

KWAN MU NO KON BO

Warm-up excercizes

- |  |                                      |
|--|--------------------------------------|
| 1) Awareness exercizes                 | 6) Two-hand down strike with kime    |
| 2) Finger Twirls                       | 7) Thrust control through target     |
| 3) Shoulder-neck exercize              | 8) Back twirl and grab               |
| 4) Hip twists                          | 9) One hand circular twirl           |
| 5) One hand Figure - 8 wrist excercize | 10) One hand under arm forward twirl |

UCHI - Kata Basics I

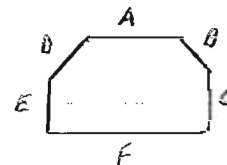
- |                        |                           |
|------------------------|---------------------------|
| 1) upward strike       | 5) low strike             |
| 2) overhead strike     | 6) double overhead strike |
| 3) reverse side strike | 7) reverse low strike     |
| 4) side strike         | 8) Double-handed strike   |

TSUKI - Kata Basics I

- |                      |                            |
|----------------------|----------------------------|
| 1) Two handed Thrust | 4) Sliding Thrust          |
| 2) Reverse Thrust    | 5) Reverse Downward Thrust |
| 3) Jabbing Thrust    |                            |

UKE - Kata Basics I

- |  |                           |
|--|---------------------------|
| 1) Center Section - Morote (double hand) | 4) Twirls                 |
| a) High horizontal                       | a) Overhead               |
| b) Low horizontal                        | b) Verticle               |
| c) Verticle                              | c) Forward - circular     |
| d) Side to Side                          | d) circular - around body |
| 2) Side Section                          | 5) Quarter Section        |
| a) Inside-outside                        | a) Two man staff Drill    |
| b) Outside-inside                        | 1) straight time          |
| c) High Section - Straight and reverse   | 2) Pick-up time           |
| d) Low Section - straight and reverse    |                           |
| 3) Under Arm                             |                           |
| a) Low Section - forward and side        |                           |
| b) High Section - forward and side       |                           |
| 4) Basic Blocks                          |                           |
| a) Downward                              |                           |
| b) Inside-outside                        |                           |
| c) Outside-inside                        |                           |
| d) verticle                              |                           |
| e) horizontal                            |                           |



Basic Movement

- |  |                                     |
|--|-------------------------------------|
| 1) Dowaward Block - Forward Thrust         | 4) Verticle Block - Overhead Strike |
| 2) Downward Block - Figure Eight           |                                     |
| 3) Overhead Strike to Inside-outside Block | 5) Center Section to Side Strike    |

Do first in one step (left and right), then in two step (right-left counter)

Advanced Combination in variation

- 1) Downward Block, Figure-eight, circular one-hand twirl to two-handed thrust.

Basic Movement Drills

- 1) Ready position - left & right side, back and forward one step practice for all strikes and blocks.
- 2) Thrusting practice - right & left for all thrusts including target practice.
- 3) Two-step movement - all blocks, strikes, and blocks right & left.