32. Bring the right hand across the body to be down on the left side, while the left hand comes under the right arm (so your arms are crossed). Pivot the hips to swing the right arm up to the high front right (This is to disarm a thrust attack.), and then allow the right hand to swing back and down to come behind the right knee.
33. Strike up from low right to high left.
34. Jump front kick to S with the right leg, landing right leg forward.
35. Thrust high with the right hand forward, facing S.
36. Keeping body facing S, high thrust to N.
37. Withdraw right foot into parallel stance facing S, and execute figures of 8 with the bo.
38. Around head clockwise high strike left.
39. Slip the right foot and continue the bo's motion as you pivot 90 degrees to your right into a right walking stance facing W. As you do this, release your left hand from the bo and allow it to continue its motion clockwise all around the body till it comes all the way around your back. Finish in a right walking stance facing W, but with both knees bent, left hand extended forward to W, right hand behind you, and the bo resting horizontally along your back to make a line joining the extended left and right arms.
40. Using only the motion of the body and the right hand grip, pivot your upper body anti-clockwise to cause the end of the bo to swing around the body anti-clockwise. Catch it in your left hand.
41. Raise the left hand up and to the right, bringing the bo to your right side, and strike down right. Release the bo from your left hand, so that it remains held in your right hand, under your right arm.
42. Step forward with your left foot into a right L stance facing W and execute a left backfist, keeping the bo under your right arm.
43. With the bo still under your right arm, execute a right back kick to W
44. Land with the kicking leg forward in a right walking stance facing W, and allow the clockwise rotation of the torso to continue so that with the bo still under the right arm, the tip of the bo swings across the body in a middle side strike left, and allow the body to swing clockwise into the same position as move 39.
45. Using only the motion of the body and the right hand grip, pivot your upper body anti-clockwise to cause the end of the bo to swing around the body anti-clockwise. Catch it in your left hand. (This repeats move 40.) Bring your left foot forward to W and drop into a sitting stance facing W, with the bo held horizontally across the front of you at chest level.
46. High side strike left.
47. High side strike right.
48. Slip your left foot back and out and pivot into a left walking stance facing S. Bring right knee to the ground, so you are on one knee facing S. Low side strike right.
49. Middle side strike left.
50. High side strike right.



51. Stand and jump to SE with right leg forward, strike down right with bo under left arm.
52. Pivot into left walking stance facing N. Bring right knee to the ground, so you are on one knee facing N. Low side strike right.
53. Middle side strike left.
54. High side strike right.
55. Drop left knee to the ground, pivot to S, lift right knee so you are on one knee facing S. At the same time, execute a clockwise over head low side strike left.
56. Anti-clockwise overhead middle side strike right.
57. Clockwise overhead high side strike left.
58. Stand up, slip your right foot back and out, so that you are in a left walking stance facing S, while bringing the tip of the bo down with your right hand, releasing the left hand and leaving the bo under the right arm.
59. Slip the right foot and continue the bo's motion as you pivot 90 degrees to your right into a right walking stance facing W. As you do this, release your left hand from the bo and allow it to continue its motion clockwise all around the body till it comes all the way around your back. Finish in a right walking stance facing W, but with both knees bent, left hand extended forward to W, right hand behind you, and the bo resting horizontally along your back to make a line joining the extended left and right arms. (This repeats move 39.)
60. Using only the motion of the body and the right hand grip, pivot your upper body anti-clockwise to cause the end of the bo to swing around the body anti-clockwise. Catch it in your left hand, in a similar motion to that in move 40, but with your left hand palm up. Turn your left hand to face palm down, so that the tip of the bo rotates, and the end of the bo comes under the left arm.
61. Using only the motion of the body, release the left hand grip and allow the bo to swing around the body clockwise. Catch it in your right hand, with the palm up, and rotate the right hand to face palm down, so that the tip of the bo rotates, and the end of the bo comes under the right arm.
62. Withdraw the right foot into a parallel stance facing N, back over your starting mark. Drop your right hand so that the bo returns to the starting position, raised behind your right arm, with the right hand down.