

## Bo – Basic Kata # 1

- 1) From chudan kamae, move left foot to left to zenkutsu dachi and execute - gedan uke (from left to right).
- 2) Move right foot forward, right - zenkutsu dachi, jodan uchi
- 3) Change hands\*, move right foot to right hand side, right - zenkutsu dachi, gedan uke (from right to left).
- 4) Step forward with left, left - zenkutsu dachi, jodan uchi
- 5) Change hands, move left foot to front, left - zenkutsu dachi, gedan uke
- 6) Step forward with right, right - zenkutsu dachi, jodan uchi
- 7) Change hands, move left foot forward, left - zenkutsu dachi, jodan uchi
- 8) Change hands, move right foot forward, right - zenkutsu dachi, jodan, uchi
- 9) Move left foot to your right hand side (turn 270 degrees), left – zenkutsu, dachi, gedan uke
- 10) Move right foot forward, right - zenkutsu dachi, jodan uchi
- 11) Change hands, move right foot to right hand side, right – zenkutsu, dachi, gedan uke (from right to left).
- 12) Step forward with left, left - zenkutsu dachi, jodan uchi
- 13) Change hands, move left foot to front, left - zenkutsu dachi, gedan uke
- 14) Step forward with right, right - zenkutsu dachi, jodan uchi
- 15) Change hands, move left foot forward, left - zenkutsu dachi, jodan uchi
- 16) Change hands, move right foot forward, right - zenkutsu dachi, jodan, uchi
- 17) Move left foot to your right hand side (turn 270 degrees), left - zenkutsu, dachi, gedan uke
- 18) Move right foot forward, right - zenkutsu dachi, jodan uchi
- 19) Change hands, move right foot to right hand side, right – zenkutsu, dachi, gedan uke (from right to left).
- 20) Step forward with left, left - zenkutsu dachi, jodan uchi
- 21) Noatte

\* Hands can be changed two ways, either by turning your hands in place or by moving your arms