



BÔ JUTSU



Bujinkan Hombu : Seno Sensei



The Bô is a stick 180 cm long, but again for the Westerners it has to be a little longer in order to get just a bit above our head.

The weapon we are going to present here comes from Kukishin Ryû.

If we refer to the text of the 8th kyû from the “Memento du pratiquant”, then we’re talking about Yasushimaru Kurando (founder of the Kukishin Ryû) who used the Bô Jutsu techniques after the blade of his Naginata was broken off by a Samurai.

Kurando used the “Gyaku Kuji” technique, a secret technique with the Rokushakubo to defeat this Samurai.

After this event, Kurando used the Bô techniques and founded the Kukishin Ryû School and, although the Naginata comes after the Bô in this school, the Bô is the most important.

The Bô could also hide a blade or a chain with a weight attached to it. It could take different forms like the Daisharin (Bô with a wheel at each end) and the Nyoibo (impressive by its circumference).



KOTSU

All the moves are made using the entire body.

1. Keep the elbows “glued” to the body.
2. Use the whole length for the hits.
3. The secret is the distance = Being in motion in an attack and withdrawing rapidly from the attack when **Uke** has a sword.
4. The **Tsuki** allows one to be out of **Uke**'s range, to put him in defence and to attack.
5. Before an attack, the **Furi** are done holding the hands out in order to prevent **Uke** from getting closer (the starting point of the **Furi** is done vertically, with the help of the elbow).





BÔ JUTSU NO KAMAE

16. JÔDAN NO KAMAE

The left foot is pointing towards **Uke**, the right foot is at – 20. The feet are like in **Ichimonji no Kamae (Tai Jutsu)** but closer together. The **Bô** is held above the head, aiming downwards.





17. CHÛDAN NO KAMAE

The left foot is pointing towards **Uke**, the right foot is at – 20. The feet are like in **Ichimonji no Kamae (Tai Jutsu)** but closer together. The **Bô** is horizontal in relation to the ground, held under the elbow.





18. GEDAN NO KAMAE

The feet are like in **Jûmonji no Kamae (Tai Jutsu)**. The **Bô** is pointing towards the back.





19. ICHIMONJI NO KAMAE

The arms are hanging down by the sides of the body, the left foot is pointing towards **Uke**, the right foot is at – 20. The feet are like in **Ichimonji no Kamae (Tai Jutsu)** but closer together.

The **Bô** is held horizontally at the level of the hips, pointing towards **Uke**.





20. HIRA ICHIMONJI NO KAMAE

Same for **Hanbô** and **Jo**.





21. IHEN NO KAMAE

Intermediary position, which connects all the positions.





22. SEIGAN NO KAMAE

The left foot is pointing towards **Uke**, the right foot is at – 20. The feet are like in **Ichimonji no Kamae (Tai Jutsu)** but closer together. The **Bô** is pointing towards **Uke's** eyes.





23. TENCHIJIN NO KAMAE

The **Bô** can be held higher or lower, depending on your environment.





24. HEITO NO KAMAE

The feet are like in **Jûmonji no Kamae (Tai Jutsu)**. The **Bô** is held at the back, horizontally.







BÔ NO UCHI

25. AGE UCHI

Hit going upwards.







26. KASUMI UCHI

Hit to the temple.







27. TENTÔ UCHI

Descending vertical Hit to the head.







28. DÔ UCHI

Hit to the **Dô** (on **Uke's** side).







29. ASHI BARAI

Sweeping the leg at the level of the foot (hit under the knee).





30. KOTE UCHI

Hit to the wrists.





31. TOKI UCHI

Hit to the feet. Either starting from the **Tenchijin** position or in hitting position with a **Tsuki**.





32. TSUKI

Direct hit with the whole length of the **Bô**.





33. FURI

Circular vertical move of the **Bô**, from up towards down, changing sides.





34. MEN UCHI

Hit to the face.





35. SUNE UCHI

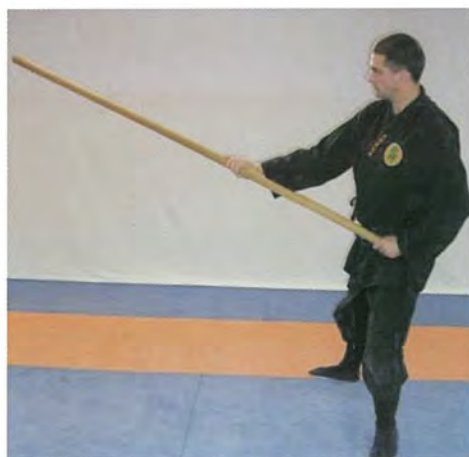
Catching the lower part of the opponent's pants or of the **Hakama** or hit to the leg.





36. YOKO MEN UCHI

Hit of the **Kasumi Uchi** type.





37. TSUKI GYAKUTE

Tsuki, pool style.





38. HANE AGE





KIHON GATA

39. 40. UKEMI GATA MAE NO USHIRO

Mae :





Ushiro :





41. ASHI BARAI







42. SHIHÔ BÔ FURI

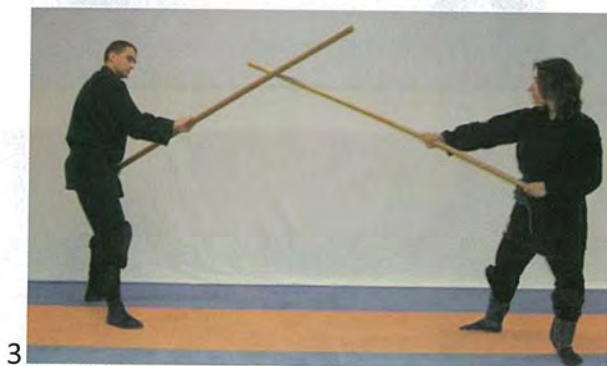
Doing **Furi** without stopping and in all directions.







43. MEN UCHI HARAI







44. TSUKI HANE





4



5



KEIKO SABAKI GATA

45. GOHÔ

- 1) **Uke** is in Seigan no Kamae with the sword and **Tori** is in Hira Ichimonji no Kamae with the **Bô**.
- 2) **Tori** puts his left foot forward and starts the **Furi**.
- 3) During the **Furi**, when **Tori** puts his right foot forward, he continues with **Ashi Barai**.
- 4) Then moves his left foot a little back towards the left and hits **Uke** on the left side with **Yoko Men Uchi** (the right hand serves as a pivot and the left hand goes to the hip).
- 5) Then **Tori** puts his left foot forward in order to do **Ashi Barai**.
- 6) **Tori** lifts the **Bô** above his head to do **Ashi Barai** on the same side.









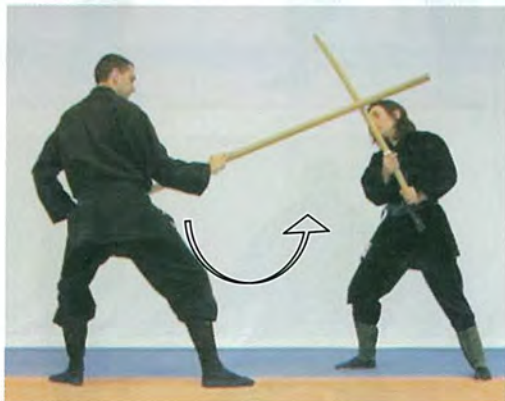


46. URA GOHÔ

- 1) **Uke** is in **Seigan no Kamae** with the sword and **Tori** is in **Hira Ichimonji no Kamae** with the **Bô**.
- 2) **Tori** puts his left foot forward and starts the **Furi**.
- 3) During the **Furi**, when **Tori** puts his left foot forward, he assumes **Seigan no Kamae** again to continue with a **Tsuki**.
- 4) **Tori** pulls back the **Bô** and puts his right foot forward to hit on **Uke's** left side with **Yoko Men Uchi**.
- 5) Then he puts his left foot forward to do **Suzu Hane Age**.
- 6) Afterwards, **Tori** puts his right foot forward to hit on **Uke's** left side with **Yoko Men Uchi**.











47. SASHI AI

- 1) **Uke** is in **Seigan no Kamae** with the sword and **Tori** is in **Chûdan no Kamae** with the **Bô**.
- 2) **Tori** attacks with a **Tsuki**.
- 3) Then puts his right foot forward to hit **Dô Uchi**.
- 4) Then moves his left foot forward to do **Hane Age**.





3



4



48. FUNE BARI

- 1) **Uke** is in **Seigan no Kamae** with the sword and **Tori** is in **Gedan no Kamae** with the **Bô**.
- 2) **Tori** puts his right foot forward and does **Dô Uchi** on **Uke's** left side.
- 3) Then **Tori** puts his left foot forward to strike on **Uke's** right side with **Yoko Men Uchi**.
- 4) **Tori** then moves his right foot forward to do **Suzu Hane Age (Age Uchi)**.
- 5) And finishes by moving his left foot forward to do **Men Uchi (Tentô Uchi)**.

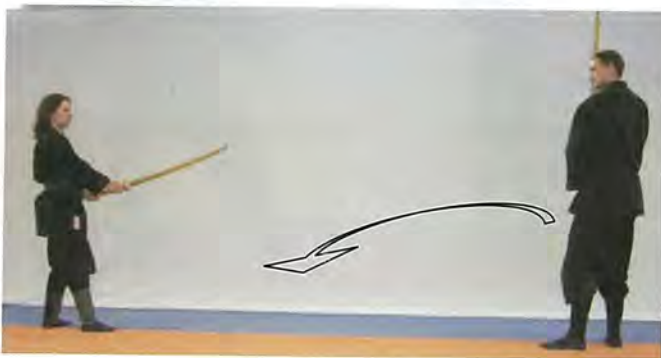


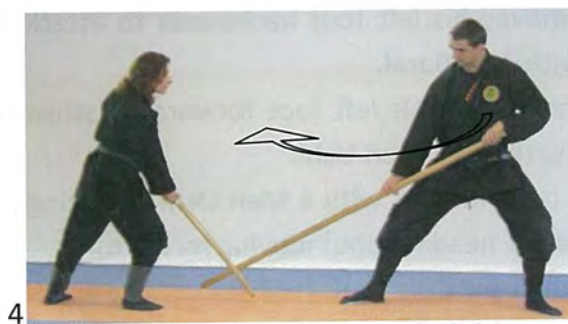
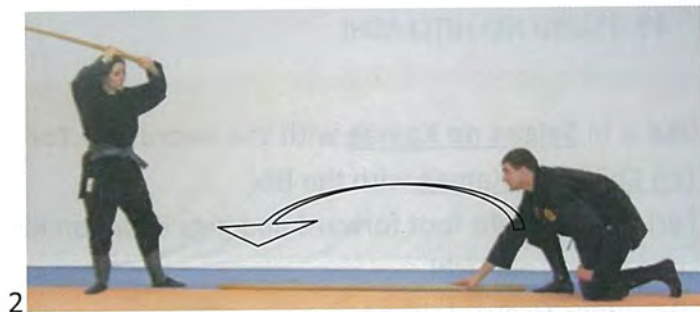




49. TSURU NO HITO ASHI

- 1) **Uke** is in **Seigan no Kamae** with the sword and **Tori** is in **Ten Chi Jin no Kamae** with the **Bô**.
- 2) **Tori** puts his right foot forward and gets down on his left knee to hit **Toki Uchi**.
- 3) **Uke** jumps to avoid the blow.
- 4) **Tori** moves his left foot backwards to attack on **Uke's** left with **Ashi Barai**.
- 5) **Tori** then puts his left foot forward to strike on **Uke's** right with **Yoko Men Uchi**.
- 6) Then he continues with a **Men Uchi** (swinging of the **Bo** above the head without moving forward).
- 7) **Tori** then puts his right foot forward to strike on **Uke's** left side with **Yoko Men Uchi**.
- 8) Then with an **Ashi Barai** on the same side (swinging of the **Bô** above the head without moving forward).







6



7





50. URA ISSOKU

- 1) **Uke** is in **Seigan no Kamae** with the sword and **Tori** is in **Gedan no Kamae** with the **Bô**.
- 2) **Tori** puts his right foot forward to attack with **Ashi Barai** on **Uke's** left.
- 3) Then puts his left foot forward to attack with **Ashi Barai** on **Uke's** right.
- 4) Then continues with a **Men Uchi** (swinging of the **Bô** without moving forward).
- 5) **Tori** then puts his right foot forward and attacks with **Ashi Barai** on **Uke's** left.
- 6) Then he puts his left foot forward to attack **Ashi Barai** on **Uke's** right.
- 7) And he continues with a **Men Uchi** (swinging of the **Bô** without moving forward).
- 8) And he finishes the attack with a **Tsuki**.











