

BO KATA 2

#	Technique	Stance	Footwork	Direction
1	Left Downward Chop	Straddle	Left Step	Forward
2	Circle Presentation, Angle Block	Right Crane	Right Step	Left
3	Right OHRS	Right Front	Right Step	Right
4	Left OHRS	Right Front	None	Right
5	4-Point Combination	Right Front	Right Step	Right
6	Right OHRS	Right Front	Right Step	Right
7	Overhead Spin Setup -Right Reverse Folding Strike	Left Front	None	Forward
8	Double Figure 8 OHFS	Right Front	Left, Right Step	Forward
9	Sweep	Right Front	None	Forward
10	Uppercut	Right Back	Right Step	Forward
12	Bo Backfist	Straddle	None	Forward
13	5-Point Combination	Straddle	Left, Right Step	Forward
14	Left Spinning OHRS	Left Front	Right, Left Step	Left
15	Sweep	Left Front	None	Left
16	OHFS	Right Front	Right Step	Left
17	Double-Double	Straddle	Right, Left, Right Step	Left
18	Baseball Bat Swing	None	Left Shuffle	Left
19	OHFS	Right Front	Right Step	Left
20	Right OHKS	Closed	Left Step	Left
21	Right Upward Heel Strike	Left Back	Right Step	Left
22	Right Heel Poke	Left Back	Forward Shuffle	Left
23	Right Reverse OHFS	Left Front	Pivot	Left
24	Right OHRS	Right Wide Front	Pivot	Forward
25	Uppercut	Cross	Left Step	Forward
26	Figure 8 Push Block	Right Front	Right Step	Forward
27	OHFS	Right Front	Right Step	Forward
28	4-Point Combination	Right Front	None	Forward

29	Front Thrust	Right Long Front	Right Step	Forward
30	Angle Block	Right Crane	Right Step	Back
31	OHFS	Right Front	Right Step	Back
32	5-Point Combination	Straddle	Left, Right Step	Back
33	Left OHRS	Left Front	Left Step	Forward
34	Right Rib Strike	Straddle	Right Step In, Out	Forward
35	Left Rib Strike	Straddle	None	Forward
36	Right Knee Strike	Right Front	Pivot	Forward
37	Downward Thrust	Right Front	Right Step	Forward
38	OHFS	Closed	Right Step	Forward
39	Right Folding Rib Strike	Closed	None	Forward