





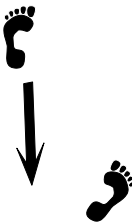








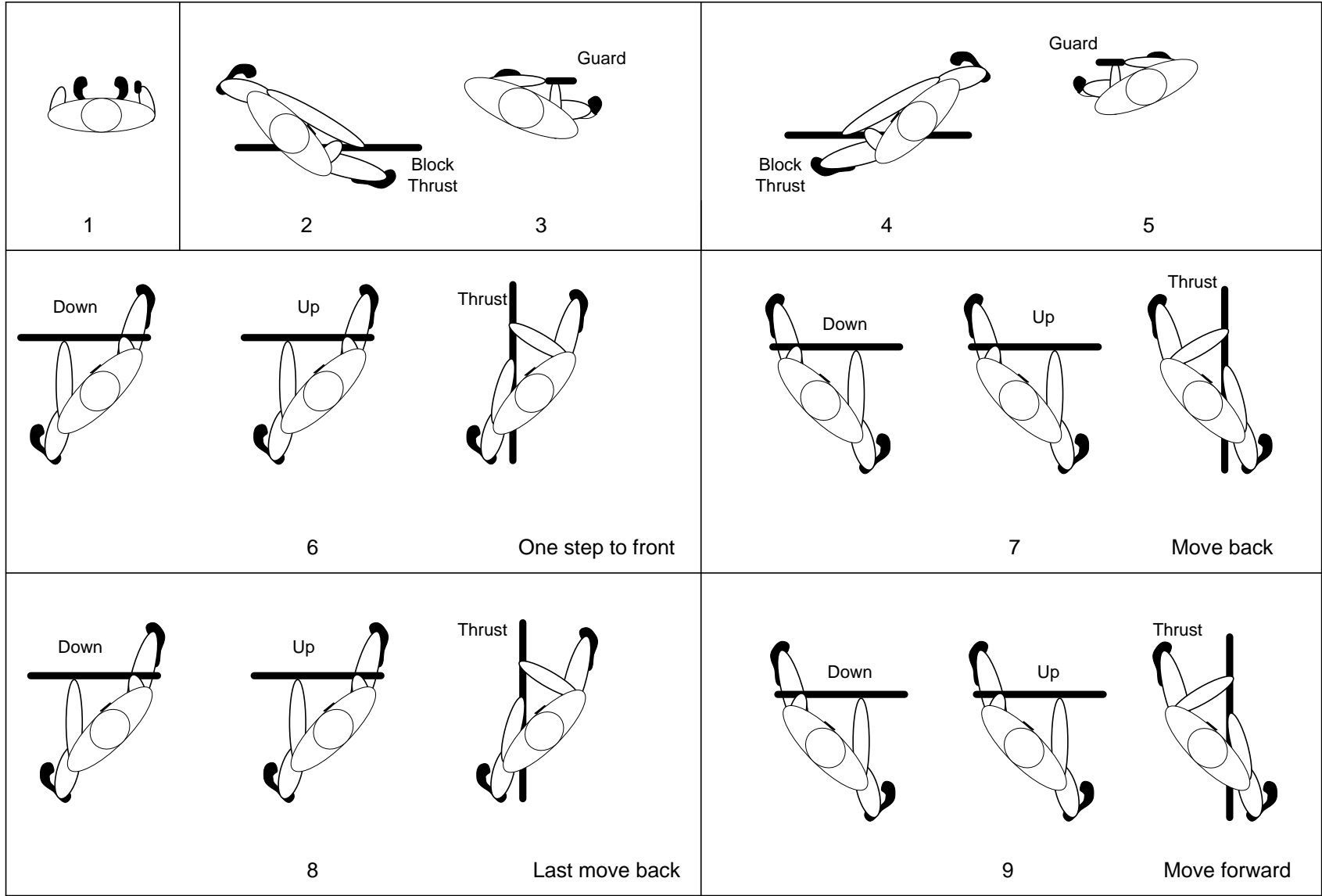
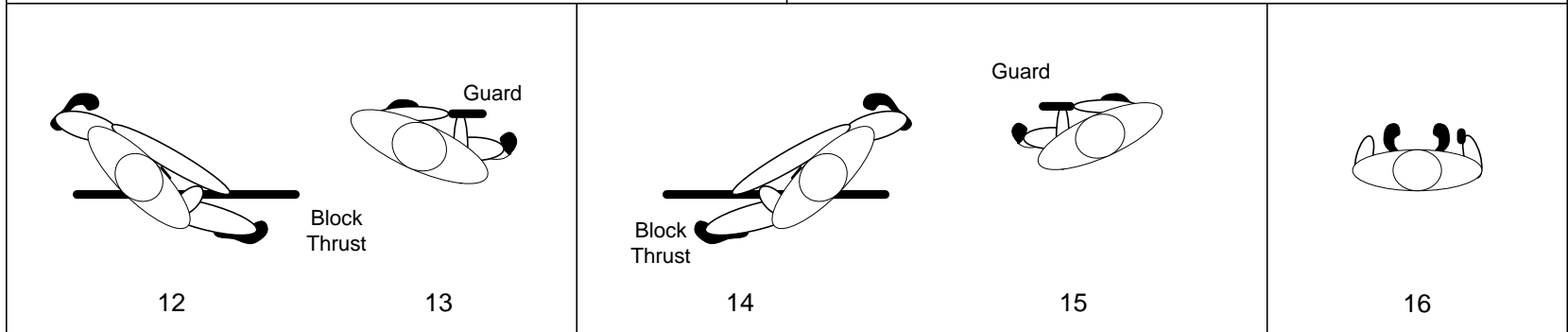
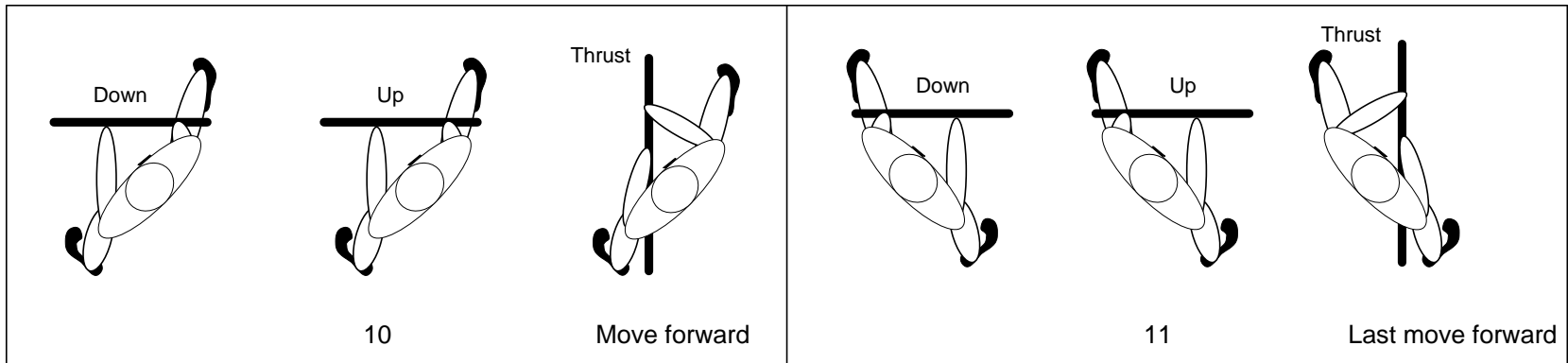


BO KATA

<p>1 and 16 Musubi Dachi move to right into Migi Zenkutsu Dachi</p> 	<p>2 From Migi Zenkutsu Dachi pull back to Migi Kokutsu Dachi</p> 	<p>3 From Migi Kokutsu Dachi step back with left Hidari Zenkutsu Dachi</p> 	<p>4 From left Zenkutsu dachi pull back to left Kokutsu Dachi</p> 	<p>5 From left Kokutsu dachi move right across to right Zenkutsu Dachi</p> 
<p>6 From right Zenkutsu dachi pull back to left Zenkutsu Dachi</p> 	<p>7 From left Zenkutsu dachi pull back to right Zenkutsu Dachi</p> 	<p>8 From right Zenkutsu dachi pull back to right Zenkutsu Dachi</p> 	<p>9 From left Kokutsu dachi step forward into right Zenkutsu Dachi</p> 	<p>10 From right Zenkutsu dachi step forward into left Zenkutsu Dachi</p> 
<p>11 From left Zenkutsu Dachi step across to right into right Zenkutsu Dachi</p> 	<p>12 From right Zenkutsu dachi pull back into right Zenkutsu Dachi</p> 	<p>13 From right Kokutsu dachi step across with left into left Zenkutsu Dachi</p> 	<p>14 From left Zenkutsu dachi pull back into left Kokutsu Dachi</p> 	<p>15 From left Kokutsu dachi step across into Musubi Dachi</p> 





The Bo

Its traditional length is 1.8 metres, or as is sometimes customary, cut to the height of the user, plus one fist for clearance. The wood used is usually Red Oak or White Oak and the Bo is tapered from the tip ends for better blocking and smoother usage. The weight is dependent on the wood used and is a critical factor for students, too heavy and the techniques become cumbersome, too light and there is not enough power.

The Bo magnifies the areas of development needed with empty hand combat and encourages Tai Sabaki (defensive / offensive body movement) at all times. The practitioner should hold the weapon initially divisible by thirds to develop confidence with the Bo and then move to a more flexible holding style allowing full use of the weapons potential distance