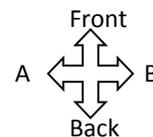


Bo Kata 8

1. Open up
2. Step right foot behind left into a back cat stance facing 45° back/A
3. Step forward into a cover right and execute a poke to the attacker's face??
4. Step forward again into a cover left execute a double strike to the attacker's face.
5. Change your grip on the Bo to resemble gripping a bat, step left foot back (towards the front)
Pivot 270° counter clockwise until facing the front.
6. As you pivot and face the front, step into a cover left, release the Bo with your left hand and re-grip. Allow the Bo to pass through and perform a triple strike, cover left facing front, to the attacker's face right, left, right.
7. Left foot crosses over in front of right, pivot toward side B, execute a lean away poke toward the front aimed at the attacker's face.
8. Step forward into a right 45°, facing side B/back. Throw the Bo poking the attacker's eyes catch the Bo with your right hand.
9. Pull your right foot back into a horse facing side B, perform a single strike with the left hand to the attacker's face followed quickly by an upward strike to the attacker's groin.
10. Perform a right leg knife edge toward side B to the attacker's body, keep right leg chambered.
11. Step into a cover left facing the front.
12. Hop 360° clockwise to the back into a cover left, perform a cross **strike**/?? double strike left, right to the attacker's face. unfinished
13. Pivot 180° toward the back into a cover right, perform poke underneath over the top while switching feet from cover left into cat on the right and back to a cover left.??
14. Step 180° toward side B into a cover left with your body at a 45° angle to the floor. With your left hand lay the Bo on your back, grab the Bo with your right hand bringing it forward.
15. Place both hands on the end of the Bo with a baseball grip. Rotate the Bo around 360° parallel to the floor and stop.
16. Step with left foot counter clockwise into a horse facing the front. The Bo blocks the attacker parallel to the body left hand high on the Bo.
17. With right hand scoop the attacker's foot, perform a poke down to the attacker's fallen body.
18. With 2 hands on the Bo move the Bo in a circular motion keeping your attacker on the ground as you cross right foot over left and then bring left foot around into a horse facing 45° toward front/B.
19. Step out with left foot into a back stance horse facing 45° front/A, with the Bo perform a large outward block to the attacker's incoming two-knuckle.
20. Step left foot back while right foot pivots to a ready stance facing 45° A/back. The Bo comes up under



21. Step back with your right foot into a cover right while your right hand drops to your side and continues back to strike the attacker in the groin.
22. Step with your left foot into a cover left. Pivot counter clockwise 180o , with the left end of the Bo scoop the attacker's foot.
23. Step with left foot into a horse at 45o back/B. Perform a lean away poke to the fallen attacker's body.
24. With your right hand perform an Ariel clockwise 360o. After the first 360o turn grab the end of the bo with both hands and step forward into a ready position facing front.
25. Perform 2 more Ariel's to the attacker's face/head, stop with the Bo facing front after the 3rd Ariel.
26. Perform 3 Ariel's counter clockwise, high, low, high with power.
27. Step back with left foot into a cover left facing side A. Perform a power hand single strike to the face.
28. Step back with right foot into a cover right facing side A. Perform a power hand single strike to the face.
29. Step back with left foot into a cover left . Perform an outward block.
30. Step clockwise toward the front with your left foot into a horse and perform a cross block.
31. Step clockwise with right foot 180o into a horse facing the back and perform a cross block.
32. Step clockwise 135o into a cover right facing at a 45 front/A perform a power hand single strike to the attacker's face.
33. Step back with left foot into a cover left and perform a power hand single strike to the attacker's face.
34. Step back with right foot into a cover right and perform a power hand single strike to the attacker's face.
35. Step back with left foot into a left cat stance with Bo in a set position.
36. Slide right foot forward into a cover left and perform a poke to the attacker's face.
37. Step forward into a cover right and perform underneath to the groin on the left side.
38. Step forward into a cover left and perform over the top to the attacker's head.
39. Pivot 315o clockwise to face the front and drop to your right knee, As you perform a power hand, over head circle strike to the attacker's body.
40. Bring the Bo into your right hand and rotate it 360o.
41. Step up into a horse facing side B. Perform a lean-away poke to the attacker's face.
42. End with salutation.