

OKINAWA KOBUDO SEISHINKAN

Guía técnica

BO JUTSU

Junbi Undo:

Entrada en calor

Nigiru (agarre)	
1. Man nigiri	Completo
2. Ra nigiri	Concha de caracol
3. Ka nigiri	Forzado

Kamae (guardia)	
1. Chudan kamae	Media
2. Gedan kamae	Baja

1. Kumi Bo

Seme waza (ataques)	Tachi (posición)
1. Shomen uchi	Kihon
2. Jodan uraken	Kihon
3. Chudan tsuki	Kuzushi
4. Chudan gyaku tsuki	Kuzushi
5. Gedan Tsuki	Zenkutsu
6. Gedan nuki uchi	Zenkutsu

Uke waza (defensas)	Tachi (posición)
1. Jodan uchi uke	Kihon
2. Jodan soto uke	Kihon
3. Jodan gyaku barai	Kihon
4. Jodan age uke	Kihon
5. Chudan uchi uke	Kuzushi
6. Chudan soto uke	Kuzushi
7. Chudan nagashi uke	Zenkutsu
8. Chudan kote uke	Naname
9. Gedan soto uke	Kuzushi
10. Gedan uchi barai	Zenkutsu
11. Gedan barai	Kuzushi
12. Gedan maki uke	Kokutsu

2. Bo kihon kogeiki

Tori (atacante)	Uke (defensor)
1. Jodan uchi	Jodan uchi uke, shomen uchi
2. Jodan uchi	Jodan soto uke, shomen uchi
3. Jodan uchi	Jodan barai uke, chudan gyaku tsuki
4. Jodan uchi	Jodan age uke, chudan tsuki
5. Chudan tsuki	Chudan uchi uke, chudan tsuki
6. Chudan tsuki	Chudan soto uke, chudan tsuki
7. Chudan tsuki	Chudan nagashi uke, gyaku kote uchi
8. Chudan tsuki	Chudan kote uke, chudan tsuki
9. Gedan tsuki	Gedan soto uke, gedan tsuki
10. Gedan tsuki	Gedan uchi uke, gedan uraken
11. Gedan tsuki	Gedan barai, shomen uchi
12. Gedan tsuki	Gedan maki uke, chudan tsuki

3. Kata

OSHIRO no Kun (Ufugushiku no Kun, sobrenombre a utilizar en el dojo)

4. Oyo Bunkai

Tori (atacante)	Uke (defensor)
1. Gedan tsuki	Gedan uchi uke, shomen uchi, chudan tsuki
2. Gedan tsuki	Gedan soto barai, kote uchi, naname buri
3. Gedan tsuki	Gedan uchi uke, shomen uchi
4. Shomen uchi	Ura tsuki uke, jodan barai, shomen uchi, chudan tsuki

