

Bo tai Sai



Bo

- 1) Chudan Ura Uchi
Shomen Uchi
- 2) **Gedan Ura Uchi**
Shomen Uchi
- 3) Chudan Tsuki Renzoku
Jodan Uke
Shomen Uchi
- 4) **Chudan Yoko Uchi**
Gedan Gyaku Yoko Uchi
- 5) Shomen Gedan Barai (Scoop)
Chudan Gyaku Yoko Uchi
Shomen Ni Kaeshi Uchi
- 6) **Jodan Ura Uchi**
Naname Jodan Uke
- 7) Shomen Uchi
Shomen Chudan Tsuki
Naname Jodan Uke
- 8) **Shomen Uchi**
Jodan Barai Uke
Naname Jodan Uke
- 9) Gedan Gyaku Yoko Uchi
Shomen Ni Yoko Uchi
Chudan Tsuki
- 10) **Migi Ashi o Hiku - Kamae**
Shomen Uchi (Nuku - Hiku)
Gedan Ura Uchi

Osame

Sai

- Migi Chudan Soto Uke
Jodan Uke, Chudan Tsuki
- Gedan Barai (Ippon Dachi)**
Jodan Uke, Chudan Tsuki
- Soto Uke, Uchi Uke
Mawari (Turn), Jodan Uchi
Jodan Uke, Chudan Tsuki
- Gedan Uke/Yoko Ushiro**
Tobi (Jump), Shomen Uchi
- Tobi Agari (Jump)
Suwaru (Hanza)-Squat
Jodan Uke, Chudan Tsuki
- Jodan Barai (Neko Ashi)**
Jodan Uchi, Chudan Tsuki
- Jodan Uke
Chudan Uchi Nagashi, (Hidari Mawari)
Chudan Yoko Uchi
- Kosa Kamae, Kosa Uke**
Jodan Soto Barai/Jodan Uchi
Chudan Tsuki
- Tobi Agari (Jump)
Suwaru (Hanza)-Squat
Soto Uke, Gedan Uchi(Sai No Hantai)
- Sai no Kakete(Hook Bo)**
Jodan Uke
Gedan Uke(Hook/Scoop), Jodan Uchi

Osame - Asai Zenkutsu Dachi