

SHU TEN NO BO

1. T-STANCE - VERTICLE BLOCK
2. HEAD STRIKE TO THE RIGHT
3. HEAD STRIKE TO THE LEFT
4. UPPERCUT
5. STRIKE TO TOP OF THE HEAD
6. PIVOT ON RIGHT FOOT INTO LEFT FOOT FORWARD STRIKE TO THE LEFT SIDE
7. INSIDE OUTSIDE BLOCK - PARRY
8. BACK STANCE - LEG BLOCK
9. STEP BACK ITO BACK STANCE - LEG BLOCK
10. ROLL BO OVER THE BACK - LG BLOCK
11. LEFT FOOT FORWARD - SWEEP BLOCK - SWING BO OVER HEAD KEEPING THE HANDS THE SAME
12. STRIKE TO RIBS LEFT, THEN RIGHT
13. STEP UP LEFT FOOT FORWARD - STOMP POKE TO THE GROIN
14. TURN - PIVOT RIGHT FOOT - HEAD BLOCK (HORIZONTAL)
15. STEP RIGHT FOOT UP TO LEFT - ROLL THE BO TO RIGHT, THEN TO LEFT, THEN TO RIGHT - STEP OUT RIGHT FOOT FORWARD - STRIKE TO THE HEAD
16. STRIKE TO THE LEFT SIDE
17. STEP INTO BACK STANCE - JAB TOWARDS THE BACK
18. BRING BO UP, STEP RIGHT FOOT OVER LEFT TURNING INTO KIBA-DACHE - CIRCLE THREE TIMES
19. STRIKE ON TOP OF HEAD
20. THE END OR IS IT JUST THE BEGINNING?

SELF-DEFENSE KATA

- ATTACKER - STRIKE TO THE FACE
YOU - STEP BACK - LEFT FOOT FORWARD - CROSS BLOCK
- ATTACKER - STRIKE TO THE SOLAR PLEXUS
YOU - DOWN CROSS BLOCK - GRAB WITH THE LEFT HAND THEN RIDGE HAND WITH THE RIGHT TO THE TEMPLE.
STEP TO THE SIDE 45 - LEFT FOOT SNAP KICK - DOUBLE ARM GRAB TURNING CLOCKWISE UNDER THE ARM.
RIGHT LEG SWEEPS AT SAME TIME RIGHT HAND GRABS BACK OF NECK. GO DOWN ON RIGHT KNEE AND DRIVE FACE INTO THE GROUND.