

Bo Kihon

- | | | | |
|----|---|----|--|
| 1 | Left Nekoashi | 39 | Right Neko Ashi, Pool Cue |
| 2 | Top Down | 40 | Turn, Left Crane |
| 3 | Across to Left | 41 | Down Up |
| 4 | Left Cover, Right Sasoi, Right Maki Dachi | 42 | Right Maki Dachi, Temple Strike |
| 5 | Shoulder Strike | 43 | 45 Deg, Right Nekoashi, Cover Left |
| 6 | Left Nekoashi | 44 | Right High Sasoi |
| 7 | Change, Change | 45 | Shoulder Strike |
| 8 | Turn, Right Cover | 46 | Left Maki Dachi, Low Strike |
| 9 | Left Maki Dachi, Left Sasoi | 47 | Down Up |
| 10 | Shoulder Strike | 48 | Across |
| 11 | Low Sasoi Front | 49 | Up Down |
| 12 | Right cover, Shoulder Strike | 50 | 45 Deg, Right Nekoashi, Cover Right |
| 13 | Left Maki Dachi, Strike Low | 51 | Right High Sasoi |
| 14 | Stand Tall, Right Temple Strike | 52 | Shoulder Strike |
| 15 | Nekoashi, Pool Cue | 53 | Left Maki Dachi, Low Strike |
| 16 | Flick Left | 54 | Down Up |
| 17 | 45 Deg, Right Nekoashi, Cover Left | 55 | Across |
| 18 | Right High Sasoi | 56 | Up Down |
| 19 | Shoulder Strike | 57 | Left Push |
| 20 | Left Maki Dachi, Low Strike | 58 | Right Push, Left Nekoashi, Cover Right |
| 21 | Down Up | 59 | Left High Sasoi |
| 22 | Across | 60 | Shoulder Strike |
| 23 | Up Down | 61 | Right Push |
| 24 | 45 Deg, Right Nekoashi, Cover Right | 62 | Right Maki Dachi, Shoulder Strike |
| 25 | Right High Sasoi | 63 | Left Maki Dachi, Low Strike |
| 26 | Shoulder Strike | 64 | Stand Tall, Right Temple Strike |
| 27 | Left Maki Dachi, Low Strike | 65 | Right Neko Ashi, Pool Cue |
| 28 | Down Up | 66 | Turn, Left Crane |
| 29 | Across | 67 | Down Up |
| 30 | Up Down | 68 | Right Maki Dachi, Temple Strike |
| 31 | Left Push | 69 | 45 Deg, Left Knee, Low Strike Tuck Bo |
| 32 | Right Push, Left Nekoashi, Cover Right | 70 | Left Knee, Front Shoulder Strike |
| 33 | Left High Sasoi | 71 | Up Down |
| 34 | Shoulder Strike | 72 | Left Push |
| 35 | Right Push | 73 | Naihanchi Dachi, Front Cover |
| 36 | Right Maki Dachi, Shoulder Strike | 74 | Kyotsuke, Cover Left and Across |
| 37 | Left Maki Dachi, Low Strike | 75 | Bo Down |
| 38 | Stand Tall, Right Temple Strike | | |