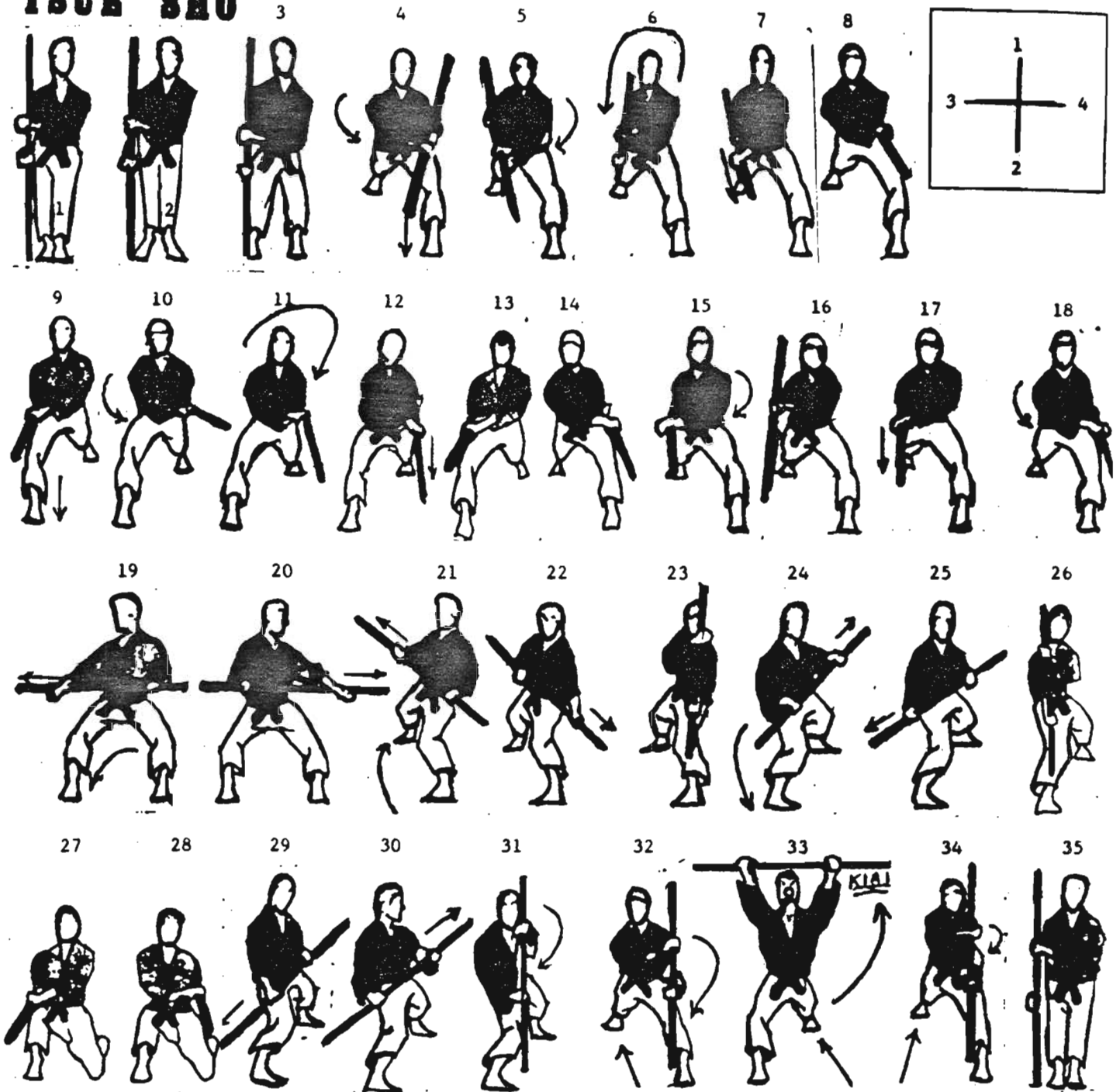


TSUE SHO



TSUE SHO (First Staff Form)

1. Begin kata with BO upright on the right side of the body. Left hand on top and right hand on the bottom. Bow from this position.
 2. Open feet to 45° angles with heels together.
 3. Pivot on the balls of the feet to a open natural stance, a shoulders width apart.
 4. Move left foot forward into a left front forward stance and swing BO counter clockwise stomach level stopping over the knee.
 5. Remain in the previous stance. Swing the BO stomach level, clockwise until it is perpendicular to the body.
 6. Remain in previous stance. Swing the BO upward and forward with the right arm until fully extended and on top. BO must be parallel to the floor.
 7. Retract the right arm to the previous position bringing the BO back to position 5 and thrust it forward keeping it parallel to the floor, stomach level, and perpendicular to the body.
- (14)

(Tsue sho kata continued)

8. Remain in previous position. Swing the BO counter clockwise stopping over the left knee.
9. Step forward with the right foot into a right front forward stance and swing the BO clockwise, stomach level, over the right knee.
10. Remain in previous stance and swing the BO counter clockwise to the left side of the body.
11. Remain in previous stance. Swing the BO upward and forward with the left arm until fully extended and on top. BO must be parallel to the floor.
12. Retract the left arm to the previous position bringing the BO back to the previous position and thrust it forward keeping it parallel to the floor, stomach level, and perpendicular to the body.
13. Remain in previous stance. Swing the BO clockwise over the knee, stomach level, parallel to the floor and perpendicular to the body.
14. Step forward with the left foot into a left front forward stance and swing the BO counter clockwise to the left side of the body.
15. Remain in previous stance. Swing the BO clockwise to the right side of the body.
16. Remain in previous stance. Swing the BO upward and forward with the right arm until fully extended and on top. BO must be parallel to the floor.
17. Retract right arm to the previous position and thrust BO forward keeping it parallel to the floor, stomach level, and perpendicular to the body.
18. Remain in previous stance. Swing BO counter clockwise out over the left knee, stomach level, parallel to the floor and perpendicular to the body.
19. Step forward with the right foot to a full face straddle stance facing direction 1 and thrust BO to direction 4. Keep BO parallel to the ground and underneath the left forearm.
20. Remain in previous stance and thrust BO to direction 3.
21. Bring right foot back to a straddle stance full face to direction 4 and thrust BO to direction 2.
22. Remain in previous stance and thrust BO, stomach level, to direction 1.
23. Remain in previous position. Execute a block over the left knee toward direction 1. Right hand on top, left hand on bottom. The BO in a vertical position.
24. Step forward with the right foot full face to direction 3 into a straddle stance. Thrust the BO to direction 2, stomach level, parallel to the floor.
25. Remain in previous stance and thrust BO to direction 1.
26. Remain in previous stance. Execute a vertical block over the right knee with the left hand on top and right hand on the bottom.
27. Pivot and drop to the left knee full face to direction 1 and swing the BO upward and forward on the right side of the body with the right arm fully extended with the left hand under the right arm. The BO is chest high, parallel to the floor and perpendicular to the body.
28. Remain in previous stance and bring the BO to the left side of the body. Swing the BO upward and forward with the left arm fully extended and the right hand under the left arm. The BO is chest level, parallel to the floor, and perpendicular to the body.
29. Shift back to a full face straddle stance full face to direction 3 and thrust BO to direction 1. The BO is stomach level parallel to the floor and under the left forearm.
30. Remain in previous position and thrust BO to direction 2.
31. Remain in previous stance. Execute a block over the right knee toward direction 1. Left hand on top right hand on the bottom with the BO in a vertical position.
32. Bring the right foot back to a left front forward stance full face to direction 1 and execute a vertical block over the left knee. Right hand on top left hand on the bottom.
33. Step back with the left foot into a right front forward stance and execute a high block both arms fully extended over the head.
34. Bring right foot back to a left front forward stance and execute a vertical block over the left knee with the right arm on top and left arm on the bottom.
35. Bring left foot back to the right and BO back to a vertical position on the right side of the body. Left arm on top right hand on the bottom.

SCRIPTURES-KOANS-SAYINGS

Understand yourself before you can understand others. Keep strength to center, the heart calm and flow with life. Win the battle within yourself before fighting others. Gentleness is above force. Injustice will never conquer principle. The older the fiddle the sweeter the sound. Supreme way has no hindrance. Who will drive the last nail in the last coffin? Requirements in learning karate-do: practice, practice, practice. To rise again after each defeat is to rise victorious.