

1 Description of the Kata

1.1 Symbols and abbreviations

↑ → ↓ ←: Arrows indicate the direction in absolute reference from the starting position.

↑: towards direction front (shōmen)

↓: towards direction rear

←: towards direction left

→: towards direction right

↖: towards direction left-front

↗: towards direction right-front

↘: towards direction right-rear

↙: towards direction left-rear

↺: rotate 90° counterclockwise

↻: rotate 90° clockwise

↶: rotate 180° counterclockwise

↷: rotate 180° clockwise

↺: rotate 360° counterclockwise

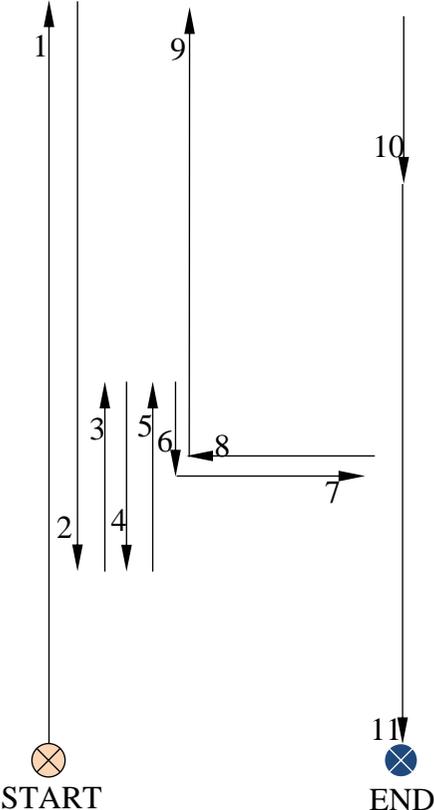
↻: rotate 360° clockwise

•: Indicates that no step is done.

Jun-nigiri = JN, Gyaku-nigiri = GN, Rokushaku-mochi = RM

r. = right, l. = left., r.fr. = right front, l.fr. = left front, l.b. = left behind

1.2 Enbusen



1.3 Kata description

Nr.		Grip	Technique	Description	Stance	Illustration
	•			Stand with the body at the position of attention. Hold Bō w/left hand at the left side of the body, leaned against the shoulder from the front.	Musubi	
	•		Rei	Bow.	Musubi	
	•	I. JN	Yōi	Raise the right hand and grip the bō at the height of the forehead.	Musubi	
1)	↑	I. JN	I. Shōmen-uchi	Lunge forward with left foot. NOTE: The preparation for all Shōmen-uchi is performed as a Jōdan Ura-uchi, similar to Akamine lineage.	I. Zenkutsu	
2)	•	I. JN	I. Uchi-maki-uke	Feet remain as they are. NOTE: The Uchi-maki-uke is performed in such a way that the Hiki-te hand supports the front hand by levering the bō.	I. Zenkutsu	
3)	•	I. JN	I. Jōdan Nuki-zuki	Feet remain as they are. Thrust and immediately pull back the bō into kamae.	I. Zenkutsu	
4)	↑	I. JN	Chūdan Kamae	Step forward w/right leg. Bō remains as it is.	r.fr. Kōsa	
5)	↑	I. JN	I. Jōdan Nuki-zuki	Step forward w/left leg. Thrust and immediately pull back the bō into kamae.	I. Zenkutsu	

Nr.		Grip	Technique	Description	Stance	Illustration
						
6)	↑	l. JN	Chūdan Kamae	Step forward w/right leg. Bō remains as it is.	r.fr. Kōsa	
7)	↑	l. JN	l. Jōdan Nuki-zuki	Step forward w/left leg. Thrust and immediately pull back the bō into kamae.	l. Zenkutsu	
8)	↑	r. JN	r. Jōdan Yoko-uchi	Mochi-kaeri (exchange hands) on the bō from left to right JN. Step forward with the right foot. NOTE: Throw bō like a fishing pole.	r. Zenkutsu	

Nr.		Grip	Technique	Description	Stance	Illustration
						
9)	•	r. JN	r. Hikkake	<p>Feet remain as they are.</p> <p>NOTE: From the previous move, strike down to the left side. This may be an attack or defense already, not merely a preparation for Hikkake.</p> <p>Next, perform the Hikkake to the right.</p>	r. Zenkutsu	 
10)	•	r. JN	r. Shōmen-uchi	<p>Feet remain as they are.</p> <p>NOTE: The preparation for all Shōmen-uchi is performed as a Jōdan Ura-uchi, similar to Akamine lineage.</p>	r. Zenkutsu	
11)	•	r. JN	r. Uchi-maki-uke	<p>Feet remain as they are.</p> <p>NOTE: The Uchi-maki-uke is performed in such a way that the Hiki-te hand supports the front hand by levering the bō.</p>	r. Zenkutsu	
12)	•	r. JN	r. Jōdan Nuki-zuki	<p>Feet remain as they are.</p> <p>Thrust and immediately pull back the bō into kamae.</p>	r. Zenkutsu	
13)	↻ ↓	r. JN	r. Jōdan Yoko-uchi	<p>With the left foot as an axis, rotate 180° counterclockwise, and place the right foot forward.</p> <p>NOTE: Throw bō like a fishing pole.</p>	r. Zenkutsu	 

Nr.		Grip	Technique	Description	Stance	Illustration
						
14)	•	r. JN	r. Hikkake	<p>Feet remain as they are.</p> <p>NOTE: From the previous move, strike down to the left side. This may be an attack or defense already, not merely a preparation for Hikkake.</p> <p>Next, perform the Hikkake to the right.</p>	r. Zenkutsu	 
15)	•	r. JN	r. Shōmen-uchi	<p>Feet remain as they are.</p> <p>NOTE: The preparation for all Shōmen-uchi is performed as a Jōdan Ura-uchi, similar to Akamine lineage.</p>	r. Zenkutsu	
16)	•	r. JN	r. Uchi-maki-uke	<p>Feet remain as they are.</p> <p>NOTE: The Uchi-maki-uke is performed in such a way that the Hiki-te hand supports the front hand by levering the bō.</p>	r. Zenkutsu	   

Nr.		Grip	Technique	Description	Stance	Illustration
17)	•	r. JN	r. Jōdan Nuki-zuki	Feet remain as they are. Thrust and immediately pull back the bō into kamae.	r. Zenkutsu	
18)	↓	l. JN	l. Jōdan Yoko-uchi	Change hands on the bō from right to left JN. Step forward with the left foot. NOTE: Throw bō like a fishing pole.	l. Zenkutsu	
19)	•	l. JN	l. Hikkake	Feet remain as they are. NOTE: From the previous move, strike down to the right side. This may be an attack or defense already, not merely a preparation for Hikkake. Next, perform the Hikkake to the left.	l. Zenkutsu	
20)	•	l. JN	l. Shōmen-uchi	Feet remain as they are. NOTE: The preparation for all Shōmen-uchi is performed as a Jōdan Ura-uchi, similar to Akamine lineage.	l. Zenkutsu	

Nr.		Grip	Technique	Description	Stance	Illustration
21)	•	I. JN	I. Uchi-maki-uke	Feet remain as they are. NOTE: The Uchi-maki-uke is performed in such a way that the Hiki-te hand supports the front hand by levering the bō.	I. Zenkutsu	
22)	•	I. JN	I. Jōdan Nuki-zuki	Feet remain as they are. Thrust and immediately pull back the bō into kamae.	I. Zenkutsu	
23)	↻ ↑	I. JN	I. Jōdan Yoko-uchi	With the right foot as an axis, rotate 180° clockwise, and place the left foot forward. NOTE: Throw bō like a fishing pole.	I. Zenkutsu	
24)	•	I. JN	I. Hikkake	Feet remain as they are. NOTE: From the previous move, strike down to the left side. This may be an attack or defense already, not merely a preparation for Hikkake. Next, perform the Hikkake to the right.	I. Zenkutsu	

Nr.		Grip	Technique	Description	Stance	Illustration
						
25)	•	I. JN	I. Shōmen-uchi	Feet remain as they are. NOTE: The preparation for all Shōmen-uchi is performed as a Jōdan Ura-uchi, similar to Akamine lineage.	I. Zenkutsu	
26)	•	I. JN	I. Uchi-maki-uke	Feet remain as they are. NOTE: The Uchi-maki-uke is performed in such a way that the Hiki-te hand supports the front hand by levering the bō.	I. Zenkutsu	 
27)	•	I. JN	I. Jōdan Nuki-zuki	Feet remain as they are. Thrust and immediately pull back the bō into kamae.	I. Zenkutsu	 
28)	↑		r. Tate-kamae 立て構え	Change right hand to Gyaku-mochi. Pull back the left foot beneath the right foot, into Musubi. Simultaneously, place left tip of the bō on the ground, in front of your right foot, and place the left hand on the left hip.	Musubi	 

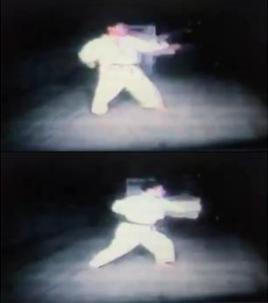
Nr.		Grip	Technique	Description	Stance	Illustration
29)	↑		r. Ashi-ura-geri	<p>With the sole of the right foot, kick the lower end of the bō (Ashi-ura-geri 足裏蹴り) and let the bō swing upwards and to the front, guided by the right hand, to at least horizontal level.</p> <p>NOTE: This may be a sunakake movement combined with a Jōdan attack, an evasive movement of the body, and a following counter (next number).</p>		
30)	↑	r. JN	Gyaku Nuki-zuki	<p>From the lifted kick position, catch the bō with the left hand and simultaneously place the right foot backwards, to assume Gyaku Jōdan Nuki-zuki posture.</p> <p>Perform Gyaku Jōdan Nuki-zuki from above downwards. Immediately pull back the bō into kamae.</p>	I. Neko-ashi or Zenkutsu	

Nr.		Grip	Technique	Description	Stance	Illustration
						
31)	↑	r. JN	r. Shōmen-uchi	<p>Step forward with the right foot. NOTE: The preparation for all Shōmen-uchi is performed as a Jōdan Ura-uchi, similar to Akamine lineage.</p>	r. Zenkutsu	
32)	•	r. JN	r. Hikkake	<p>Feet remain as they are. NOTE: From the previous move, strike down to the left side. This may be an attack or defense already, not merely a preparation for Hikkake. Next, perform the Hikkake to the right.</p>		

Nr.		Grip	Technique	Description	Stance	Illustration
						
33)	•	r. JN	r. Shōmen-uchi	<p>Feet remain as they are.</p> <p>NOTE: The preparation for all Shōmen-uchi is performed as a Jōdan Ura-uchi, similar to Akamine lineage.</p>		 
34)	•	r. JN	r. Uchi-maki-uke	<p>Feet remain as they are.</p> <p>NOTE: The Uchi-maki-uke is performed in such a way that the Hiki-te hand supports the front hand by levering the bō.</p>		 
35)	•	r. JN	r. Nuki-zuki	<p>Feet remain as they are.</p> <p>Thrust and immediately pull back the bō into kamae.</p>		 <p>r.</p>  <p>JN</p>
36)	↻ →	r. JN	r. Hikkake	<p>With the left foot as the axis, rotate 90° clockwise towards direction right, raise your right leg into I. Ippon-dachi and perform Hikkake.</p> <p>NOTE: From the previous move, strike down to the left side. This may be an attack or defense already, not merely a preparation for Hikkake.</p> <p>Next, perform the Hikkake to the right.</p>	I. Ippon	

Nr.		Grip	Technique	Description	Stance	Illustration
37)	→	r. JN	r. Yoko-uchi	Lunge forward with the right foot and place the left knee on the ground. NOTE: Throw bō like a fishing pole.	Hanza	

Nr.		Grip	Technique	Description	Stance	Illustration
38)	→	r. JN	r. Furi-age-uchi	Stand up by pulling the right foot backwards. The left foot remains in its position. Strike by swinging the left end of the bō upwards, and the right hand on the right shoulder.	r. Zenkutsu	
39)	→	r. JN	Kaeshi-uchi	Strike by swinging the right end of the bō downwards to the front, and the left hand to Hiki-te position.	r. Neko-ashi or Kōkutsu	
40)	→	r. JN	r. Shōmen-uchi	NOTE: The preparation for all Shōmen-uchi is performed as a Jōdan Ura-uchi, similar to Akamine lineage.	r. Zenkutsu	
41)	↻ ←	l. JN	l. Hikkake	Mochi-kaeri (exchange hands) on the bō from right to left JN. With the right foot as the axis, rotate 180° counterclockwise towards direction left, raise your left leg into r. Ippon-dachi and perform Hikkake. NOTE: From the previous move, strike down to the right side. This may be an attack or defense already, not merely a preparation for Hikkake. Next, perform the Hikkake to the left	r. Ippon	

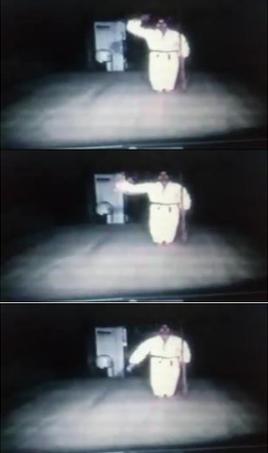
Nr.		Grip	Technique	Description	Stance	Illustration
42)	←	I. JN	I. Yoko-uchi	Lunge forward with the left foot and place the right knee on the ground. NOTE: Throw bō like a fishing pole.		
43)	←	I. JN	I. Furi-age-uchi	Stand up by pulling the left foot backwards. The right foot remains in its position. Strike by swinging the right end of the bō upwards, and the left hand on the right shoulder.		
44)	←	I. JN	Kaeshi-uchi	Strike by swinging the left end of the bō downwards to the front, and the right hand to Hiki-te position.	I. Neko-ashi or Kōkutsu	
45)	←	I. JN	I. Shōmen-uchi	NOTE: The preparation for all Shōmen-uchi is performed as a Jōdan Ura-uchi, similar to Akamine lineage.		
46)	↑	I. JN	I. Jōdan Yoko-uchi (long)	Look towards the front (Shōmen) and step forward with the right foot, the bō held on the left side of the body. Immediately continue and step forward with the left foot and perform a left Jōdan Yoko-uchi (long). NOTE: Throw bō like a fishing pole.	I. Zenkutsu	

Nr.	Grip	Technique	Description	Stance	Illustration
47)	r. JN	r. Jōdan Yoko-uchi (long)	Mochi-kaeri (exchange hands) on the bō from left to right JN. Step forward with the right foot and perform a right Jōdan Yoko-uchi (long). NOTE: Throw bō like a fishing pole.	r. Zenkutsu	

Nr.		Grip	Technique	Description	Stance	Illustration
48)	•	r. JN	r. Hikkake	<p>Slide backwards. NOTE: From the previous move, strike down to the left side. This may be an attack or defense already, not merely a preparation for Hikkake. Next, perform the Hikkake to the right.</p>	r. Shiki r. Zenkutsu	
49)	•	r. JN	r. Shōmen-uchi	<p>Feet remain as they are. NOTE: The preparation for all Shōmen-uchi is performed as a Jōdan Ura-uchi, similar to Akamine lineage.</p>	r. Zenkutsu	

Nr.	Grip	Technique	Description	Stance	Illustration
					
50)	• r. JN	r. Uchi-maki-uke	<p>Feet remain as they are. NOTE: The Uchi-maki-uke is performed in such a way that the Hiki-te hand supports the front hand by levering the bō.</p>	r. Zenkutsu	
51)	• r. JN	r. Jōdan Nuki-zuki	<p>Feet remain as they are. Thrust and immediately pull back the bō into kamae.</p>	r. Zenkutsu	

Nr.	Grip	Technique	Description	Stance	Illustration
52)	r. JN	Chūdan Kamae	Step backward w/right leg in front of left leg. Bō remains as it is.	r.fr. Kōsa	
53)	r. JN	r. Uchi-maki-uke	Step backward w/left leg. NOTE: The Uchi-maki-uke is performed in such a way that the Hiki-te hand supports the front hand by levering the bō.	r. Zenkutsu	
54)	r. JN	Chūdan Kamae	Step backward w/right leg in front of left leg. Bō remains as it is.	r.fr. Kōsa	
55)	r. JN	r. Uchi-maki-uke	Step backward w/left leg. NOTE: The Uchi-maki-uke is performed in such a way that the Hiki-te hand supports the front hand by levering the bō.	r. Zenkutsu	

Nr.	Grip	Technique	Description	Stance	Illustration
56)	• r. JN	r. Jōdan Nuki-zuki	<p>Feet remain as they are. Thrust and immediately pull back the bō into kamae.</p>	r. Zenkutsu	
57)	l. JN	Osame 1.	<p>Pull back the right foot beneath the left foot, into Musubi. Simultaneously, Mochi-kaeri (exchange hands) on the bō from right to left JN. Reassume the initial position of Yōi, with the right hand at the bō at about the height of the forehead.</p>		
58)		Osame 2.	<p>Loosen the right hand, take it down and let the right arm naturally hang down at the right side of the body. Hold Bō w/left hand at the left side of the body, leaned against the shoulder from the front.</p>		

Nr.	Grip	Technique	Description	Stance	Illustration
59)		Rei.	Bow.		