

Bo – Basic Kata # 2

- 1) From chudan kamae, move left foot to left to neko ashi dachi and gyaku mamori uke
- 2) Move right foot forward, shiko dachi and do maede tsuki
- 3) Change hands*, move right foot to right hand side, right neko ashi dachi, guaku mamori uke
- 4) Step forward with left, shiko dachi, maede tsuki
- 5) Change hands, move left foot to front, left neko ashi dachi, mamori uke
- 6) Step forward with right, shiko dachi, maede tsuki
- 7) Change hands, move left foot forward, shiko dachi, maede tsuki
- 8) Change hands, move right foot forward, shiko dachi, maede tsuki
- 9) Move left foot to your right hand side (turn 270 degrees), left neko ashi dachi, gyaku mamori uke
- 10) Move right foot forward, shiko dachi, maede tsuki
- 11) Change hands, move right foot to opposite side, right neko ashi dachi, gyaku mamori uke
- 12) Step forward with left, shiko dachi, maede tsuki
- 13) Change hands, move left foot to front, left neko ashi dachi, gyaku mamori uke
- 14) Step forward with right, shiko dachi, maede tsuki
- 15) Change hands, move left foot forward, shiko dachi, maede tsuki
- 16) Change hands, move right foot forward, shiko dachi, maede tsuki
- 17) Move left foot to your right hand side (turn 270 degrees), left neko ashi dachi, gyaku mamori uke
- 18) Move right foot forward, shiko dachi, maede tsuki
- 19) Change hands, move right foot to opposite side, right neko ashi dachi, gyaku mamori uke
- 20) Step forward with left, shiko dachi, maede tsuki
- 21) Finish