

# BO KATA 5

#	Technique	Stance	Footwork	Direction
1	One-Handed Rib Strike Presentation	Closed	None	Forward
2	Push Block (center)	Straddle	Right Step	Right 45°
3	Left Rib Strike	Left Front	Left Step	Right 45°
4	Right OHRS	Straddle	Left Step	Right 45°
5	OHFS	Left Front	Left Step	Forward
6	Skip OHFS	Left Front	Right, Left Step	Forward
7	Front Thrust	Right Long Front	Right	Forward
8	Inside-Out Curl	Left Long Front	None	Forward
9	Sweep Reverse Uppercut - OHRS	Straddle	Right	Forward, Right
10	Left OHRS	Straddle	None	Right
12	Front Thrust	Right Long Front	Right Step	Right
13	Reverse Thrust	Left Back	Left Step	Left
14	Sweep, Batting Stance	Left Back	Burst Back	Left
15	Baseball Bat Swing	Right Walking	Right Step	Left
16	Advancing Poke	Walking, Closed, Walking	Left, Right Step	Left
17	Heel Knee Strike	Right Modified Front	Right Step	Left
18	Downward Thrust	Left Crane	Left Step	Left
19	Angle Block	Right Crane	Left, Right Step	Right
20	OHFS	Right Front	Right Step	Right
21	4-Point Combination	Right Front	None	Right
22	Sweep OHFS	Right Front	Right Step Out, Step Back	Right
23	Right OHRS	Right Front	Burst	Left

24	Overhead Spin to Back Strike Presentation	Right Cat	Right Step	Right
25	Skip OHFS	Left Front	Right, Left Step	Right
26	Front Thrust	Right Long Front	Right Step	Right
27	Overhead Spin to Warrior Stance	Linear Back	Right Step	Right 45°
28	Skip OHFS	Left Front	Right, Left Step	Right 45°
29	Sweep OHFS	Right Front	Right Step	Right 45°
30	Sweep Reverse Uppercut-OHRS	Straddle	Right Step	Right 45°, Forward
31	Left OHRS	Straddle	None	Forward
32	Front Thrust	Right Long Front	Right Step	Forward
33	Angle Block	Right Crane	Right Step	Back
34	Figure 8 Spin and Catch, Heel Rib Strike	Right Walking	Right Step	Back
35	Tip Rib Strike	Left Walking	Left Step	Back
36	Spinning OHRS	Right Walking	Right Step	Back
37	Upward Heel Strike	Right Walking	None	Back
38	Front Strike	Left Cross (close)	Left Step	Back
39	Right OHRS	Straddle	Right Step	Forward
40	Reverse Uppercut	Left Cross	Right Step	Forward
41	Skip OHFS	Left Half-Kneeling	Right, Left Step	Forward
42	Right OHRS	Left Half-Kneeling	None	Right