



Distance Training

official rank and certification



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by



What is Distance Training?

Distance Training is a new, unique way to earn official rank, instructor certification, and master level certification in a variety of martial arts curriculum styles. These rank certifications are given and recognized by the official martial arts governing body of Hodgyma. This program was developed to give students across the globe the ability to earn rank in the unique curriculum styles of Ultimate Bo, Ultimate Chuks, and Ultimate Karate; and even more styles in the future. For example, Ultimate Bo is the first and only full white to black belt standardized Bo curriculum style in the world. Only a small amount of schools offer this program at the time of writing this. But, through the Distance Training program; anyone who would like to learn and progress through the official curriculum style of Ultimate Bo has that chance. You also have the ability to become a certified instructor; and begin teaching your own students, helping to spread this new official weapons art. The same idea goes for the Ultimate Chuks (white to 2nd black nunchakus program); and the Ultimate Karate (one and only white to 2nd black mudokwan tae kwon do/shotokan karate mixture curriculum style).

Whom is the Distance Training program for?

Just about anyone. Students in other martial arts styles - to black belt instructors - to master instructors - to school owners. If you just want to earn rank and achieve your black belt in a new style, then this program is for you. If you are a school owner, looking to add a new program into your school; to increase retention and variety; then earning rank and official certification is perfect for you as well.

What are the benefits to earning rank through the Distance Training program?

- The ability to become an official student and certified instructor in Ultimate Bo, Ultimate Chuks, or Ultimate Karate (and more styles in the future)
- Knowing that you have mastered the curriculum correctly, and have the proper ability to pass this knowledge on to your students through an organized system.
- You can train at home or in your dojo whenever you have time.
- The program is self paced. You can get certified quickly if you train hard; or take longer if you need.
- You can expand your martial arts horizons! Already wearing a black belt in tae kwon do? Work toward a new black belt in an innovative weapons style, such as Ultimate Bo or Ultimate Chuks.

What is Ultimate Bo?

Ultimate Bo is a martial arts style. It can also be referred to as *American Style Bo*; but to keep things less confusing; we will usually refer to this system as Ultimate Bo. Ultimate Bo, or UB, is the first and only full white to second black Bo rank program in the world. Because the style is fairly new; there are only a limited number of schools across the globe officially certified to teach this style. By participating in the Distance Training program; you have the ability to join these select few.

Ultimate Bo is derived from ancient Japanese teachings; the original word for a Bo or staff is – *rokushakubō*. This literally translates to six foot staff (the normal size for a Bo). The base maneuvers and body mechanics in the techniques are real, historical, fight oriented techniques. For, of course, the Bo was originally a weapon of real force, and great power. Now, these sort of fighting techniques with the Bo are fairly impractical in today's world. But, it is still an important to learn how to handle a Bo or staff in a combat/self defense situation. These real fighting techniques have been expanded upon into a more modernistic approach; making them less of a fighting art and more of a performance art. About 75% of the Ultimate Bo style is all about freestyle, visually appealing techniques – this component is called *Freestyle Bo* - challenging, impressive spins, strikes, combos; that display the practitioner's skill with this great weapon. These techniques are then put into competition style katas (forms/patterns); for proper mastery and demonstration. The other 25% is all about learning to use real combat oriented fight techniques with the Bo, and practicing these with opponents in controlled sparring matches – this component is called *Sparring Bo*. To understand why the style of Ultimate Bo was crafted this way; look at the word M-a-r-t-i-a-l A-r-t. Martial means warlike, hostile, literally fighting. Art is a visual and/or emotional expression in whatever form or fashion wanted by the artist. Ultimate Bo brings the martial and artistic elements together into a unique weapons style.

Earning rank in the Ultimate Bo style is a high honor. Like mentioned before, only a select few are high ranking instructors in this new art. Work hard, enjoy your training, show off a little bit, earn your black chevron and your instructor certification – then help to spread the amazing art of Ultimate Bo to new students.

Wishing you the best in your training and in life,

Master Instructor Michael Hodge - 4th Dan Black Chevron and Founder of Ultimate Bo

Rank Requirements

These are the requirements for earning rank at each level. Make sure and learn each level in order; and practice hard until you have mastered each component before you take your rank exam.

Yellow Chevron

Freestyle Techniques-

- overhead front strike
- up-down
- side-to-side
- 4 point
- front thrust
- reverse thrust
- uppercut
- overhead rib strike
- overhead knee strike
- block

Freestyle Form- bo form 1

Minimum Wait: 0 months

Green Chevron

Freestyle Techniques-

- sweep
- bo back fist
- down thrust
- baseball bat
- five points
- double figure 8
- double-double

Freestyle Form- bo form 2

Minimum Wait: 0 months



Blue Chevron

Freestyle Techniques-

- sweep overhead front strike
- reverse uppercut
- reverse sweep uppercut
- 3 point
- 6 point
- overhead reverse uppercut
- spinning overhead front strike
- spinning overhead rib strike

Freestyle Form- bo form 3

Minimum Wait: 1 Month



Brown Chevron

Freestyle Techniques-

- fold rib strike
- inside out rib strike
- sweep, batting stance
- reverse poke

Freestyle Form- bo form 4

Sparring Techniques-

- high block
- side block
- side strike
- back strike
- corner block
- cross strike
- back fist strike
- overhead front strike

Minimum Wait: 2 Months

Note: Testing for the Brown Chevron level is the first time you must demonstrate Sparring Techniques; pop in the “Sparring Bo” DVD to learn this material. Also, the mastery of the **Sparring Techniques and Matches** component of Ultimate Bo is not required to earning your Black Chevron in the system. But, in order to obtain instructor or master level certification you must complete this section.

END OF SAMPLE

**To Read the Full Version, Please Purchase the
Ultimate Bo Course**