



# Sticks

Use of long stick as a weapon or  
for defence

Traditional Japanese names are Bo or Jo  
(length varies)

Mixed gender

## 4 week course outdoors

Fancy yourself a travelling nun/monk  
with a staff

A warrior queen with a spear  
stick in hand travelling the land  
great way to exercise and feel invincible  
become terribly competent with a weapon  
completely confident about your abilities  
bring your broom (without the head) or a  
piece of dow from the hardware a similar  
length

Cost: Beginners program

4 sessions @ \$50 concession

4 sessions @ \$55 waged

ongoing training

casual \$15/ session waged

\$10/session concession

monthly...4 sessions \$32

\$25

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**Sticks** (1hrs) is learning to yield a staff the height and thickness of a broomstick. This program includes both genders and is conducted outdoors. It begins with a short warm-up particularly concentrating on the spine and shoulders followed by the arms and wrists. Participants are taught to swing the stick (Staff) around without hitting themselves. Skills training on how to strike and block is undertaken individually and with partners. Orchestrated combat sequences (Kata) are performed and controlled free play is allowed with advanced experienced warriors. It closes with simple yoga standing postures with a stick in hand. This program has been designed from techniques drawn from Aikikai Aikido, Okinawa Bodo and Kaliri Payatt.