

Weapons System

Shintaikido of Pacifica

Martial Art

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心
体
気
道

Shin (Mind)

Tai (Body)

Ki (Spirit)

Da (Way)

20 BO SUBURI

BASIC STANCES

1. Normal position
2. Salute
3. Fighting stance
4. Four strikes with partner - Head & Knees
5. Tree

HIGH STRIKES & BLOCKS

6. Overhead strike or side strike (block) - Right Palm Down - Fingers in
7. Overhead (strike) - Right Palm Down - Fingers out

SPINS

8. Palms facing each other spin downward
9. Palms facing each other spin upward
10. Palms facing down spin downward

THRUSTS

11. Low thrust - palms down
12. Low thrust - palms facing each other
13. High thrust - palms down
14. High thrust - palms facing each other
15. "Pool Cue" thrust - palms down or facing each other

BLOCKS (Both Palms Down)

16. (for roundhouse uppercut) Downward Block- same side
17. (for roundhouse) Inward Block - across
18. (for thrust) Upward - same side
19. (for overhead) Center of staff
20. (for thrust) Circle blocks

20 JO SUBURI

THRUSTS

1. Straight thrust
2. Turn-over thrust
3. Back thrust
4. Straight thrust with low sweep
5. Straight thrust with upward block and overhead strike

OVERHEAD STRIKES (start in sword stance)

6. (back first) Overhead strike
7. (back first) Two strikes - overhead, yokomen
8. (back first) Overhead strike with low sweep
9. (back first) Overhead strike with back thrust
10. Reverse overhead strike with back thrust

SIDE STRIKES

11. Upward Side Strike (Start in thrust stance)
12. Downward Side Strike (Start in thrust stance - place behind neck)
13. Figure "8" side strike (Start with Jo on ground to right side)

INWARD BLOCKS to Upward Pose (start in sword stance)

14. Inward block with overhead strike
15. Inward block with high thrust
16. Inward block with back thrust
17. Inward block with back strike
18. Inward block with back sweep

TURNING STRIKES

19. Left turning overhead strike (step back first)
20. Right turning straight thrust

7 SWORD SUBURI

SINGLE STRIKES

1. Overhead Strike - Right Hanmi
- 1a. Overhead Strike - Left Hanmi
2. Step back - Sword up at angle - Step in and strike
3. Step back - Sword straight up -
Sword back to hip - Step in and strike

REPEATED STRIKES

4. Overhead Strike - Moving Forward
5. Step in - 4 position angle strike
6. Step back (like #2) - Strike - Slide Thrust
7. Step back (like #2) - Strike - Step Thrust

BASIC PARTNER PRACTICES - Swords

ATTACKER

DEFENDER

Right Blend 1. Raise swords together
2. Slide in & cut down

1. Raise swords together
2. Step right RF, LF & parry

Left Blend 1. Raise swords together
2. Slide in & cut down

1. Raise swords together
2. Step left LF, RF to rear & parry

5th Suburi Blend 1. Do 5 Suburi moving forward and side to side.

1. Step straight back and parry

7th Suburi Blend 1. Switch feet & sword side
2. Do 7th suburi moving forward and side to side.

1. Switch feet & sword side
2. Step straight back and parry (big parry for yokomen - small parry for thrust)

Entering Blend Raise sword

Enter and attack wrist or throat

Block & Cut Knee Blend Slide in and cut straight down

Slide to left front - block up and drop sword tip - yokomen to knee

SWORD TAKING

1. Overhead strike

LH to outward wrist lock. Pose at end.

2. Overhead strike

Enter right, turning. RH to handle & breath throw.

3. Overhead strike

Enter right, turning. RH to handle, LH to top of blade and rotate under to cut attacker

4. Yokomen (LF stepping in)

Enter left. Outward wrist lock, breath throw or rotate to cut.

5. Thrust

Enter to Left: Outward wrist lock
Enter to Right: Breath throw or rotate to cut.

BASIC PARTNER PRACTICES - *Bo & Jo*

ATTACKER

- Bo**
Suburi
With
Partner
1. Thrust or sweep from side
 2. Side strike, step in
 3. Overhead strike, step in
 4. Roundhouse uppercut
 5. Roundhouse uppercut
 6. Thrust to SP or throat
 7. Thrust to stomach or groin

DEFENDER

1. Tree - Vertical or 45
2. Inward Block, step back
3. Center of staff block, step back
4. Downward block, same side
5. Inward block, across
6. Upward block, same side
7. Circle block - work both sides

BO TAKING & THROWS

1. Low or High Thrust

Zone 2 - Grab Bo & take knee to collapse, twisting Bo

2. High Side Strike

Zone 1 - Hand to Chin Throw (grab Bo)

3. Overhead strike (fingers out)

Zone 2 - Drop elbow arm bar, take knee

4. Overhead strike

Zone 1 - Grab Bo, press down and into attacker, grapevine a leg.

- Jo**
Suburi
With
Partner
1. Thrust to SP
 2. Yokomen - step in
 3. 4th Jo suburi
 4. Thrust to throat or overhead strike

1. Upward block, circle block & combinations
2. Yokomen or parry - step back
3. 4th Jo suburi
4. Inward block to upward pose or gathering block

JO TAKING & THROWS

1. All Left Thrust

Enter to zone 1 or 2

BH - grab Jo between hands (w/one hand)

FH - grab Jo in front of hands

a) Zone 2: Two Step - breath throw **BH or FH**

b) Zone 2: Backwards clothesline **BH**

c) Zone 2: Outward wrist lock

d) Zone 1: Pull Jo to other side, extension throw **FH**

e) Zone 1: Hand to Chin Throw **BH or FH**

2. Overhead strike, yokomen

As with sword

SIX SWORD VS SWORD (Kumitachi)

ATTACKER

DEFENDER

1.

1. Slide to left front cover & thrust - cut
2. Cut up - feet together (LF to RF)
3. Step in LF & yokomen
4. Step in RF (cross line)
& yokomen

1. Raise sword & lean in
 2. Slide back & cut down
 3. Step back RF & parry
 4. Step back LF & parry & release
-

Raise sword (blend)

2.

1. Slide in - yokomen to knee
2. Step in LF & thrust
3. Step in RF & yokomen
4. Step in LF & thrust
5. Step in RF & yokomen

Raise sword (blend)

1. Slide back - parry
 - 1a. Open upward (point at wrist)
 2. Step back RF & parry
 3. Step back LF & parry
 - 3a. Press down
 4. Step back RF & parry
 5. Step back LF & parry & release
-

3.

1. Step in LF & yokomen
2. Step in RF & yokomen

Whack sword

1. Step back RF & parry
2. Step back LF & parry & release

SIX SWORD VS SWORD (Kumitachi)

ATTACKER

DEFENDER

4. Both Slide Back First

1. Slide Straight in & thrust
2. Step in LF (cross line & thrust)
3. Step in RF (cross line) & yokomen

Open to right

1. Slide in RF to right & thrust
 - 1a. Whack down
2. Step back RF & parry
3. Step back LF & parry & release

5. Raise sword

1. Big Slide in - cut down halfway
 - 1a. Jump to left - parry - RF to rear
2. Step in RF & yokomen
3. Slide blades up to Tsuba
4. "Two-step" to left - yokomen knee - RF to rear
5. Step in RF & yokomen

1. "Two-step" to left - yokomen - RF to rear
2. Step back LF & parry
3. Slide blades up to Tsuba
4. "Two-step" to left (turn on a dime) - parry - RF to rear
5. Step back LF & parry & release

6. *KI MUSUBI NO TACHI*

Start 2.5 mats away
Step in LF - sword up & back down
(like 3rd suburi)

1. Step in RF & strike
2. Step in LF & Raise sword
3. Cut down after defender goes across line
4. Step back LF & raise sword

Start 2.5 mats away
Step in LF - sword up & back down
(like 3rd suburi)

1. Step in RF (off to right) & strike
2. Slide in RF thrust (ha up) to SP
3. Step in LF (cross line before attacker sword cuts down)
 - 3a. Cut head & right wrist after attacker sword cuts down
4. Step in RF (cross line) and cut left wrist & release

FIVE JO VS JO (Kumijo)

ATTACKER

DEFENDER

1. (thrust stance)

1. Slide in (slight left) - thrust to SP
2. Circle parry - (2A) thrust to SP
3. Step back LF - inward block (press)
4. Slide in RF (to left) - high thrust to SP

(Jo on ground)

1. Move left, turnover thrust to SP
2. Slide back - upward block
3. Step in RF - yokomen to shoulder
4. Step in LF - yokomen to head

2.

(thrust stance)

1. Slide in (slight left) - Thrust to throat
2. Upward block (step in RF wide to right)
3. Move LF - yokomen to knee
4. Thrust to SP

(Jo on ground - open to left)

1. Step off line to left - RH under LH & gathering inward block
2. Thrust to SP
3. Low block to left
4. Slide in LF (move to left) thrust to ribs

3.

(thrust stance)

1. Slide in (slight left) - Thrust to knee
2. Thrust to ribs
3. Circle block down & sideways

(Jo on ground - open to left)

1. Low block to right (move RF only), RH grab above LH)
2. Switch hands - block down (move right)
3. Thrust to ribs
4. Drop under - thrust to SP

FIVE JO VS JO (Kumijo)

ATTACKER

DEFENDER

4. (thrust stance)
1. Slide in (slight left) - Thrust to SP
 2. Slide RF back (move slight left)
upward block (wide hands)
 3. Thrust to ribs

- (Jo on ground - open to left)
1. Slide back to left - place jo behind neck
 2. Step in RF - downward side strike
 3. Step left (RF first) - high thrust to SP

5. (thrust stance)
1. Slide in (slight left) - Thrust to throat
 2. Slide back (to right) - upward side strike stance (wrap around)
 3. Upward side strike (hands together)
 4. Overhead strike to head (as with Bo)

- (Jo on ground - open to left)
1. RH grab under LH - slide back to left - gathering inward block
 2. Thrust to SP
 3. Step back LF (kneel) - inward block
 4. Stand (LF slide in, RF back)- inward block - Thrust to SP

FIVE SWORD VS JO (Ken Tai Jo)

SWORD

JO

- 1.
1. Overhead strike -slide in to right
 2. Step in LF (cross line) yokomen
 3. Yokomen - Step in RF to right (back to line), Raise

- (thrust stance - open to right)
1. Slide back - circle block to left
 2. Slide back - circle block to right
 3. Slide in LF - thrust to chest

FIVE SWORD VS JO (Ken Tai Jo)

ATTACKER

DEFENDER

2.

1. Overhead strike -slide in to right
2. Step in LF (cross line) yokomen
3. Yokomen - Step in RF to right (back to line),
Raise

(thrust stance - open to right)

1. LF back to inward block
2. RF back to inward block
3. Step in RF - high thrust to SP

3.

1. Overhead strike -slide in to right
2. Step in LF (cross line) yokomen
3. Yokomen - Step in RF to right (back to line),
Raise

(thrust stance - open to right)

1. LF back - inward block - turn Jo over to
end of Upward Side Strike Pose
2. RF back - inward block - Upward pose (RH
straight up)
3. Jump in LF to right - poke ribs w/left
(Hanmi to side)

4. Cut down

4.

1. Raise & slide in a little
2. Cut down

(sword stance - open to right)

1. Slide in RF - strike wrist (move RF left, LF
adjust on line)
2. LF wide to left - sweep knee

5.

1. LF in (move left) - Yokomen
2. RF in (move right) - Yokomen
(note: on static, strike to shoulder, then finish)

(sword stance - open to right)

1. RF back - inward block - upward pose (RH
straight up)
2. RF in to right, LF to about 45° - yokomen
head

Eight Direction Move (Happo Giri)

All overhead strikes to:

One	Two	Three	Four
12:00 (pivot)	6:00 (pivot - add 90)	3:00 (pivot)	9:00 (pivot - add 45)
Five	Six	Seven	Eight
4:30 (pivot)	10:30 (pivot - add 90)	7:30 (pivot)	1:30
RETURN TO 12:00 (RF - LF)			

16 Bo Staff Self-Defense

FOR ALL 16 TECHNIQUES, DO GROUPS OF FOUR TECHNIQUES

(1 - 4 / 5 - 8 / 9 - 12 / 13 - 16)

If done with one uke, do four strikes at beginning of each technique. (1 - 4 only)

If done with four ukes, do four strikes on first technique of each group only.

Four ukes, place defender in center, ukes attack from:

1 at 9:00 / 2 at 3:00 / 3 at 12:00 / 4 at 6:00

ATTACKER

DEFENDER

-
- | | | |
|-----------|--|--|
| 1. | <ol style="list-style-type: none">1. Right roundhouse uppercut2. Bend over & back up3. Bend back & back up4. Bend over & back up5. Fall on back - hold up Bo for attacker strike | <ol style="list-style-type: none">1. Block down (same side) RF kick groin2. Right front horse (leaning in), poke throat3. Spin to front left horse (leaning back), poke groin4. Slide up & LF side blade to throat5. Step in & overhead strike to head |
|-----------|--|--|
-
- | | | |
|-----------|---|---|
| 2. | <ol style="list-style-type: none">1. Left roundhouse uppercut2. Bend back3. Bend forward a little4. Fall on back | <ol style="list-style-type: none">1. Block down across - poke throat2. RF to cat Block down across - poke groin3. Step in RF & overhead strike to uke left shoulder |
|-----------|---|---|
-
- | | | |
|-----------|--|---|
| 3. | <ol style="list-style-type: none">1. Right overhead strike2. Fall on back | <ol style="list-style-type: none">1. Upward block - center of Bo2. RH flat under Bo & sweep to left to ground3. Change RH to fingers under4. RH strike head, poke throat5. Step in RF - right overhead strike & push down |
|-----------|--|---|
-
- | | | |
|-----------|--|--|
| 4. | <ol style="list-style-type: none">1. Left side strike2. Right side strike3. Fall on back | <ol style="list-style-type: none">1. Left block across2. Right block across3. LH strike head, poke throat4. Step in RF & overhead strike to uke left shoulder |
|-----------|--|--|

16 Bo Staff Self-Defense

ATTACKER

DEFENDER

-
- 5.** 1. Left poke to throat
2. Bend forward a little
3. Bend forward a little more
4. Fall on back
1. Block down (across) as S.D. #2
Right side strike to head
2. Right snap kick to groin - step RF forward
3. Step in & left overhead strike
to uke right shoulder
-
- 6.** 1. Left side strike to head
2. Fall on back (to side)
1. Left block across - continue through &
sweep uke LF
2. Hop in LF - RF crossover behind &
left poke to throat
-
- 7.** Attack is from rear.
1. Right sweep feet (step in RF)
2. RH back slash to between defender hands
3. Fall on back
- Attack is from rear.
1. Jump over sweep to feet together &
plant (RH lowest) Bo on ground to left
2. Left sideblade to chest
3. RH change to fingers out & step in RF &
overhead strike to uke left shoulder
-
- 8.** Attack is from rear.
1. Right overhead strike (step in RF)
2. Fall on back
- Attack is from rear.
1. Upward block - center of Bo
2. LH flat under Bo & sweep to right to ground
3. RH side strike to head
4. Shuffle LF to RF & right sideblade to chest
5. Left front cover to LH 45 degree side strike
to base of neck

16 Bo Staff Self-Defense

ATTACKER

DEFENDER

-
- 9.** 1. Left overhead strike
2. Right side strike
3. Left side strike
4. Fall on back
1. Upward block - center of Bo
2. Right block across
3. Left block across - continue to sweep **Bo**
4. Jumping LF side blade to throat
-
- 10.** 1. Right side strike
2. Fall on stomach
1. Right block across - hook behind neck
2. Pull to takedown
3. RF crossover behind
4. Left poke to base of neck
-
- 11.** 1. Right overhead strike - step in RF
2. Fall on back
1. Duck & spin to 10:30: R/L to right cover
(step RF, step LF, pivot)
2. Right strike to SP
3. Left strike to neck
4. Right snap kick to ribs - to right front cover
-
- 12.** Attack is from rear.
1. Right overhead strike - step in RF
2. Fall on back
- Attack is from rear.
1. Jump to right - to right cat
facing original 12:00 - LH block to ground
2. Right hook kick to back
(or mule kick to knee) - return to right cover
3. RH strike face - Bo pass over uke head
4. RH sweep uke RF from back

16 Bo Staff Self-Defense

ATTACKER

DEFENDER

- 13.**
1. Left thrust to SP
 2. Drop Bo from LH
 3. Slip left & grab Bo with LH (palm down)
 3. Fall on back or roll (right)

1. Right circle block down - move cover to left
2. RF in - right poke to throat
3. Slide in & throw

- 14.**
1. Right side strike to head
 2. Drop Bo fro RH
 3. Grab Bo with RH (1 foot in from end)
 4. Go on stomach

1. Right block across & whack down
2. Right poke to SP
3. Inward wristlock (nikkyo) with Bo to hammerlock pin (optional: RH grab uke RH & do inward wrist lock to pin)

- 15.**
1. Left pool cue to SP
 2. Fall on stomach

1. Left upward block (for thrust - same side) slide to left
2. Circle block down with LH
3. Step in LF & poke ribs
4. Two-step to right (LF ends up in back) & overhead strike to back of neck

- 16.**
1. Left pool cue to SP
 2. Fall on back

1. Spin clockwise with two-step (LH grab under to other end) to back sweep to head (31 Jo Kata # 9) Sweep over head!
2. Do move #10 of 31 Jo Kata to head

31 Jo Kata

Start with Jo on ground (Step LF forward)

1. Slide in LF & turn over thrust (kaishi tsuki)
2. Slide back RF - upward block - circle block down
3. Slide in LF & thrust
4. Slide back RF - upward block - hands together
5. Step in RF & yokomen
6. Step in LF & yokomen
7. Pivot to rear & yokomen
8. Step in LF & yokomen
9. Look over right shoulder - step back RF & sweep (ushiro barai)
10. Slide in LF & RF (feet together) & strike to wrist
11. Step in LF & yokomen
12. Slide back RF to thrust stance (tsuki kamai)
13. Slide in LF & thrust (choku tsuki)
14. Slide back RF - upward block - hands together
15. Step in RF & yokomen
16. Slide back LF to sweep stance (gedan gaeshi kamai)
17. Step in LF & sweep
18. Slide back RF & turn jo over with circle block
19. Slide in LF & thrust to knee
20. Step in RF & yokomen - left knee to ground
21. Jo back to sweep stance grip on left side
22. LF forward, standing to high thrust to throat
23. Slide back RF & turn jo over with circle block
24. Slide in LF & Thrust to SP
25. Slide in LF & Thrust to SP
26. Slide back RF to sweep stance
27. Step back LF & sweep
28. Slide in RF & high thrust
29. Slide back LF & turn jo over
30. Slide in RF & thrust to SP
31. Step in LF & yokomen

Return to Jo on ground slide back RF

31 Jo VS Jo (31 kumijo)

Start with Jo on ground (LF forward) Open to left.

1. Slide in LF & turn over thrust (kaishi tsuki)
2. Slide back RF - upward block - circle block down - point
3. Slide in LF & thrust to ribs
4. Slide back RF - upward block
5. Step in RF & yokomen
6. Step in LF & yokomen
7. Pivot to rear & yokomen
8. Step in LF & yokomen
9. Look over right shoulder - step back RF & sweep
10. Slide in LF & RF (feet together) & strike to wrist
11. Step in LF & yokomen
12. Slide back RF to thrust stance (tsuki kama)
13. Slide in LF & thrust (choku tsuki)
14. Slide back RF - upward block
15. Step in RF & yokomen
16. Slide back LF to sweep stance (gedan gaeshi kama)
17. Step in LF & sweep
18. Slide back RF & turn jo over with circle block - point
19. Slide in LF & thrust to knee
20. Step in RF & yokomen - left knee to ground
21. Jo back to sweep stance grip on left side
22. LF forward, standing to high thrust to throat
23. Slide back RF & turn jo over with circle block
24. Slide in LF & Thrust to SP
25. Slide in LF & Thrust to SP
26. Slide back RF to sweep stance
27. Step *in* RF & sweep
28. Slide in RF & high thrust
29. Slide back LF & turn jo over
30. Slide in RF & thrust to SP
31. Step in LF & yokomen to head

Start in thrust stance (LF forward)

1. Slide in LF & thrust - circle block after receiving thrust
2. Slide in LF & thrust to SP
3. Slide back - upward block - turn opponent's Jo over - point
4. Slide in LF & thrust to SP
5. Step back LF & "yokomen parry"
6. Step back RF & parry
7. No move
8. Step in RF
9. Step back RF & raise Jo
10. Jump in RF - no strike
11. Step back RF & parry
12. Slide back RF to thrust stance (tsuki kama)
13. Slide back & circle block
14. Slide in & thrust
15. Step back LF & "yokomen parry"
16. No move
17. LH change - move left to low block - point
18. Slide in LF & thrust to ribs
19. Step right & low block
20. Step back LF & "yokomen parry"
21. No move
22. Step back RF & raise Jo
23. High thrust
24. Step left & inward block
25. Step right - turn Jo over & block - point
26. No move
27. Step back LF - slide hands & low block
28. Step back RF - slide hands & gathering inward block
29. Upward pose
30. Step in RF & gathering inward block [or screw into ground to block]
31. Slide in RF [or step in RF] & thrust to ribs

Bo Kata #1

Formal Bow: Start kneeling off mat - grab staff RH - move to LH in normal position - bow no slap - step on mat LF first, stop - step LRLR... to position - bow - Salute - kneel LF first (RH on thigh, LH holding Bo upright off mat in front of center) - RF down - flatten feet, sit, place staff on ground all at same time - hands to lap LH, RH (circle hands in brushing belt) - eyes focus 6' in front for 10 seconds - LH, RH down to triangle - bow - elbows do not touch floor, eyes up for 5 sec. - hands up RH, LH - RH take BO - RF up, Bo upright off mat in front of center - stand - BO to in front of left shoulder - LH Grab - Salute - Go to A

OR...

Start normal position, bow, salute, A right cover, Bo centered on ground, RH palm down on belt, pass to fighting stance (RH palm up)

KATA

1. Front Right Cover, RH block, LH block - RH strike, LH strike
2. LF crossover jump to right front horse (leaning forward) high thrust
3. LF forward to left front straight horse, LH uppercut, circle to left high thrust
4. Open LF to left front cover RH side strike to head
5. Right thrust kick, RH turn over to palm down, RF to right front horse - **face 6:00** LH block face
6. Open LF to left front cover RH side strike to head
7. RF sideblade kick to right front horse,
8. Spin counterclockwise to left front horse (leaning back) LH thrust to groin, (fulcrum at right elbow) upward strike to chin
9. Thrust groin to 12:00
10. Look to 6:00, and lift RF to left tree LH thrust 45 to throat (to 6:00)
11. RF back down to leaning horse (to 12:00), turn RH over, pool cue to groin
12. RF to front right cat (facing 12:00), upward center of staff block directly over
13. head
14. THE SPIN (all cat stances - all strikes on 45 except #3): 1. Pop ball of RF, strike down RH - 2. step forward LF, strike down LH (RH under Left arm) - 3. RH strike (no step) - 4. Pop ball of LF, strike down LH - 5. step forward RF, strike down RH
15. Hop back RF to cat & side strike (as block)
16. Hop back LF to cat & side strike (as block)
17. RF step to left of line - turn counterclockwise to left front horse (leaning back) thrusting to groin
18. RF up to LF & back to right cover, center of staff upward block on 45
19. LF back to left cover, center of staff downward block on 45
20. Left outward crescent kick to horse, center of staff downward block on 45
21. RF to left knee, vertical tree on right side
22. Step to 9:00, RF, LF sweep to 9:00 - pivot on balls of feet to 3:00 (left knee down) & sweep to 3:00
23. Move RF to 12:00 hands to thirds & poke LH to 9:00
24. Step RF wide & stand feet together - staff to left shoulder

END

Palms facing each other spin downward to LH grab, staff upright - flip staff under arm, change LH, RH flat on hip - bow - staff out to in front of left shoulder - Salute - return to normal position - bow - one big step back with LF - back off LRLR... bow off mat, and go to kneeling.

Bo Kata #2

Formal Bow

OR...

Start normal position, bow, salute, at klunk, place Bo on left shoulder, RH on left shoulder, LH on third holding as palms facing each other spin grip.

KATA

1. Front Right Cat, strike down RH, LH, RH to Bo under right armpit
2. Front Left Cat, strike down LH, RH to Bo under left armpit
3. Front Right Cat, strike down RH, LH to Bo under left armpit
4. Change RH, left front cover to LH side strike & clockwise sweep - jump 360 to horse (RF slightly forward), Block down (RH slightly lower)
5. Change RH (slap grab) small circle counter-clockwise, step on right front cover & poke ground to 1:30
6. RF moves to right cover facing 6:00, change RH, Bo vertical block (LH higher)
7. R snap kick to right front horse, RH side strike
8. Spin counter-clockwise, LF hook kick to left front horse, left poke to groin
9. Look left, strike to 3:00 to stomach, circle Bo counter-clockwise to hit down on head
10. Move RF in & out to 9:00 to 45 tree, left front horse to 3:00, left low poke
11. Turning counter-clockwise to 12:00, RF, LF - to left front cover, RH side strike, LH overhead strike
12. To 12:00 right snap kick, left front horse, block up (center of staff) facing 3:00
13. Block RH, LH to LH clockwise sweep
14. Chicken kick (LF, RF)
15. LF crossover (in front) to RH poke ground
16. Move LF to 9:00, RF to LF, place Bo on left shoulder, RH on left shoulder - spin (LH change OK)
17. End like Bo Kata #1

22 Sword Kata

ENTRANCE & BOW

1. Sword in LH - Thumb on Tsuba (sword guard) - bow onto mat LF 1st, stop, then LRLR... walk to start position - stop
2. Transfer sword to RH - Bow (eyes up) - transfer to LH - sword stays on left thigh
3. Kneel Left knee down 1st - RH Hakama (left first, then right) - Right knee down
4. Kneel LH on thigh w/sword edge (ha) toward body
5. Lay down sword on left (6" away from leg, ha toward body) tsuba in line with left knee
6. Eyes focus 6' in front for 10 seconds
7. Bow to judges: LH, RH down to triangle - bow - arms touch knees, elbows touch floor, eyes down 5 sec.
8. RH to thigh - LH to thigh - LH grab sword near tsuba and take sword to thigh
9. RH (palm up) pull sword to lap with LH 5" from end of saya
10. Bow to weapon: Place sword in front, ha AWAY from body - hands up RL - bow hands down LR - hands up
11. Take sword with both hands (RH palm up, LH palm down) & insert into obi (ha is facing up)
12. Take one long breath (in thru nose, out thru mouth constriction in throat makes sound)
13. LH pull saya out to center of body - RH grip tsuka (handle) - Left thumb push out blade 1/2"
14. Explode up RF - LH pull saya - RH horizontal cut - LH to handle - step in LF & cut as 5th Suburi (stay on line)
15. LF back to kumai (stance)

KATA

Facing 12:00 (1st Sword VS Sword - attacker side)

1. Slide to left front cover & thrust - cut
2. Cut up - feet together (RF to LF)
3. Step in LF & yokomen
4. Step in RF (cross line) & yokomen -- (pivot & step back LF to 6:00 kumai)

Facing 6:00 (2nd sword VS sword - attacker side)

5. Raise sword - Slide in to right - yokomen to knee
6. Step in LF to left & thrust
7. Step in RF to right & yokomen
8. Step in LF to left & thrust
9. Step in RF to right & yokomen -- (Sword up to 3:00 as RF crossover behind LF, pivot clockwise to 3:00 RH only slash upward - RF back as upward pose w/Jo (Long Hanmi) - RF step in & overhead strike)

Facing 3:00 (4th sword VS sword - attacker side)

10. Slide in RF to right & thrust
11. Step in LF to left & thrust
12. Step in RF to right & yokomen -- (turn counterclockwise to 9:00 - LF back to kumai)

Facing 9:00 (5th sword VS sword - defender side)

13. Raise sword - two step to left & yokomen - (RF to rear)
14. Step back LF & parry
15. Slide blades up to Tsuba
16. RF around back & parry
17. Step back LF & parry - slide thrust -- (Straighten to 12:00 kumai for 6th sword VS sword)

Facing 12:00 (6th sword VS sword - defender side)

18. Step in LF - sword up & back down (like 3rd Suburi)
19. Step in RF (cross to line right) & strike - Slide in RF thrust to SP
20. Step in LF (cross line to left) - cut head & right wrist
21. Step in RF (cross line to right) and cut left wrist & release
22. (Back to line) LF to RF, then RF back - deep yokomen to right - Slide back to thrust toward ground pose

FINISH

1. LF back to kumai - Sword up sideways & flat with handle over head (LH adjust saya) - RF back & RH whip to 90° (Chiburi)
2. LF back to kumai - Sword up sideways & flat in line with forearms - RH switch grip to palm down - RH fling sword around to end of saya - pull sword and insert tip
3. Left knee down & insert blade to halfway - right knee down & insert blade all the way - turn ha to face up
4. Remove sword from obi, RH palm up, LH on hip - Set down in front, tip right, ha facing body - Lay sword down
5. RH, LH to thighs - bow - up
6. RH takes sword up to center, tip on ground (R thumb on top of tsuba on close side) LH on thigh
7. LH to top of saya & slide down - sword to lap
8. RF up to stand - same time LH to RH - LH take sword to left side, RH at side
9. 3 steps back (RF 1st) - sword to RH - bow - sword to LH
10. Back up (or turn) to leave mat - bow at edge of mat - RF step off 1st - sit

Knife Kata

Farang Dan Gum Hyung (Farang Mu Sul Knife Form)
From Kuk Sa Nim Michael DeAlba - Founder of Farang Mu Sul

Bow:

Feet together, hands to side, bow LH handblade salute (fingertips eye level) say "Farang", LH fist out as downward block, say "Dan Gum Hyung".

Set:

Pull knife out, RF back to ("Side Hanmi"), Knife to forward grip at right hip, LH handblade

Hyung:

1. Step RF forward to Side Hanmi, do horizontal circle (face) clockwise - thrust
2. Vertical circle - thrust
3. Step LF forward to 45°, Horizontal Slash Inward
4. Horizontal Slash Outward
5. LF pull back to cat on 45°, Upward Slash
6. Downward Slash
7. LF forward to Side Hanmi, (adjust RF back a little), Thrust - Pull Back (no foot change)
8. Step LF forward to 45°, Diagonal Slash To 7:30
9. Diagonal Slash To 2:30
10. LF pull back to cat on 45°, Diagonal Slash To 10:30
11. Diagonal Slash To 4:30
12. LF forward to Side Hanmi, (adjust RF back), Thrust - Pull Back (move feet: LF, RF) - To Reverse Grip
13. RF forward to Side Hanmi, Slash up
14. Stab down
15. Feet pivot to Side Hanmi facing back, slash back
16. Stab forward
17. RF to 2:00, LF to 8:00 Side Hanmi, Slash horizontal to right
18. Stab back
19. LF to 10:00, then RF to 4:00 Side Hanmi facing left, Slash horizontal to left
20. Stab back
21. RF to 2:00, LF to 8:00 Side Hanmi, Slash top to bottom to right
22. Stab back
23. LF to 10:00, then RF to 4:00 Side Hanmi facing left, Slash top to bottom to left
24. Stab back
25. RF to 2:00, LF to 8:00 Side Hanmi, Slash bottom to top to right
26. Stab back
27. LF to 10:00, then RF to 4:00 Side Hanmi facing left, Slash bottom to top to left
28. Stab back
29. RH circle counter-clockwise, LH circle counter-clockwise, RF forward facing 10:00 - LH Parry, RH Stab, LF crossover behind at stab
30. Pivot, turning counter-clockwise, LH trapping, RH stab down (right knee to ground optional)

Open hands, come up slowly, two step (LF, RF) clockwise to rear - end in "Set" with knife in reverse grip

Close Kata RF to LF, RH counter-clockwise to hip, LH clockwise to handblade salute (fingertips eye level) say "Farang", go to Kajukenbo set position.

KNIFE ATTACKS

Block & Grab First - Control the Weapon

Atemi ASAP in each technique (use hands and/or feet)

Attack: Straight Thrust

Techniques:

1. Outward Wrist Lock - Standing Pin
2. Bent Arm Bar Turning (one knee down pin)
3. For low thrust: Crossblock (RH over) to extended wristlock (step back LF 1st, then RF) - Standing Pin w/Knees

Attack: Roundhouse Slash

Techniques:

1. Extension Throw (hang on) - GW
2. Figure 4 (atemi ribs) - GW
3. Double block, backfist temple, break elbow, elbow temple, grab throat, sweep - GW
4. 4-Direction throw - GW

Attack: Backslash

Techniques:

1. Double Block, Pull arm around to Hammerlock (Kajukenbo knife 2)
- TD on stomach - GW
2. For low backslash - Drop Elbow Arm Bar w/pin on stomach
3. For high backslash - Double block, Bent or straight armbar
(attack triceps tendon) - GW

Attack: Uppercut

Techniques: start with left downward block

1. Drop Elbow Arm Bar (kick out leg) - zone 2 - GW
2. Slap & Grab with left hand, other hand attack throat - zone 1 - TD, GW

Attack: Overhead Strike (Ice-Pick)

Techniques:

1. Outward Wrist Lock - GW
2. Bent Arm Bar (LH stop elbow from underneath, RH grab forearm) - GW
3. Zone 2 - RH outward block (blending sweep) to corner drop - GW

Attack: Angled attacks - Flow Drills

Techniques:

Do empty handed as Indexing & as parry guiding. Be Creative!

KNIFE ATTACKS

Grab First - Control the Weapon

Atemi ASAP in each technique (use hands and/or feet)

Attack: Knife to Throat or Chin (from front)

Techniques:

1. Outward Wrist Lock (attack palm up to left side of neck) - GW
2. Extended Wrist Lock - Roll hand & turn your body to your elbow on Uke's elbow (attack palm down to right side of neck) - GW
3. (attack palm up to left side of neck) Lock weapon, pull elbow & figure-4 - GW

Attack: Knife to Stomach (from front)

Techniques:

1. Outward Wrist Lock - GW
2. Drop Elbow Arm Bar (kick out leg) - GW
3. Grab, & Roll Down to Arm Bar - GW

Attack: Knife to Back (from back)

Techniques:

1. Outward Wrist Lock - GW
2. Bent Arm Bar Turning - GW

Attack: Knife to Front of Throat (from back) - attacker hammer grip

Techniques:

1. Outward Wrist Lock - Take Knee - GW
2. Figure 4 - GW

Attack: Knife to Stomach (from back)

Techniques: **Grab and turn knife first** - Rear end atemi (stomp foot if you can)

1. Inward Wrist Lock - GW
2. Lock & roll to ground (into knife arm), to Armbar with Gooseneck - GW

CLUB (Baseball Bat) ATTACKS

Grab First - Control the Weapon - Atemi ASAP in each technique (use hands and/or feet)

Basic Rules:

1. First - Get out of the way & control the weapon - Grab weapon hand properly - Atemi ASAP
2. Practice all techniques with a left handed attacker also. Baseball Bat is LONGER than a club
3. Blending with the attack is best. Or stopping the attack - blocking is to be learned also
4. Attacks are: High (to head), Middle (to stomach/ribs), Low (to groin or knee)

Techniques:

Practice entering and (YOU attack) blending - Entering (YOU attack) and blocking

Practice all techniques on the second strike (avoid the first strike) - Think Zones

Takedowns and groundwork on ALL techniques. Take club on ALL techniques

TECHNIQUE	ATTACK	ZONE	LEVEL
Outward wrist lock - blend (Large Circle)	Overhead Strike	Two	
Outward wrist lock - blend (Large Circle)	Thrust -----	Two	High, Middle, Low
Outward wrist lock - blend (Large Circle)	Backslash -----	Two	High, Middle, Low
Outward wrist lock - block (Large Circle)	Backslash -----	Two	High, Middle, Low
Bent Arm Bar Blocking (RH upward block)	Overhead Strike	Under	
Bent Arm Bar Blending	Overhead Strike	One	
Bent Arm Bar Blending	Thrust -----	One	High, Middle, Low
Arm Bar (Crossblock LH over & swing arm left to break elbow - as Kajukenbo Club #2)	Overhead Strike	Under	
Arm Bar (Double Block)	Backslash -----	Two	High
Extended wrist lock (Crossblock RH over & big circle - as Kajukenbo Club #1)	Overhead Strike	Under	
Extended wrist lock (Crossblock & circle)	Thrust -----	Over	Low
Figure 4 - blend	Thrust -----	One	High
4 Direction Throw - blend	Roundhouse -----	One	High
Figure 4 - block	Roundhouse -----	One	High
Hammerlock	Thrust -----	Two	High
Hammerlock (Double Block, pull & circle)	Backslash -----	Two	High
Arm Lock Choke	Thrust -----	Two	High
Extension Throw	Roundhouse -----	One	High
Spinning Throw (Baseball Bat)	Roundhouse -----	One	High, Middle, Low
Blend and Roll Down to Arm Bar	Roundhouse -----	One	High, Middle
Blend and Roll Down to Arm Bar (Baseball Bat)	Backslash -----		High, Middle
Backslash Attack - Enter to Zone 2	Backslash -----	Two	High, Middle, Low

GUN ATTACKS

Grab First - Control the Weapon - Atemi ASAP in each technique (use hands and/or feet)

Basic Rules:

1. Attacks are from one of **FOUR SIDES**: front, back, right, left
2. Attacks are on one of **THREE LEVELS**: High (Head), Middle (Chest, Stomach), Low (Thigh, Groin)
3. **FOUR SIDES** and **THREE LEVELS** equals 12 different attacks
4. First - Get out of the way & control the weapon - Grab weapon hand properly
5. Atemi ASAP
6. Get the gun and cover back. Do not shoot!
7. Practice all techniques with a left handed attacker also
8. The gun is like a very long, red hot knife - get out and stay out of the way.

TECHNIQUE (All assume that gun is in right hand)	SIDE	LEVEL
Outward wrist lock (Large Circle)	Front, Right, Back	High, Middle, Low
Bent Arm Bar	Front, Left, Back	High, Middle, Low
Straight Arm Bar - break elbow	Right, Back	High
Inward (Kajukenbo Gun 4) & Extended wrist locks (palm down attack)	Front	High, Low
Figure 4 (Kajukenbo Gun 1)	Front	High
Grab and Roll Down to Arm Bar	Front, Left, Back	High, Middle, Low
Arm Lock Choke (Kajukenbo Gun 2) - TD	Front	High, Middle
LH block, RH attack throat (Kajukenbo Gun 5) - TD	Front	High
Hyper extension of wrist backward (NYPD)	Front	Middle