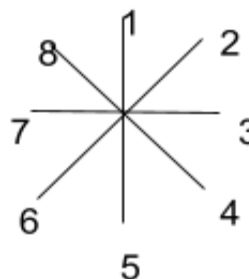




Shinmei Shorin-Ryu Karate - Kobudo

Bo 1

Last Modified: 8/18/24



Watch Bo 2 here: https://www.youtube.com/watch?v=xyRZ6_ZcBSQ

There is no specified bunkai for Bo 2.

Step-By-Step Instructions

1. Starting in the center, face direction 1 with heels touching, toes angled out, and hands at your sides on your legs.
2. *Rei* (bow) with your right hand running down your bo, left hand reaching over and grabbing. Gaze ahead, not down.
3. Still facing direction 1, step back with the left foot into a right front stance. Execute a right overhead strike.
4. Shuffle forward to direction 1, executing a right thrust.
5. Step back with the right leg, executing a figure 8 strike, upward strike, and overhead strike, ending with your right hand forward and your left hand on your left hip.
6. Looking toward direction 8, step with your right foot to your left foot into a V-stance. Execute a left high block.
7. Step to direction 8, executing a right overhead strike.
8. Shuffle to direction 8, executing a right thrust.
9. Step back with the right leg, executing a figure 8 strike, upward strike, and overhead strike, ending with your right hand forward and your left hand on your left hip.
10. Looking toward direction 3, step with your left foot to your right foot into a V-stance. Execute a left high block.
11. Step to direction 3, executing a right overhead strike.
12. Shuffle to direction 3, executing a right thrust.
13. Step back with the right leg, executing a figure 8 strike, upward strike, and overhead strike, ending with your right hand forward and your left hand on your left hip.
14. Looking to direction 1, shuffle back with your right foot into a left forward stance. Execute a left low strike.
15. Execute a right overhead strike.
16. Execute a figure 8 strike, ending with your right hand forward and your left hand on your left hip.
17. Step to direction 1, feet together in a V-stance, executing a left high block.
18. Step to direction 1 into a right front stance, executing a right overhead strike.
19. Shuffle to direction 1, executing a right thrust. *Kiai*.
20. Step back with your right foot, bringing your feet together in a V-stance. Bring your bo to your right side, left hand over right. Set your bo on the ground, then bring your left hand to your left side. *Rei*.