

Bo tai Bo



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|--------------------------|-------------------------------------------|
| 1) Chudan Tsuki | Osu – Shomen Uchi |
| 2) Gedan Gyaku Uchi | Osu – Jodan Gyaku Uchi |
| 3) Shomen Uchi | Age Uke Hanza Mawashi Uchi |
| 4) Gedan Mawashi Uchi | Gedan Uke Chudan Nuki (# 4 Kihon) |
| 5) Yonshaku Tsuki | Harai Uke Kaeshi Uchi |
| 6) Jodan Tsuki | Age Jichi Tsuki (Bump Up) |
| 7) Shoman Uchi | Ushiro Uke Jodan Nuki (Back Catch) |
| 8) Hanza Mawashi Uchi | Tobi Konde Tsuki |
| 9) Chudan Tsuki | Roku Shaku Tsuki |
| 10) Shomen Uchi | Tsukamatte Uke Tsuki |
| 11) Gedan Uchi | Mawashi Uke Tsuki |
| 12) Renzoku Tsuki | Hanza Mawashi Uke Nuki (Sakugawa Dai) |

Hanza – Kneel

Tobi – Jump

Renzoku – Two Times