

BO

Kata

READY POSITION 1

One end of bo almost touching floor. Hands at your side. Hold bo behind your right arm.

YOI

- Swing top end of behind you, down by your feet, then up above your head, catching bo with your left arm in front of your face.
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COMING FORWARD

- Right foot steps back into cat stance as right hand chambers on top of right shoulder. Step forward with right foot into front stance, employing a Overhead strike.
 - Inside block with right hand.
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THRUST STRIKES IN 3 DIRECTIONS (Right, Behind, Forward)

- Right high thrust strike high in the air to your right. Left foot touches right knee.
 - Left high thrust strike high in the air behind you. (Diagonal front stance, left foot forward)
 - Right thrust forward strike, shoulder high. (Stance unchanged)
 - Inside block with right hand. (Stance unchanged)
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DIAGONALLY TO THE LEFT

- Move right foot closer and parallel to left foot so feet are shoulder width apart. Front & Back End Sweep. (right tip to ground, left tip to ground).
 - Sliding down thrust, sliding bo through left hand with the right hand. Stepping to the left is optional.
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COMING FORWARD

- Chamber by circling back end of bo forward, bringing right hand to right shoulder. Overhead strike.
 - Chamber by circling back end of bo forward, bringing right hand to right shoulder. Overhead strike.
 - Chamber by circling back end of bo forward, bringing right hand to right shoulder. Overhead strike.
 - Right high thrust strike high in the air to your right. Left foot touches right knee. *Ki-ai*.
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GOING BACK

- Hard sliding downward thrust to top of foot. (Horse stance)
 - Groin strike with left end of bo. Opponent is in front of you. (Stance unchanged)
 - Horizontal strike to the ribs as you step to the left. (Stance unchanged)
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FACING DIAGONALLY, THEN BACK, THEN FORWARD

- Bring left foot in towards right foot. Front End Sweep.
 - Turn body to the back (keeping same grip on bo). All of body moves together.
 - Turn body to the front (keeping same grip on bo). All of body moves together.
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