

Bo Exercise

Kyotsuke Left Foot In

Yoi Musubi Dachi, Bo Straight Up, Left Hand at Right Elbow

1. Right Maki Dachi, Right Down Strike
2. Shoulder Strike
3. Feet Together, Cover Left, Cover Right, Shoulder Strike
4. Soto Sasoi Left Side, Left Foot Crosses Behind Right
5. Step Forward, Right Maki Dachi, Right Shoulder Strike
6. Shoulder Strike
7. Feet Together, Cover Left, Cover Right, Shoulder Strike
8. Turn Left, Feet Together, Cover Left, Bo Up to Left Shoulder, Step Back, Swap Hands, Left Maki Dachi, Left Shoulder Strike
9. Left Shoulder Strike
10. Feet Together, Cover Right, Cover Left, Shoulder Strike
11. Soto Sasoi, Right Side, Right Foot Crosses Behind Left
12. Step Forward, Left Maki Dachi, Left Shoulder Strike
13. Shoulder Strike
14. Feet Together, Cover Right, Cover Left, Shoulder Strike
15. Turn Right, Feet Together, Cover Left, Bo Up to Right Shoulder, Step Back, Right Maki Dachi, Right Shoulder Strike
16. Step Back, Feet Together, Cover Right, Bo Up to Left Shoulder, Step Back, Left Maki Dachi, Left Shoulder Strike
17. Step Up, Feet Together, Cover Left, Bo Up to Left Shoulder, Cover Right
18. Tuck Bo to Yamae.

Kyotsuke

Rei

Yoi Left Foot Out, Left Hand Flat