

# Bo tai Bo

## Sequence One

To start both sides are in chudan kamae (right leg forward)

Attacker initiates attack by pushing defendant's Bo to the side (uchi uke or yoko uke), slides forward and executes attacking technique.

Defender blocks the attack, by moving to the opposite side of the movement of the attacker's Bo created by his block. After the block, the defender slides forward as needed and strikes.

### 1) Attacker attacks with gedan tsuki (zenkutsu dachi)

Defender steps back with right leg, move right foot 45 degrees back to left hand side, blocks with gedan uke, changes to zenkutsu dachi, slides forward if necessary and strikes with jodan uchi (zenkutsu dachi)

### 2) Attacker attacks with maede tsuki (shiko dachi)

Defender blocks move with mamori uke in neko ashi dachi while moving to the right hand side, move left foot back 45 degrees, right foot is forward then move right foot forward to right shiko dachi and maede tsuki

### 3) Attacker attacks with maede tsuki (zenkutsu dachi)

Defender blocks with soto uke, move left foot a bit to the left, right foot back 45 degrees, moto dachi, slide to left foot to zenkutsu dachi) and attack with ura uchi

### 4) Attacker attacks yoko uchi (zenkutsu dachi)

Defender blocks with soto uke, move left foot a bit to the left, right foot back 45 degrees, moto dachi, slide the left foot to zenkutsu dachi and attack hands with jodan uchi.

### 5) Attacker attacks with gedan nuki tsuki (zenkutsu dachi)

Defender blocks moves with mamori uke in neko ashi dachi while moving to the right hand side, move left foot back 45 degrees, right foot is forward then do maki otoshi and slides to zenkutsu dachi and strikes with jodan uchi

6) Attacker attacks with jodan uchi (zenkutsu dachi)

Defender slides back to right hand side in kokutsu dachi at 45 degree and blocks with sukui uke, changes to left zenkutsu dachi and executes gyaku yoko uchi.