

Ufugusuku no kon

	Movement	Stance	Bo	Hands	
				L	R
Yoi		Feet together	Tuck under right arm		
Rei					
Yoi	Left foot out	Shiko dachi	Vertical on right side	1/3	1/3
1	Right foot back, pivot	Kokutsu dachi	Gedan barai	1/2	1/3
2	Left foot back, pivot	Uki ashi dachi	Chamber	1/3	1/3
3	Right step forward	Uki ashi dachi	Kesa geri / kamae		
4		Uki ashi dachi	Chudan tsuki / kamae		
5	Right foot back slightly	Uki ashi dachi (short)	Tate uke	1/2	1/3
6	Right foot forward	Uki ashi dachi	Kesa geri / kamae		
7	Right foot step back	Uki ashi dachi	Gyaku age uke	1/2	1/3
8	Transition	Kokutsu dachi	Gedan barai	1/2	1/3
9	Left foot back, pivot	Uki ashi dachi	Chamber	1/3	1/3
10	Right foot step forward	Uki ashi dachi	Kesa geri / kamae		
a	Look behind				
b	Transition	Kokutsu dachi	Gyaku gedan tsuki	1/2	1/3
c	Pivot	Uki ashi dachi	Chamber	1/3	1/3
Repeat 3-10					
e	Look left				
f	Right foot over left	Uki ashi dachi	Soto uke	1/3	1/3
g	Look behind				
h	Transition	Kokutsu dachi	Gyaku gedan tsuki	1/2	1/3
i	Pivot	Uki ashi dachi	Chamber	1/3	1/3
Repeat 3-10					
j	Look behind				
k	Transition	Kokutsu dachi	Gyaku gedan tsuki	1/2	1/3
l	Pivot	Uki ashi dachi	Chamber	1/3	1/3
Repeat 3-10					
m	Right foot even with left	Shiko dachi	Vertical on right side		
Yoi	Left foot in	Feet together	Tuck under right arm		
Rei					

This is meant as a reference for students only. It is not intended to serve as a substitute for class instruction.

Special Terms:

Kokutsu dachi:	Reverse long stance	Kesa geri:	“scarf cut,” basic diagonal forward strike
Chudan tsuki:	middle thrust	Tate uke:	vertical block
Gyaku gedan tsuki:	Low butt end thrust		

