

# BO KATA 6

#	Technique	Stance	Footwork	Direction
1	Vertical Rib Strike Presentation, Overhead Spin Setup	Closed	None	Forward
2	Fold to Staff in Crook of Elbows	Horse	Left Step	Forward
3	Right Forearm Roll	Left Linear Back	Right Step	Forward
4	Skip OHFS	Left Front	Right, Left Step	Forward
5	Sweep OHFS	Right Front	Right Step	Forward
6	Sweep Reverse Uppercut	Left Front	Right Step	Forward
7	Figure-8 OHFS	Left Front	Right, Left Step	Forward
8	Overhead Spin to Warrior's Stance	Left Linear Back	Left Step	Left
9	Left OHRS	Left Front	Left Step	Left
10	Heel Knee Strike	Right Front	None	Left
11	Downward Thrust	Right Front	Right Step	Left
12	Wushu Poke	Left Back	Slide Back	Left
13	Baseball Bat Swing (Stop in front)	Left Walking	Shuffle Forward	Left
14	Release Left Hand, Fold Under Shoulder, Vertical Strike	Right Walking	Right Step	Left
15	One-Handed Overhead Swing	Right Walking	Right Step	Right
16	One-Handed Overhead Swing	Left Walking	None	Left
17	Re-grip with Left Hand, OHFS	Right Front	Right Step	Left
18	Heel Knee Strike	Right Modified Front	None	Left

19	Downward Thrust	Left Crane	Left Step	Left
20	Angle Block	Right Crane	Left Step Out, Right Step	Right
21	OHFS	Right Front	Right Step	Right
22	Front Thrust	Right Long Front	Right Step	Right
23	Heel Rib Strike	Modified Long Front	None	Right
24	Tip Rib Strike	Left Walking	Left Step	Right
25	Overhead Spin to Warrior's Stance	Left Linear Back	Right Step	Left 45°
26	360 Exchange OHFS	Right Front	Right, Left, Right Step	Left 45°
27	Angle Block	Right Crane	Right Step	Backward
28	Figure-8 Spin and Catch, Heel Rib Strike	Right Walking	Right Step	Backward
29	Tip Rib Strike	Left Walking	Left Step	Backward
30	Spin OHRS	Right Walking	Right Step	Backward
31	Overhead Spin Presentation	Left Modified Walking	None	Forward
32	Figure 8 OHFS	Left Kneeling	Right, Left Step	Forward
33	Right OHKS	Left Kneeling	None	Right