

## Sakagawa Nikon Sho (Bo Kata)

N

W

E

S

1. Stand with Bo across back in Right hand, heels together, toes apart, facing N.  
Bow.
2. Bring bow to Right shoulder, Right hand down, Left hand up.
3. Move Bo to Left ankle, Right hand down.  
Move Bo across to Right ankle, Right hand down.  
Point Right end of Bo down, Left hand in Right armpit.
4. Pull Right foot back, sweep with Left foot, bring Bo above head with Right hand forward.
5. Step Right foot forward into front stance, strike with Bo, Right hand forward.  
Hook Bo, pulling into kiba-dachi, Left hand on Left hip.
6. Sweep with Left foot, hook with Bo to Left side, Right hand up.
7. Step Right foot out into front stance, facing N, whip Bo horizontally, Right hand forward.
8. Step Left foot to Right foot, circle Bo to above head, Right hand forward.
9. Step Left foot N across Right foot, push Bo horizontally, Left hand forward.  
Step with Right foot into front stance, point Right end forward, Left hand in Right armpit.
10. Pivot body to W, Bo above head, Right hand forward.
11. Step Right foot to front stance facing N, whip Bo with Right hand forward.
12. Move Left foot to face S in kiba-dachi, cut at knee level, ending with Bo on L.  
Execute double parry, waist high, ending with Bo on Left side.  
Low defend with Right hand forward on Right side.  
Uppercut with Left hand forward, Bo on Right shoulder.
13. Sweep with Left foot to S, hook with Bo to left side, Right hand up.
14. Step with Right foot into front stance, facing S, execute two whips with Right hand forward.
15. Pivot to E, pulling Right foot in, swing Bo above head, Right hand forward.
16. Step Right foot out into front stance towards S, execute two whips with Right hand forward (as in 14.)
17. Pivot a full circle counterclockwise on Left foot, cutting out with Bo, finish with Bo on Left shoulder, R hand up.
18. Step Right foot out into front stance, facing N, whip (as in 11.)
19. Step Left foot to Right foot, Bo above head (as in 8.)

20. Step Left foot, Right foot, turn to W (as in 9. and 10.)
21. Move Right end of Bo down to Left ankle.  
Step Right foot into front stance, bringing Bo to Right ankle.  
Continue move by pivoting clockwise on Right foot into Right front stance, facing E, execute strike down with Right hand forward.  
Uppercut with Left end of Bo forward, Right hand on Right shoulder.  
Strike down with Right end of Bo, Left hand in Right armpit.
22. Pull Right foot back to Left foot, bring Bo above head, Right hand forward, facing E.
23. Step with Right foot into front stance to E, strike with Right end of Bo forward.  
Pull back to kiba-dachi, while hooking with Bo, Left hand on Left hip.
24. Pull Right end of Bo down to vertical.
25. Pivot clockwise on Right foot to face W in Right front stance, Bo to Right ankle, Right hand down.  
Strike, uppercut, tuck (as in 21.)
26. Pull up (as in 22.)
27. Step Right foot to W, strike and hook back to kiba-dachi (as in 23.)
28. Sweep with Left foot to S, hook with Bo (as in 13.)
29. Execute whip to S, Right foot forward.
30. Move Left foot into kiba-dachi, facing E, execute cut to knee level, Bo on L, Right hand forward.  
Hook with Right end of Bo.  
Smash across to knee with Left end of Bo.
31. Lunge with Left foot to front stance, facing N, poke down with Bo, gripping with Right hand.
32. Pull Left foot back to Right front stance, facing N, hook with Bo, Right hand forward.
33. Move Left foot into kiba-dachi, facing W, execute cut to knee level, Left hand on Left hip.
34. Move Right foot into front stance facing N, execute whip.
35. Pull Right foot back into sweep, sweep with Left end of Bo, Right hand on Right shoulder.
36. Pull Right foot back into ready position, tuck Bo across back in Right hand.  
Bow.