

Martial Arts Weapons: Bo (Staff)

The Bo is the Japanese equivalent of the wooden staff. This martial arts weapon is normally 6 foot in length and made from a variety of hard woods, the strongest being the Okinawan Iron Wood.

The Bo is one of the more popular weapons to learn and quite practical as a broom stick or other similar objects can be used in its place. Depending on the position of the hands the Bo can be used at either short or long range. Training with the Bo is known as Bojutsu.

