

Oshiro no Kon

Start with initial ritual

- 1) Step back with right to kokutsu dachi and gedan uke
- 2) Step forward with right to shiko dachi, body facing left and maede tsuki
- 3) Bring right foot back to neko ashi dachi and mamore uke
- 4) Slide forward with right to zenkutsu dachi and then jodan uchi
- 5) Step back with right to kokutsu dachi and gedan uke
- 6) Step forward with right and jodan uchi
- 7) Move left foot to shiko dachi, look to rear and make clockwise circle (with the left end of the Bo)
- 8) Step with right foot to rear and execute maede tsuki in shiko dachi
- 9) Bring right foot back to neko ashi dachi and mamore uke
- 10) Slide forward to right zenkutsu dachi and jodan uchi
- 11) Step back with right to kokutsu dachi and gedan uke
- 12) Step forward with right and then jodan uchi
- 13) Move left foot back, turn 90 degrees to left, moto dachi, chudan kamae
- 14) Move left foot to shiko dachi, look to rear and make clockwise circle
- 15) Step with right foot to rear and execute maede tsuki in shiko dachi
- 16) Bring right foot back to neko ashi dachi and mamore uke
- 17) Slide forward to right zenkutsu dachi and jodan uchi
- 18) Step back with right to kokutsu dachi and gedan uke
- 19) Step forward with right and jodan uchi
- 14) Move left foot to shiko dachi, look to rear and make clockwise circle
- 15) Step with right foot to rear and execute maede tsuki in shiko dachi
- 16) Bring right foot back to neko ashi dachi and mamore uke
- 17) Slide forward to right zenkutsu dachi and jodan uchi

18) Step back with right to kokutsu dachi and gedan uke

19) Step forward with right and jodan uchi

20 Bring right foot in and finish ritual.