

Bo Kata

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Intro

- Face N, **Attention** (feet together, hold bo in R hand in front of elbow, bottom on floor, palm front). **Bow**, allowing hand to slide down 8". Pick it straight up. L **cross chop**. Return hand to center, then grab bo at shoulder level with palm forward. **Announce form. Look R/C/L.**
- Raise L foot up to R knee and move bo horizontal with L hand out front and **jab** forward to poke eye
- Move L leg back into R back stance (like horse but with front foot pointed forward and 30/70 on front/back) and slam down into collarbone, L hand by belt, bo on L hip forward at 45° angle up (**guard**).
- Two **pendulum thrusts**: Move R hand over belt knot so bo is horizontal while lifting R foot up to tap L knee. Step forward with R foot while moving bo forward in a straight line until L hand is on L hip. Drag trailing L foot forward.

Block & Strikes

- **Block**: Step forward with L foot into forward stance and down block R. When blocking:
 - a) hold R hand's position, but let left L hand slide a little closer to R hand.
 - b) do not let bo swing out to side of body – always keep it in line with body.
 - c) swing bo high above head. Keep it parallel to floor as much as possible.
- **Strike**: Step forward (still moving North) with R foot and pivot feet/hips into L forward stance facing W and strike N. **Kiah!** When striking:
 - a) if striking from block, allow L hand to slide away from R hand on the bo
 - b) keep L end of bo touching flag patch and outside the L elbow which is tightly tucked against ribs.
 - c) swing bo high above head
- **Guard**: Let go of bo with L hand as you step back with R foot into horse stance. Move R hand out to side for an eye-level wave. Bo should be behind your back in same plane as made by your feet and back, and inclined at 45° so that you can see the L tip above your shoulder (Guard). Look: L/C/R.
- **Strike**: Step back with L foot into a forward stance facing W, pivot feet/hips and strike N. **Kiah!**
- **Guard**: Like previous guard

Jabs

- **Chest jab**: Still in horse stance, strike E (to R) parallel to floor with bo at chest level. Don't move feet.
- **Block & Strike**: Step Out (move R foot 45° to R) to R forward stance facing E. Down block R. Pivot into L front stance facing N and strike.
- **Jab**: With R foot touch L knee. Hold L hand on bo and allow it to slide through the R hand (opposite of what you do when blocking) and pool cue jab the bo to the E. Stop when L hand reaches belt knot. Land in horse. Note: unlike a real pool cue, don't extend index finger along bo; instead keep fingers curled around it with palm on outside so it can't be knocked out of hand.
- **Block & Strike**: Step Out (move R foot to R by 45°) into forward stance facing E, low block, pivot into L front stance N and strike. **Kiah!**
- **Pivot & Jab**: Sumo-style pivot L foot 180° around ball of R foot into horse stance facing S while drawing the bo back with L hand, then execute another pool cue jab to W.
- **Block & Strike**: Step Out with R foot into forward stance, block, strike.

Switch hands

- **Switch hands** (move right to over, left to under).
- **Strike:** Step forward with L foot (L front stance W) **strike** on collar bone
- **Switch hands** by sliding L hand down, move R hand up.

Compass Points

- **West:** Step back into R front stance W, strike **up** to groin, strike **down** on head (L hand to L hip, staff at 45° up), down **block**, pivot into front **strike** (shift to L front stance S)
- **North:** L foot slides up to feet together, L hand at L hip, facing W and look R (N). L foot steps back into R front stance N, strike **up** into groin (bo on R, touching R deltoid), strike **down** onto head (L hand to L hip, staff 45° up), down **block**, pivot into front **strike** (L front stance W).
- **East:** L foot slides up to feet together, L hand at L hip, facing N and look R (E). Step back into R front stance E, strike **up** into groin (bo on R, touching R deltoid), strike **down** onto head (L hand to L hip, staff 45° up), down **block**, pivot into front **strike** (L front stance N). **Kiah!**
- **West:** Helicopter spin with bo overhead 180° to face W in R forward stance. Down **block**, pivot into front **strike** (front stance S).

Sumo Pivots

- Move L leg forward to horse stance N while switching R hand position so both are overhand, down **block** with both hands on bo horizontally
- Pivot to L and **strike** w/ R hand forward,
pivot to R, **strike** w/ L hand forward,
pivot to L **strike** w/ R hand forward

Knee

- Switch R hand to original position (palm up), slide L foot back into opening **guard** stance, L hand to hip and bo 45° up.
- Step forward L foot, down on R knee, down **block**, strike, **Kiah!**
- Stand up into L back stance (small slide with L foot), **guard** stance with bo at back, empty L knife hand block in front

Final Strikes

- Shuffle R then L legs forward into L front stance N, **strike**, **Kiah!**
- Down **block** and **strike** without changing stance (do not pivot; will be weak)
- C step L foot back into R front stance, down **block**, pivot into **strike** (L front stance W) **Kiah!**

Outro

- L foot steps up, feet together. Bo vertical at L side with L hand on top thumb down), **block** across head, **block** across knees so bo at R side.
- **Snap** bo around (bottom of bo goes backwards and rotates 270°) until horizontal with L hand in R armpit, pause 2 seconds, **snapp** back (unwind) to start position. L hand returns to side, **bow**.
- After bowing, rotate bo 180° in vertical plane with R hand so in non-aggressive position with bo in crook of arm.