

## ***Bo no kata***

This 2-person *kata* uses the *bo* to defend and attack.










*Tori* (on the right of the *sensei*) and *uke* (on the left) stand facing each other at the edge of the mat. The *bo* is held vertically in the right hand with the *bo* behind the arm (about 2/3 down the *bo* with the thumb down and palm facing forward). Both turn to face *sensei* and *rei*, then face each other and *rei*. Each take a step forward with their left leg, then a step to their right. Both walk forward leading with their left leg until approx 6' apart. With feet together, the *bo* is then transferred to the front of the body (thumb up) and swept up to be held in both hands (right palm up, left palm down). At the same time each step to the left into a deep *kiba-dachi* to end up facing each other.

The *kata* ends with a reverse of the beginning steps.









Glossary:

- *kiba-dachi* = horse stance
- *zenkutsu-dachi* = forward stance
- *yoi* = guard stance (there are forward and reverse versions in this *kata*)







*Bo no Kata*

		
<p><i>Uke (L):</i> Step right foot forward into forward stance and high spear strike with right end of <i>bo</i>.</p>	<p><i>Uke:</i> Step right foot back into forward stance and low block with left end of <i>bo</i>.</p>	<p><i>Uke:</i> Step left foot back into forward stance and high block with right end of <i>bo</i>.</p>
<p><i>Tori (R):</i> Step left foot back into horse stance and inside curling block with right end of <i>bo</i>.</p>	<p><i>Tori:</i> Step left foot forward into forward stance and low strike with left end of <i>bo</i>.</p>	<p><i>Tori:</i> Step right foot forward into forward stance and high strike with right end of <i>bo</i>.</p>
		
<p><i>Uke:</i> Step left foot forward into forward stance and rising strike with left end of <i>bo</i>.</p>	<p><i>Uke:</i> Step right foot forward into forward stance and downward strike with right end of <i>bo</i>.</p>	<p><i>Uke:</i> Without stepping, start to retract <i>bo</i>.</p>
<p><i>Tori:</i> Step right foot back into forward stance and downward block with centre of <i>bo</i>.</p>	<p><i>Tori:</i> Step left foot back into forward stance and rising block with centre of <i>bo</i>.</p>	<p><i>Tori:</i> Push upward with centre of <i>bo</i>.</p>
		
<p><i>Uke:</i> Complete retraction of <i>bo</i> then high spear strike with right end of <i>bo</i> – <i>kiai</i>.</p>	<p><i>Uke:</i> Step right foot back and bring right end of <i>bo</i> to right shoulder into guard stance.</p>	<p><i>Uke:</i> Walk 90° counter clockwise facing inwards (as though circling an opponent). Reverse <i>yoi</i> stance.</p>
<p><i>Tori:</i> Retreat right foot into horse stance, holding <i>bo</i> above body at a downwards diagonal (defensive posture).</p>	<p><i>Tori:</i> Step left foot back and drop right end of <i>bo</i> down into guard stance.</p>	<p><i>Tori:</i> Walk 90° counter clockwise facing inwards (as though circling an opponent). Forward <i>yoi</i> stance.</p>



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<p><i>Uke (R):</i> Complete 90° counter clockwise walk.</p>	<p><i>Uke:</i> Step right foot forward into forward stance and side strike with right end of <i>bo</i>.</p>	<p><i>Uke:</i> Step left foot forward into forward stance and side strike with left end of <i>bo</i>.</p>
<p><i>Tori (L):</i> Complete 90° counter clockwise walk.</p>	<p><i>Tori:</i> Step right foot back into horse stance and side block to the left side with centre of <i>bo</i>.</p>	<p><i>Tori:</i> Step left foot back into horse stance and side block to the right with centre of <i>bo</i>.</p>
		
<p><i>Uke:</i> Step left foot back into horse stance and high block across body with right end of <i>bo</i>.</p>	<p><i>Uke:</i> Without stepping, shift into forward stance and low cross strike with right end of <i>bo</i>.</p>	<p><i>Uke:</i> contd.</p>
<p><i>Tori:</i> Step left foot forward into forward stance and high jab strike with left end of <i>bo</i>.</p>	<p><i>Tori:</i> Step left foot back into horse stance and low block across body with right end of <i>bo</i>.</p>	<p><i>Tori:</i> contd.</p>
		
<p><i>Uke:</i> Retreat right foot into horse stance, holding <i>bo</i> above body at a downwards diagonal (defensive posture).</p>	<p><i>Uke:</i> Step left foot back and drop right end of <i>bo</i> down (forward <i>yoi</i> stance).</p>	<p><i>Uke:</i> Walk 180° clockwise facing inwards.</p>
<p><i>Tori:</i> Without stepping, shift into forward stance and high spear strike with right end of <i>bo</i> – <i>kiai</i>.</p>	<p><i>Tori:</i> Step right foot back and bring right end of <i>bo</i> to right shoulder (reverse <i>yoi</i> stance).</p>	<p><i>Tori:</i> Walk 180° clockwise facing inwards.</p>

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<p><i>Uke (L):</i> Complete 180° clockwise walk.</p>	<p><i>Uke:</i> Step left foot forward into forward stance and side strike with left end of <i>bo</i>.</p>	<p><i>Uke:</i> Without stepping, downward strike with right end of <i>bo</i>.</p>
<p><i>Tori (R):</i> Complete 180° clockwise walk.</p>	<p><i>Tori:</i> Step left foot back into horse stance and side block to the right with centre of <i>bo</i>.</p>	<p><i>Tori:</i> Without stepping, shift into forward stance and rising block with centre of <i>bo</i>.</p>
		
<p><i>Uke:</i> <i>Bo</i> is forced to ground.</p>	<p><i>Uke:</i> Shuffle back into horse stance, holding <i>bo</i> above body at a downwards diagonal (defensive posture).</p>	<p><i>Uke:</i> Step right foot forward into forward stance and start high sliding spear strike with right end of <i>bo</i>.</p>
<p><i>Tori:</i> Without stepping, shift back into horse stance and bring right end of <i>bo</i> down towards the ground on the left side.</p>	<p><i>Tori:</i> Retreat right foot into horse stance, holding <i>bo</i> above body at a downwards diagonal (defensive posture).</p>	<p><i>Tori:</i> Step left foot back into forward stance and drop left knee to the ground; slide right hand to right end of <i>bo</i>, left hand to centre of <i>bo</i>.</p>

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<p><i>Uke:</i> Continue high sliding spear strike with right end of <i>bo</i> – <i>kiiai</i>.</p>	<p><i>Uke:</i> Step right foot back, sliding hands back in place, and bring right end of <i>bo</i> to right shoulder (reverse <i>yoi</i> stance).</p>	<p><i>Uke:</i> Walk 90° counter clockwise facing inwards. Complete <i>kata</i> by reversing initial moves.</p>
<p><i>Tori:</i> Side strike with left end of <i>bo</i> – <i>kiiai</i>.</p>	<p><i>Tori:</i> Stand up while stepping right foot back, sliding left hand back in place, then step left foot back, sliding right hand in place, and drop right end of <i>bo</i> down into forward <i>yoi</i> stance.</p>	<p><i>Tori:</i> Walk 90° counter clockwise facing inwards. Complete <i>kata</i> by reversing initial moves.</p>