

Bo Bo Kumite

Person in the back starts it.

Yasame.

Kiotsuke.

Rei.

Bo Bo kumite Hajime.

All guards are left side guards for both.

Tori is the attacker.

Uke is the defender

Sequence 1.

Tori: Attack with side strike to elbow/ribs.

Uke: Step around with R foot and middle block #6. Reset.

Sequence 2.

Tori: Attack with two punches to the ribs. Advancing in Kosa Dachi, then Zenkutsu Dachi.

Uke: Shuffle back into horse downward block #3 twice. Reset.

Sequence 3.

Tori: Step in and attack with roundhouse strike to the back of the knee. Then step in and attack other side. Then block head with #9.

Uke: Prepare Bo level. Step away with R foot and block down with L hand. Then step away L and block down with R hand and smash with the back of the Bo to the crown.

Sequence 4.

Tori: Step in and attack ribs with L hand. Then step in and attack other side, then block head fast.

Uke: Step away R foot. Defend with a middle #6 block. Then step away L and middle block with other side. Attack with fast strike to head. Reset.

Sequence 5.

Tori: Step in and attack the temple with a roundhouse strike. Then step in and attack the other side. Step back into Cat stance and defend with a lower block.

Uke: Step away R and block temple attack. Step away L and block other side. Then shuffle forward and attack up with the back of the Bo. Reset.

Sequence 6.

Tori: Shuffle in and attack with a roundhouse to the back of the knee then pull the Bo back in a circular fashion and attack the crown. After push kick, attack the ribs by stepping into Kosa Dachi and thrusting to ribs.

Uke: Defend by jumping over the knee strike. Lift Left foot then right. Block #9 against the crown strike. Thrust kick with L foot to Tori and spin to the right landing in horse stance. Reverse front hand grip and block down on thrust. Reset.

Sequence 7.

Tori: Shuffle and attack the front of the knee. Then step and attack the other side. Then retreat and block the head attack with #9 block.

Uke: Defend in place by blocking with the right hand. Than step away and block with the left. Chamber is at the shoulder. Step in and attack the crown. Reset.

Sequence 8.

Tori: Shuffle and attack their left side temple. Then step in and attack the other side. Step again and circle the Bo to attack the crown. Retreat fast after they push down.

Uke: Block the temple strike in place with the front hand. Then step away and block the other side. Step away again and push down the crown strike rolling the Bo and advancing. Reset.

Sequence 9.

Tori: Step into Kosa Dachi and thrust to the throat.

Uke: Block fast with the back of the Bo. Step in and continue Bo motion into a reverse grip chamber for a middle thrust to the ribs. Then after 2 seconds slide back into Musubi Dachi.

Bow out.