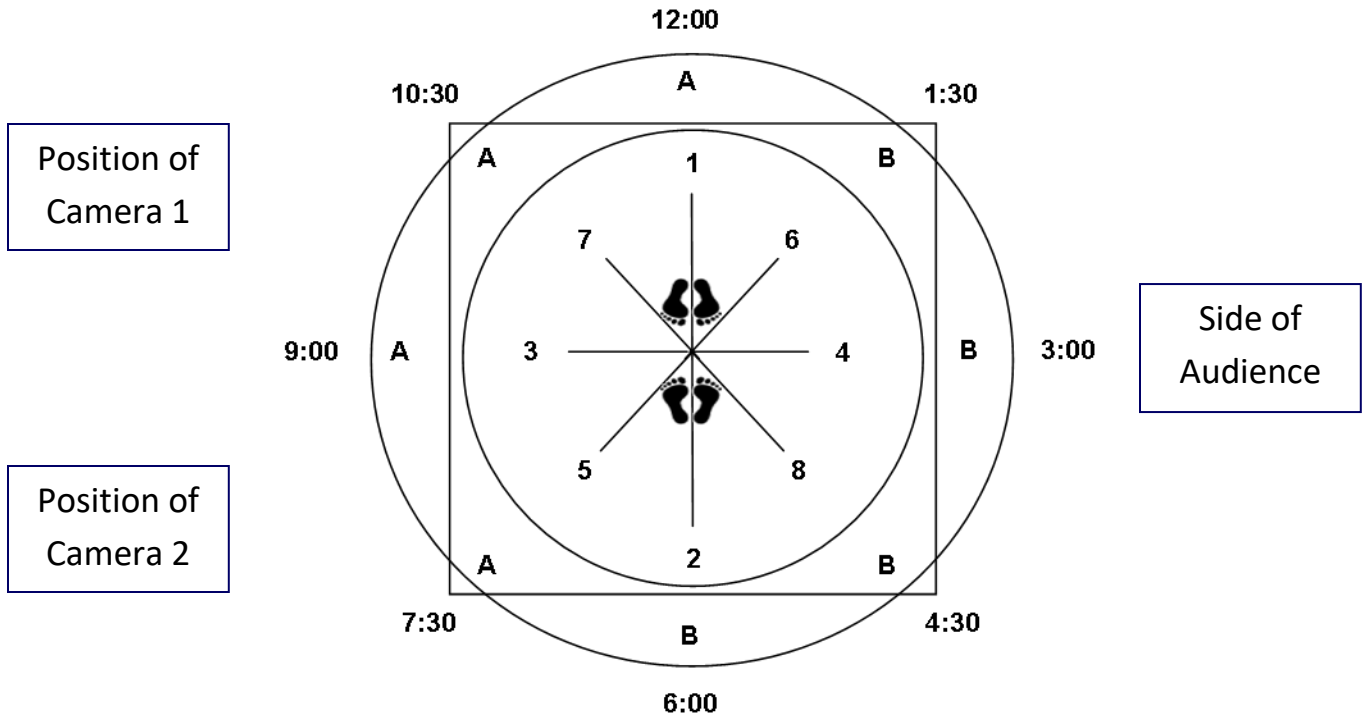


Two-Man Bo Set

Butterfly Form

Patterns and Directions:

The Two-man Bo Set, known as the Butterfly Bo Form, is based on a clock format with an eight directional star pattern creating the fight lines and a square layout establishing sides and corners of attack or defense and views of a live audience or cameras.

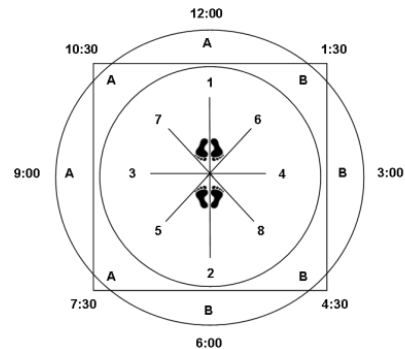


Explanation:

There are two different parts performed in this kata. The kata is designed with the application, called *bunkai*, of the American Open Bo Forms: Bo Pivot Form (Beginner Set 1), Bo Kata I (Intermediate Set 2), and Bo Kata 2 (Advanced Set 3). There are four exchanges in the Beginner Set, four exchanges in the Intermediate Set, four exchanges in the Advance Set, and four exchanges in the Black Belt Set, with a total of sixteen exchanges with each part for a total of thirty-two moves when both parts are learned in all four sets of the Two-man Bo Set. Each exchange has an attack and counter which are usually mirrored. The (A) side or corner always attacks first and the (B) side or corner always blocks first – (A) for attack and (B) for block. This kata also teaches the discipline and focus that is required for movie choreography. The kata should always be practiced half speed until the moves are well-learned. This kata displays the beautiful, powerful, and graceful moves of the butterfly. The blending between attacker and defender, called *musubi*, exhibits smooth execution of technique. The individual energy of each warrior begins to combine as their minds begin to connect and their centers begin to merge as one unified entity. This connection of energy, or *ki*, is the key for this kata to be performed at a high level. Let the Butterfly Form tell the story of a famous duel of combative skills between two of the most formidable warriors of all times - Kojirō and Musashi.

Two-Man Bo Set

Butterfly Form



Beginner Set I

Beginning Salutation: (1-2 vertical line)

Kojirō: (Side A) - Saizan position at 12:00 (facing 6:00). Bow and roll bo, bo presentation, attention side spin bo, and bow.

Musashi: (Side B) - Saizan position at 6:00 (facing 12:00). Bow and roll bo, bo presentation, attention side spin bo, and bow.

1. **Crossing Swords:** (1-2 vertical line)

Kojirō: (Side A) - Front spin bo to horse stance stepping right (toward A wall) sliding right hand (toward A wall) to end of bo, cross bo (chest level) to opponent's hand, raise bo above head and left (palm out) shuto (toward B wall).

Musashi: (Side B) - Front spin bo to horse stance stepping left (toward A wall) sliding left hand (toward A wall) to end of bo, cross bo (chest level) to opponent's hand, raise bo above head and right (palm out) shuto (toward B wall).

2. **Four Directions:** (1-2 vertical line)

Kojirō: (Side A) - Raise bo above the head and step back to **left** fighting stance facing 6:00 keeping weapons connected. Attack with right overhead downward/reverse upward/cross/reverse helicopter strikes. Block with double upward/downward/left/right middle blocks.

Musashi: (Side B) - Raise bo above the head and step back to **left** fighting stance facing 12:00 keeping weapons connected. Block with double upward/downward/left/right middle blocks. Attack with right overhead downward/reverse upward/cross/reverse helicopter strikes.

3. **Dancing Cranes:** (3-4 horizontal line)

Kojirō: (Side B) - Circle left to **right** fighting stance at 3:00 (facing 9:00) connecting weapons. Counter with left side full circle parry clockwise/reverse low strike to rear crane stance/high strike to front crane stance back to fighting stance. Attack with left side full circle parry counter clockwise/reverse low strike to rear crane stance/high strike to front crane stance back to fighting stance.

Musashi: (Side A) - Circle left to **right** fighting stance at 9:00 (facing 3:00) connecting weapons. Attack with left side counter clockwise full circle parry/reverse low strike to rear crane stance/high strike to front crane stance back to fighting stance. Counter with left side clockwise full circle parry/reverse low strike to rear crane stance/high strike to front crane stance back to fighting stance.

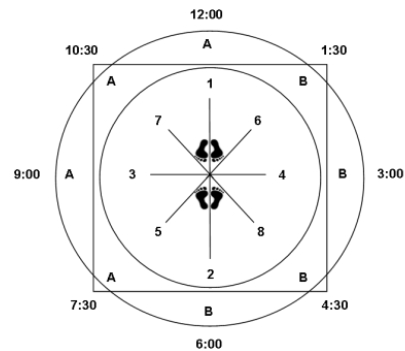
4. **Rowing the Boat:** (1-2 vertical line)

Kojirō: (Side B) - Circle left remaining in **right** fighting stance at 6:00 (facing 12:00) connecting weapons. Block stepping back right and right high cross block, step back left and left high cross block, step back right and right high cross block. Attack stepping right and right high cross strike, step left and left high cross strike, step right and right high cross strike, step back left to right bow and arrow stance (facing A wall) and right circle low block to tiger form pose.

Musashi: (Side A) - Circle left remaining in **right** fighting stance at 12:00 (facing 6:00) connecting weapons. Attack stepping left and left high cross strike, step right and right high cross strike, step left and left high cross strike. Block stepping back left and left high cross block, step back right and right high cross block, step back left and left high cross block, step back left to right bow and arrow stance (facing B wall) and right circle low block to tiger form pose.

Two-Man Bo Set

Butterfly Form



Intermediate Set II

5. **Shooting Stars:** (1-2 vertical line)

Kojirō: (Side B) - Step across right and behind left (full turn) back to 6:00 (facing 12:00) to **left** tiger stance (bo in baseball bat position). Evade sliding right hand to center of bo and step back right to shooting star. Evade lifting left foot to side crane stance back to left forward stance and attack with right cross strike/step right and high lunge strike to head, slide right to **right** cat stance and double grip bo on left.

Musashi: (Side A) - Step across right and behind left (full turn) back to 12:00 (facing 6:00) to **left** tiger stance (bo in baseball bat position). Attack with a right high baseball bat swing/left low reverse baseball bat swing, slide left to left cat stance and slide bo to double vertical center position, step out left to horse stance and left double vertical middle block, evade sliding right hand to center of bo and right shooting star/right single vertical high block back to horse stance, slide left to **left** cat stance and double grip bo on right.

Landing the Helicopter: (1-2 vertical line)

Kojirō: (Side B) - Counter from 6:00 (facing 12:00) with reverse figure “6” parry block in **right** cat stance, lift right foot to side crane stance (facing A wall) evading stab, (react to round kick) spinning half turn with right foot forward to one-knee stance (left knee down) to 6:00 and double high horizontal block/pivot left a quarter turn to kneeling position (facing 3:00) and double center vertical block/pivot left a quarter turn to one-knee stance (right knee down) to back to 12:00 and double low horizontal block/double left vertical block to running stance, rear leg arc and left low block.

Musashi: (Side A) - Attack from 12:00 (facing 6:00) with figure “6” parry block in **left** cat stance, right stab to attacker’s front foot to running stance, set bo on floor (representing stuck in the sand), left cross check and right changebody roundhouse kick to head. Reverse tiger grip bo and flip left overhead downward strike/step up left and back right to one-knee stance (right knee down) and low helicopter strike/low reverse upward strike/right cross strike to left forward stance, step right and right lunge strike to center.

6. **Over the Horizon:** (3-4 horizontal line)

Kojirō: (Side A) - Attack from 9:00 (facing 3:00) with right overhead strike in **left** forward stance. Block with double horizontal high block/left high cross clear.

Musashi: (Side B) - Step across right and behind left (facing 9:00) to **left** forward stance and block with double horizontal high block/left high cross clear. Attack with right overhead strike.

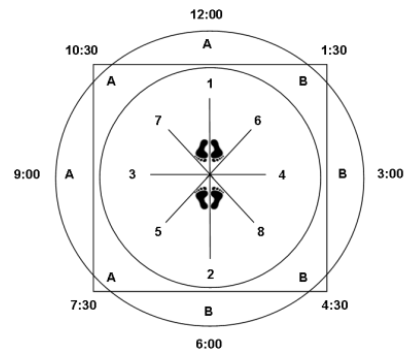
7. **The Cat Shuffle:** (3-4 horizontal line)

Kojirō: (Side A) - Rear leg arc to left cat stance (side bo spins) from 9:00 (facing 3:00). Attack with cat shuffle high/middle/low spear strikes. Right overhead strike (react to front kick). Hop to 6:00 (side bo spin) to peacock stance looking left with left hand check (facing 12:00).

Musashi: (Side B) - Spin left to left cat stance (side bo spins) from 3:00 (facing 9:00). Retreat with reverse cat shuffle left high/flip left low/spin right low/double high block and jump left, right front kick to body. Hop to 12:00 (side bo spin) to peacock stance looking left with left hand check (facing 6:00).

Two-Man Bo Set

Butterfly Form



Advanced Set III

8. **Fanning Peacocks:** (1-2 vertical line)

Kojirō: (Side A) - Circle right to 12:00 (helicopter bo spin) to **left** fighting stance (facing 6:00). Left and right diagonal cross strikes. Attack stepping right and right overhead cross strike/step back right, up left and left overhead cross strike to left fighting stance. Evade by dipping and jumping.

Musashi: (Side B) - Circle left to 6:00 (helicopter bo spin) to **left** fighting stance (facing 12:00). Right and left diagonal cross strikes. Evade stepping back right (airplane bo spin) to left peacock stance/right cross check. Step across right, back left (airplane bo spin) to right peacock stance/left cross check. Attack with high overhead swing to left fighting stance/reverse low swing missing and stumbling.

9. **Figure Eights:** (5-6 right diagonal line)

Kojirō: (Corner A) - Circle right to 7:30 (facing 1:30) twirling (one-hand figure “8” bo spins) to **left** cat stance. Attack walking in cat stances (right/left/right) twirling (two-hand figure “8” bo spins), right (behind the shoulder roll) to right crane stance and right overhead strike/extended middle lunge thrust. Retreat stepping across right and behind left (behind the back bo spin) full left turn to right cat stance, step back right and double horizontal high/low block. Attack walking in cat stances (right/left/right) twirling (two-hand figure “8” bo spins), step back right and right down/up/cross strikes and right lunging middle thrust.

Musashi: (Corner B) - Circle right to 1:30 (facing 7:30) twirling (one-hand figure “8” bo spins). Right (one-hand helicopter bo spin) to left crane stance blocking with double horizontal high/low block to **left** forward stance. Attack walking in cat stances (right/left/right) twirling (two-hand figure “8” bo spin), right (behind the shoulder roll) to right crane stance and right overhead strike/extended middle lunge thrust. Retreat stepping across right and behind left (behind the back spin) full left turn to right cat stance, step back right and double horizontal up/down/left cross blocks. Left rear arc and reverse tiger form block.

10. **Butterfly Wings:** (7-8 left diagonal line)

Kojirō: (Corner B) - Circle right to 4:30 (facing 10:30) left and right (helicopter spins) butterflying bo. **Left** side horse stance and left butterfly strike with right shuto, fold arms right half turn to right side horse stance and right spinning butterfly strike with left shuto. Left draw and right clear, low sweep, catwalk and double vertical block/roundhouse kick to chest. Drop to left one-knee stance and low spear lunge.

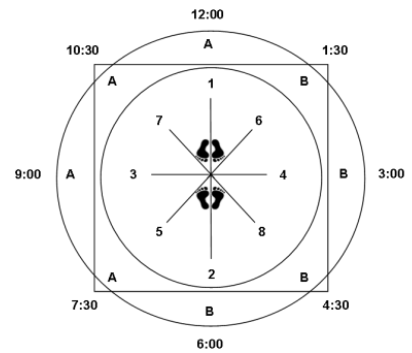
Musashi: (Corner A) - Circle right to 10:30 (facing 4:30) left and right (helicopter spins) butterflying bo. **Left** side horse stance and left butterfly strike with right shuto, fold arms right half turn to right side horse stance and right spinning butterfly strike with left shuto. Evade raising right leg and right cross strike (react to round kick). Left rear arc and reverse tiger form block.

11. **Whirlybird:** (7-8 left diagonal line)

Kojirō: (Corner A) - Slowly raise bo sliding right hand down, left half turn to **left** tiger stance in baseball bat position (facing 4:30). High baseball bat swing hopping across right (spinning full turn) lunging to right forward stance and right cross strike/middle bo thrust inside opponent’s arms, shuffle pulling bo back to disarm and right side kick to body. Step across right, left half turn to left forward stance and reverse low strike to groin/rear arcing downward strike to back.

Musashi: (Corner B) - Circle right to center (facing 10:30) to **left** fighting stance. Evade by ducking. Step back right to left forward stance and left double vertical block, (react to side kick). Double horizontal low block (react to downward strike).

Two-Man Bo Set Butterfly Form



Black Belt Set IV

12. **Flying Sidekick:** (3-4 horizontal line)

Kojirō: (Side A) - Circle left to 9:00 (facing 3:00) butterflying bo to left fighting stance (smelling blood). Right and left step jump flying side kick to head (opponent is slumped over).

Musashi: (Side B) - Go to one knee to 3:00 (facing 9:00), raise to left fighting stance slightly bent over. (React to flying side kick) dropping bo with left hand (toward center) falling on back.

13. **Butterfly Catch:** (7-8 left diagonal line)

Kojirō: (Side A) - Step across right to 10:30, behind left half turn (facing 4:30) and right lunging overhead strike. Position hands to (inside) of opponent's hands on bo pulling opponent to feet struggling over weapon.

Musashi: (Side B) - Empty-hand butterfly catch at 4:30 (facing 10:30). Position hands to (outside) of opponent's hands pulling yourself to feet struggling over weapon.

14. **Flip Throw:** (1-2 vertical line)

Kojirō: (Side B) - Circle right to 6:00 (facing 12:00) rocking the bo right and left twice. Defend stepping across right, behind left half turn (back to back) to opponent (facing 6:00), flip over opponent's back landing on feet (facing 6:00) and right front thrust kick disarming and taking bo from opponent.

Musashi: (Side A) - Circle right to 12:00 (facing 6:00) rocking the bo left and right twice. Attack stepping across right, behind left half turn (back to back) to opponent (facing 12:00), flip opponent over back (react to front thrust kick).

15. **Helicopter Kill:** (1-2 vertical line)

Kojirō: (Side A) - Jump flying overhead strike for the kill (left leg forward). Raise left leg and back fall. (React to spear). Resurrect and spin bo bow.

Musashi: (Side B) - Grab opponent's bo (forward roll) to left one-knee stance and double high horizontal block/right low helicopter strike to kneeling stance/left low helicopter strike sweeping opponent. Left one-knee stance and right overhead spear for the kill. Thrust bo sliding hands down bo. Right stomp pulling spear out. Right foot sweep to front bo spin and prepare. Step back left to low fighting stance. Spin bo bow.

Ending Salutation: (1-2 vertical line)

Kojirō: (Side A) - Saizan position at 12:00 (facing 6:00). Bow and roll bo, bo presentation, attention side spin bo, take 4 small steps back to attention stance and bow.

Musashi: (Side B) - Saizan position at 6:00 (facing 12:00). Bow and roll bo, bo presentation, attention side spin bo, take 4 small steps back to attention stance and bow.

The caterpillar disappears into a cocoon, appearing dead. Later, it emerges, having transformed into something more beautiful and powerful. The butterfly represents the resurrection of Jesus Christ. It symbolizes the spirit of the believer that is born again, the mind of the believer that is renewed, and the body of the believer that is resurrected from the dead.

So will it be with the resurrection of the dead. The body that is sown is perishable, it is raised imperishable; it is sown in dishonor, it is raised in glory; it is sown in weakness, it is raised in power; it is sown a natural body, it is raised a spiritual body. (1 Corinthians 15:42-44)