



ZEN DO KAI YON DAN TRAINING PROGRAM YAMANERYU BOJUTSU

Version 1.0

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Acknowledgement

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Thanks goes to Frank Barca for his assistance in the photography, dialogue and text...



Throughout the world there are several methods of Okinawan kobudo being practiced. Amongst the most popular of these powerful & modern traditions are the Yabiku-Taira and Matayoshi methods.

Given the name Yamaneryu by Chinen Masami (1898-1976,) the grandson of Chinen Sanda, the term is actually brings together three separate Chinese ideograms:

1. "Yama," meaning "mountain;"
2. "Ne," meaning "foundation or root;" and
3. "Ryu," meaning, "stream." The term was simply intended to describe the locale in Shuri's Samukawa village from whence Chinen's tradition came.

It utilises natural mechanics and natural momentum developed through the movements.

It may be apparent that there is a significant difference between modern kobudo and that of Oshiro-ha Yamaneryu. A simple explanation tells us that such differences came about largely due to kobudo unfolding alongside modern karate. In the same way that old-school Okinawan karate conformed to the powerful forces of Japanese-ness, so too was modern kobudo similarly influenced. Introduced to the mainland of pre-war Japan during an era of radical military escalation the original practice & purpose of karate & kobudo took on characteristics uniquely Japanese and have, for the most part, remained that way (McCarthy)

One method, however, untouched by this modern phenomenon was the tiny village-style of the Chinen clan. While the actual evolution of Yamaneryu bojutsu remains the subject of intense curiosity we do know that the origins of this unique clan-style can be traced back through Chinen Pechin (c. 1846-1928) (McCarthy).

At the centre of these principles, is the need to ensure that the hands are held close together as they grip the Bo during spins, swings and strikes. This aids in the utilisation of the body with the movements of the Bo. Such use of the body, close grip, full movement spinning, swinging and striking, provides power through each movement, as well as control.

The exercises are an important aspect that must be practiced regularly and religiously, in order to develop fluidity, control, balance, power and dexterity.

Once the individual exercises have been practiced, it is imperative that the drills be practiced. There are numerous that one could work on. The variety of drill should only be limited by your imagination and creativity.

The contents of this document in no way replace the necessity for actual instruction. It merely intended to provide some references and a starting point for students and instructors in the study and practice of Bojutsu.

YAMANERYU BOJUTSU

BASIC POSTURES (KAMAI's)



1. "Yoi" Ready Stance



2. "Chudan Kamai"
Centre (middle)
Level Position



3. "Gedan Kamai"
Lower Level
Position



4. "Jodan Kamai"
Upper Level
Position



5. "Waki kamai"
Rear low level
kamai



6. "Hasso Kamai"
Half Draw Position



7. "Chudan Kamai"
Centre (middle)
Level Position



8. "No Rei"
Salutation



9. Sliding Hands.



10. Hands Together



11. Finish in the "Yoi"
Position

PRELIMINARY EXERCISES

The following describes and demonstrates some basic exercises in the use and handling of the Bo. These exercises are intended to warm the body up and allow for the development of fundamental handling and control techniques.

All practice of the Bo should be preceded by these basic exercises. The basic movements will be seen in other areas of practice and therefore should be regarded as essential.

Exercise 1. Wrist roll

Hold the Bo with both hands in the centre, alternate rolling the wrists and at the same time rolling the Bo. Imaging that there is a rope and a stone attached to the centre of the Bo, you are winding the stone up the to the top of the Bo. Roll the wrists one way for a count of 20, then roll them the other way for the same count.



1. Roll your right wrist up and left wrist down



2. Continue rolling the bo between your hands as if you were winding a rope around it.



3. Repeat of No.1. Do this one way for a count of 20, then roll the other way for a count of 20

Exercise 2. Vertical hand slide with Bo on the ground. (child prays on a lotus leaf)

Practice commences with the Bo held vertically in front of you. One hand high, the other low. Open both hands simultaneously and slide them in opposite directions. The palms of the hand remain in contact with the Bo *at all times*. At the completion of the movement the hands have now alternated their positions on the Bo. Remember, be sure to slide the hands never releasing your grip at any time.



1. Starting point. Left hand up – right hand down. The bottom of the Bo is on the ground.



2. Slide your hands in opposite directions. The left hand slides down, the right hand slides up. This picture shows the half way position. There is no pause at this point! Make sure that the hands stay in contact with the Bo at all times.



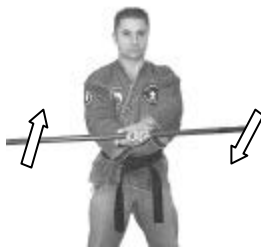
3. The hands continue to slide in the changed direction, ending up with the left hand now being below the right hand. Both hands are in continual motion throughout the exercise. This routine is repeated up to a count of 20.

Exercise 3. Vertical hand slide with Bo off the ground.

The above exercise is repeated with the Bo now off the ground. The hands will need to slide at a slightly faster rate, remember to maintain contact with the Bo at all times. The idea is to ensure that the Bo does not fall. This exercise develops hand changing maneuvers when using the Bo in Kata or other associated practices, that is changing the hands from left to right side forward depending on the strike that is being executed or from which direction the strike is heading. Repeat the above with the Bo off the ground up to a count of 20.

Exercise 4. Horizontal hand slide

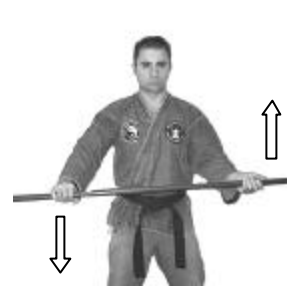
The horizontal hand slide follows the same principles as the vertical hand slide exercise. The Bo is held horizontally and the hands slide in opposite directions and back again. The hands will alternate from one being on top to now being on the bottom of the Bo as the slide continues past the mid point. This movement will cause the Bo to spin one way, then spin back the other way on the return of the hands to the original position. This exercise further develops the individuals' dexterity in the handling of the Bo.



1. Starting point.



2. Turn the hands and the Bo as shown above and begin to slide the hands apart.



3. Finishing point with right & left hands out and apart controlling the Bo. Notice that the left hand is on the bottom and the right hand on top.



4. As you now slide the hands back in towards the centre, the hands begin to turn over as does the Bo at the same time.



5. The hands have continued to move past the centre and are now moving back towards the ends of the Bo in equal thirds.



6. Finishing spot with the hands on each end. You will notice that the left hand is on top & the right hand on the bottom. Repeat for a count of 20.

The above exercise can then be repeated in cycles, that is turning the hands and Bo one way then back to the original point as one movement. Repeat for a count of 20.

Exercise 5. Two hand slide

This exercise involves starting with the Bo extended to one side, both hands holding the Bo with the palms down. The hand at the end of the Bo pushes the Bo to the other side through a loose grip of the other hand. This movement is repeated for the other hand and side. This takes some practice to ensure that you have control of the Bo at all times, even though the grip will be loose at times. The ability to loosen and tighten the grip at the appropriate times is an essential skill that must be mastered.



1. Starting point. Bo extended to the left



2. Raising the hands, extend the left hand along the Bo. Begin to push the Bo across to your right.



3. Allow the Bo to move through the right hand and extend past to your right side. The ending position will be with opposite end of the Bo extended to the other side.



4. Repeating No.2, raise the hands, extend the right hand along the Bo. Begin to push the Bo across to your left.



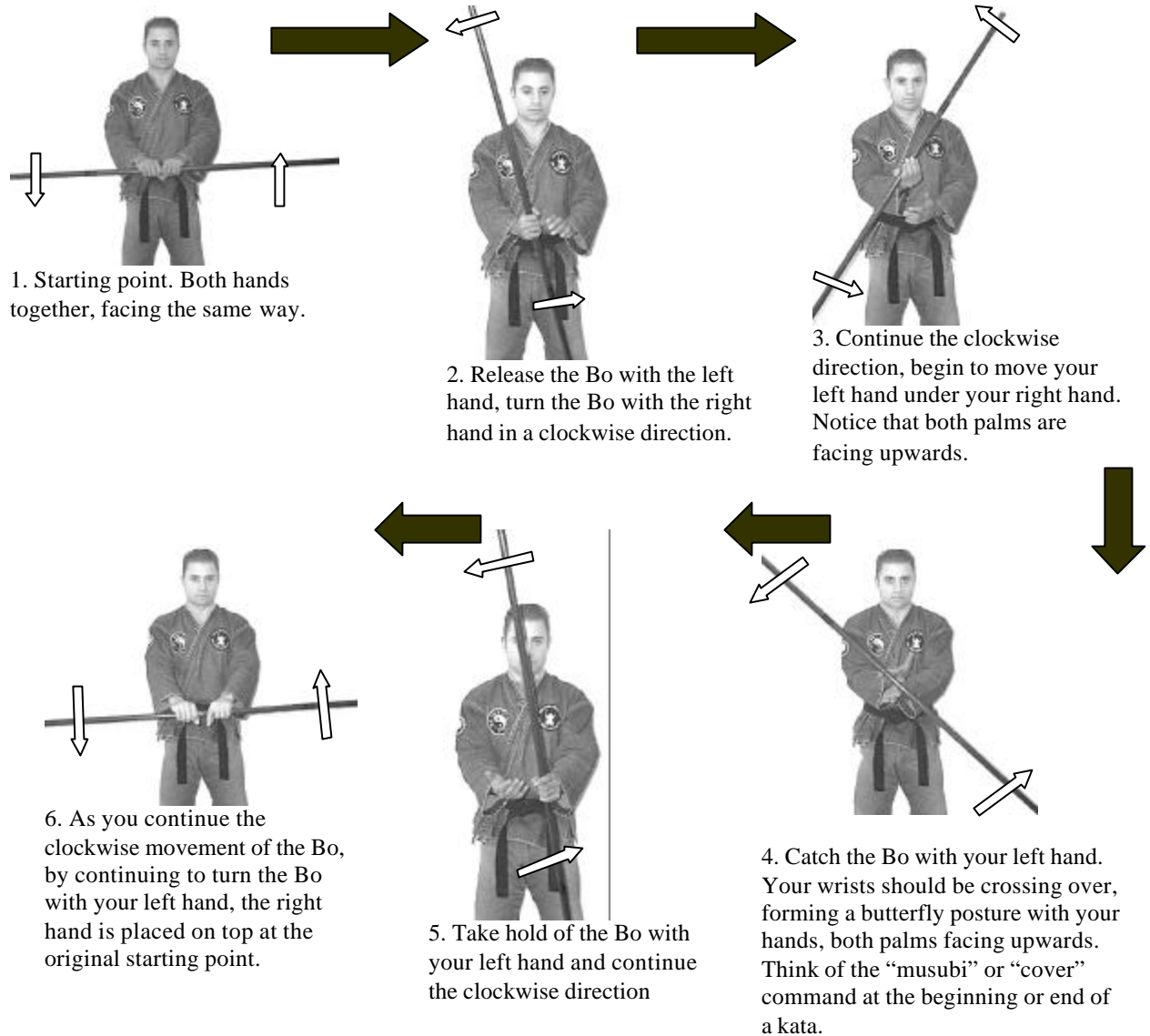
5. Again allow the Bo to slide and move across the left hand and right side. This exercise is repeated for a count of 20.

The above exercise can then be repeated in cycles, that is sliding the Bo left to right and right to left as one count. Repeat for a count of 20.

Exercise 6. Standing Spin

This exercise involves spinning the Bo in a clockwise direction continuously in front of you. The principle that one should consider is that once the Bo moves in one direction, it stays moving in that direction. From this, other techniques extend and evolve. The practice makes use of the natural laws of physics and movement.

N.B. Please note that the Bo must travel in a clockwise direction. The photographs are taken from the practitioner's viewpoint.

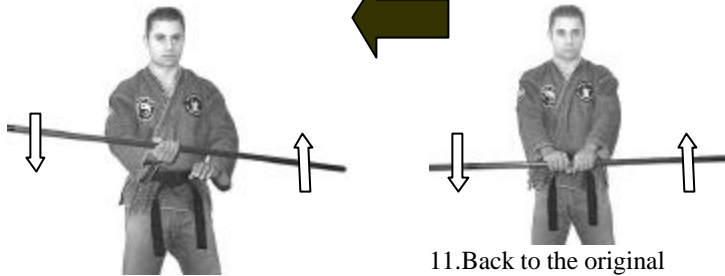




7. Release the left, turn the right clockwise e.....

8. Begin to move the left hand under the right and prepare to take hold of the Bo....

9. Take hold of the Bo with your left hand which is now under your right. (butterfly wings hand posture)



12. The Bo continues its turn in a clockwise direction...

11. Back to the original starting point....However, this point is always a transitory one and the Bo should not stop spinning. As soon as the right hand takes hold of the Bo, the left hand releases and gets ready to move under the right hand to take over...

10. Continue to turn the Bo in a clockwise direction after catching it in your left hand....get ready to turn the hand over so that the palm faces downward and to change hands again.

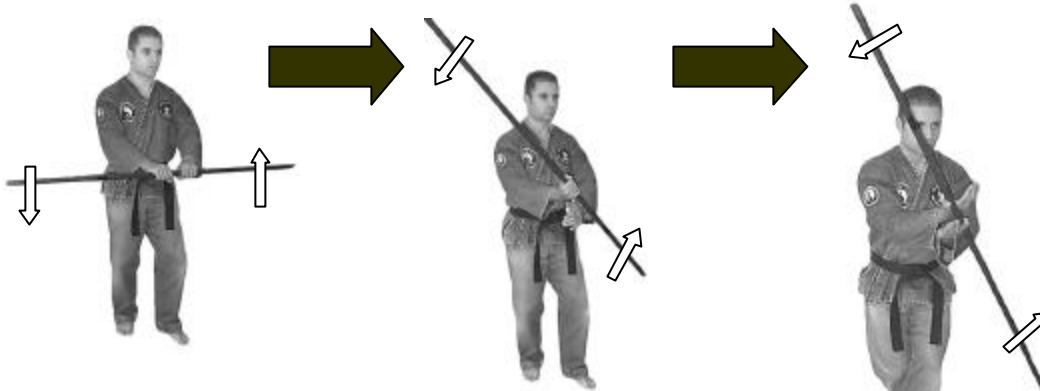


Exercise 7. Right side “body” turn

This exercise is aimed at developing your ability to keep the Bo moving in a certain direction while your body is moving / changing direction.

The exercise entails spinning the Bo in the clockwise direction, then turning your body around towards the right hand side in a complete circle. The Bo actually stay stationary in its original plane, even though the exercise gives the impression that the Bo is turning around your body.

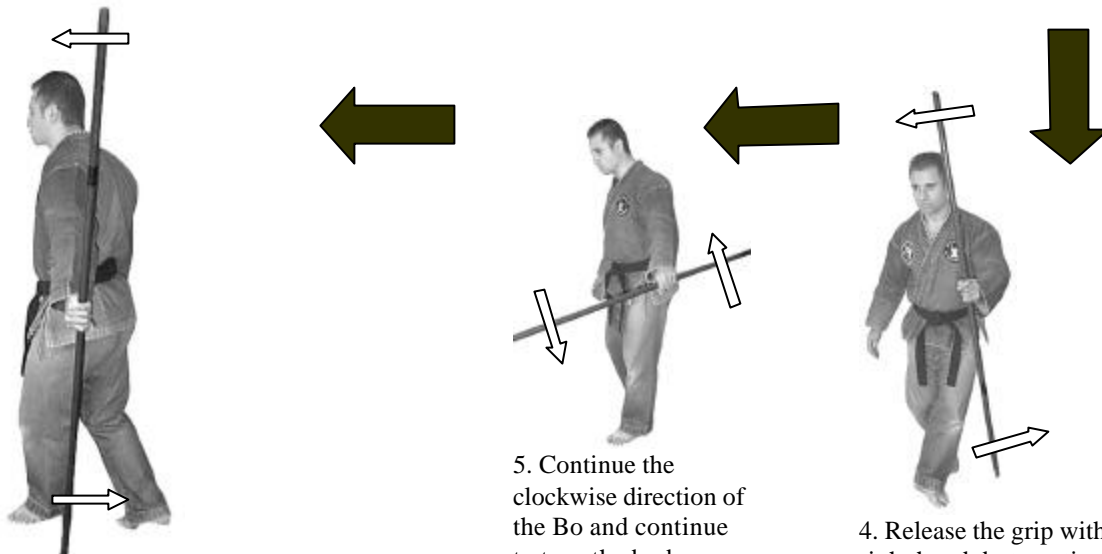
It is important to note the particular foot movement in this exercise.



1. Starting Position

2. Begin to turn the Bo in a clockwise direction, letting go with your left hand momentarily, then turning the hands so that the palms will face up eventually, and begin to step across with your left foot.

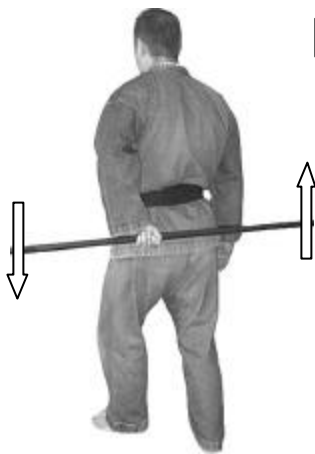
3. Continue to take hold of the Bo in your left hand, stepping across your body with your left foot. At the same time swing the Bo in a clockwise direction. The grip of the Bo should be taken close to the centre of the Bo.



6. The left hand maintains the Bo turning, you will note that the thumb of the left hand is facing down to the ground

5. Continue the clockwise direction of the Bo and continue to turn the body

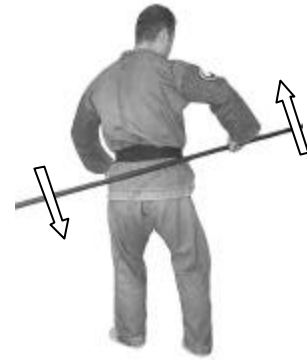
4. Release the grip with the right hand, but continue the clockwise direction turn of the Bo with the left hand, at the same time turning your body more towards the rear.



7. The Bo continues to turn and you are now almost facing the rear



8. Once the Bo is vertical in the centre of you back, the right hand reaches behind and takes hold of the Bo under the grip of the left hand. Note that both thumbs are facing upward



9. The right hand now takes over the spinning of the Bo in the same clockwise direction and you begin the move your right foot in the clockwise direction, getting ready to step again to start to face the front



12. As the Bo continues to spin, the left hand moves under the right, with both palms facing upwards, getting ready to take control of the Bo.



11. Stepping you left foot around to the front bring your body back to where you started. You will note from the position of the right hand that the Bo has continued to turn in the clockwise direction



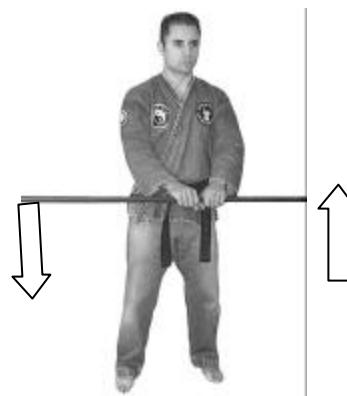
10. Turning you body around towards the front you maintain the turning of the Bo in the clockwise direction



13. The left hand has taken control of the Bo and maintained the direction of the spin.



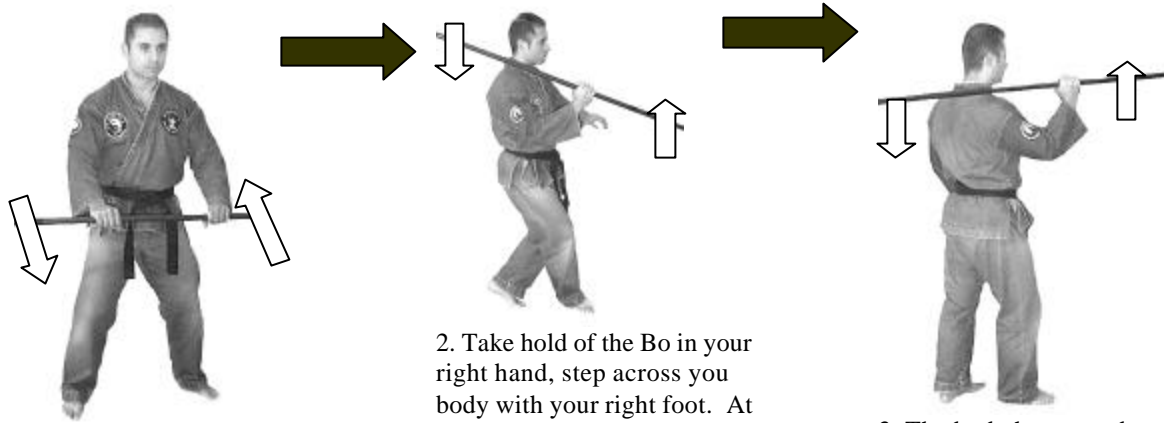
14. The spinning of the Bo continues and the right hand is getting ready to take grip of the Bo again.



15. The right hand takes hold of the Bo, close to the left hand and you arrive at the starting position. This whole exercise should be repeated several times.

Exercise 8. Left side “body” turn

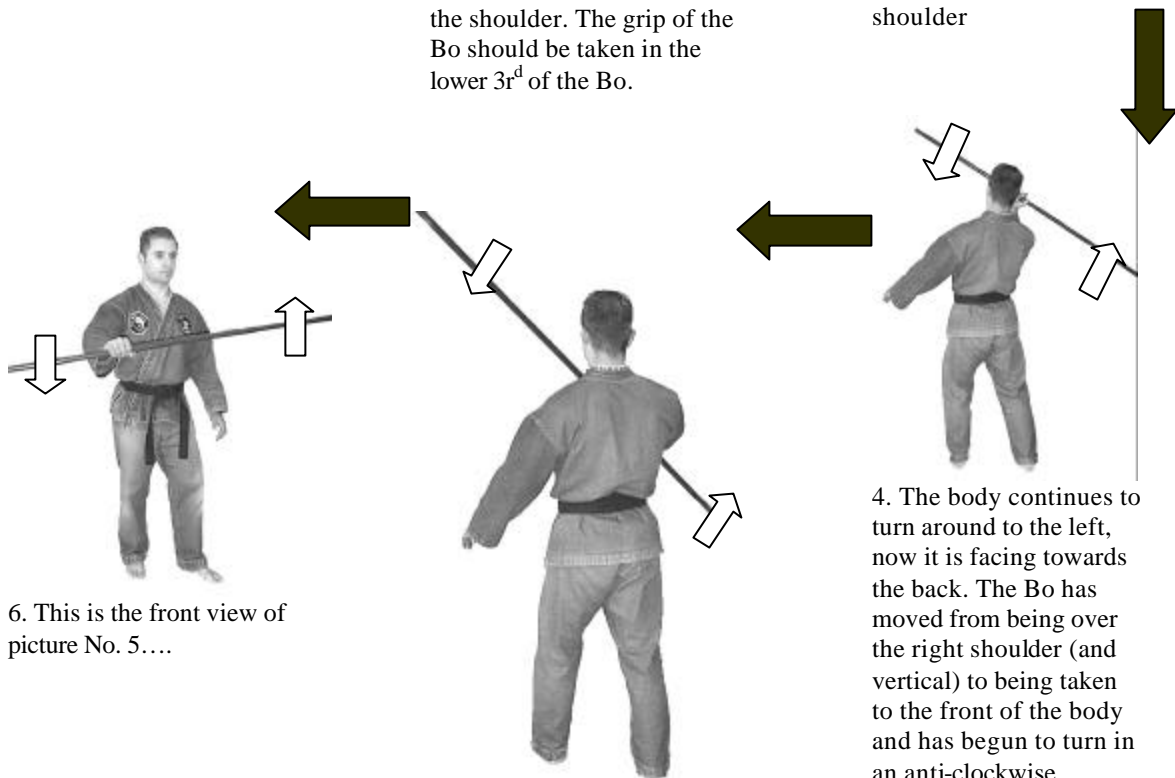
This exercise is complimentary to the previous (Right side body turn). Here you turn the body to the left in a full circle, ending up where you started. It again develops momentum, maneuverability, dexterity and coordination, footwork and grip control of the Bo.



1. Starting position

2. Take hold of the Bo in your right hand, step across you body with your right foot. At the same time swing the Bo in a clock wise direction, as if to place it on your shoulder (old man carries a pole). Note, the Bo does not touch or rest on the shoulder. The grip of the Bo should be taken in the lower 3rd of the Bo.

3. The body has turned to the left hand side and the Bo is moving towards a vertical position. Note, the Bo does not touch the shoulder



6. This is the front view of picture No. 5....

5. The body has continued turn and the Bo has commenced to be rotated

4. The body continues to turn around to the left, now it is facing towards the back. The Bo has moved from being over the right shoulder (and vertical) to being taken to the front of the body and has begun to turn in an anti-clockwise direction (relative to the direction you are currently facing – the back wall for example)



7. Continue to step across to the left with the right foot. The Bo is going to be “tucked” under the armpit in a vertical position preparing for the down swing in the next movement. The right arm will be brought downward, forcing the back and bottom end of the Bo to tuck under the arm as shown in the next picture..



8. You have continued to move in a left direction, now facing where you started. As you can see the Bo is tucked in under the arm pit, with the right hand down. This position is often seen in the use of the nunchaku, where one end is tucked under the arm.



9. Move you right arm in front of your body, allowing the tucked end of the Bo to drop forward and down in a **vertical** plane. Make sure you cut right across the toes with the Bo.



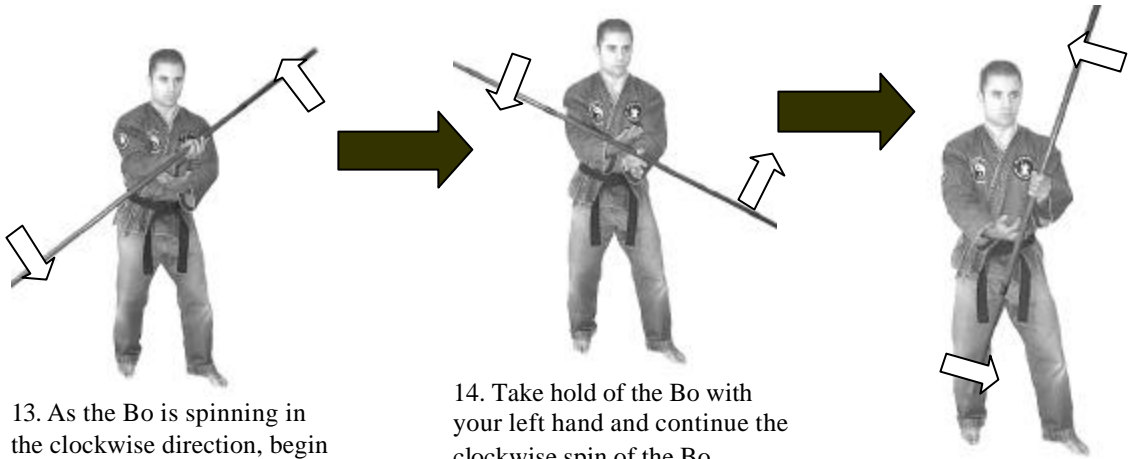
12. Extension of No. 11....



11. The Bo is being spun the clockwise direction



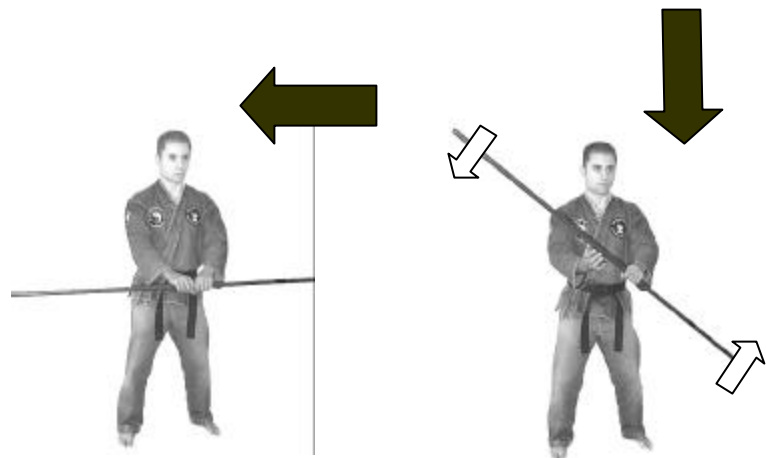
10. Having straightened the body and facing your original direction, the Bo has been brought forward and vertical and is in transition to be spun in original clockwise direction.



13. As the Bo is spinning in the clockwise direction, begin to take hold of the Bo with your left hand (the butterfly position is shown above), as you would do in the standing spin exercise.

14. Take hold of the Bo with your left hand and continue the clockwise spin of the Bo

15. The Bo continues to spin in the clockwise direction



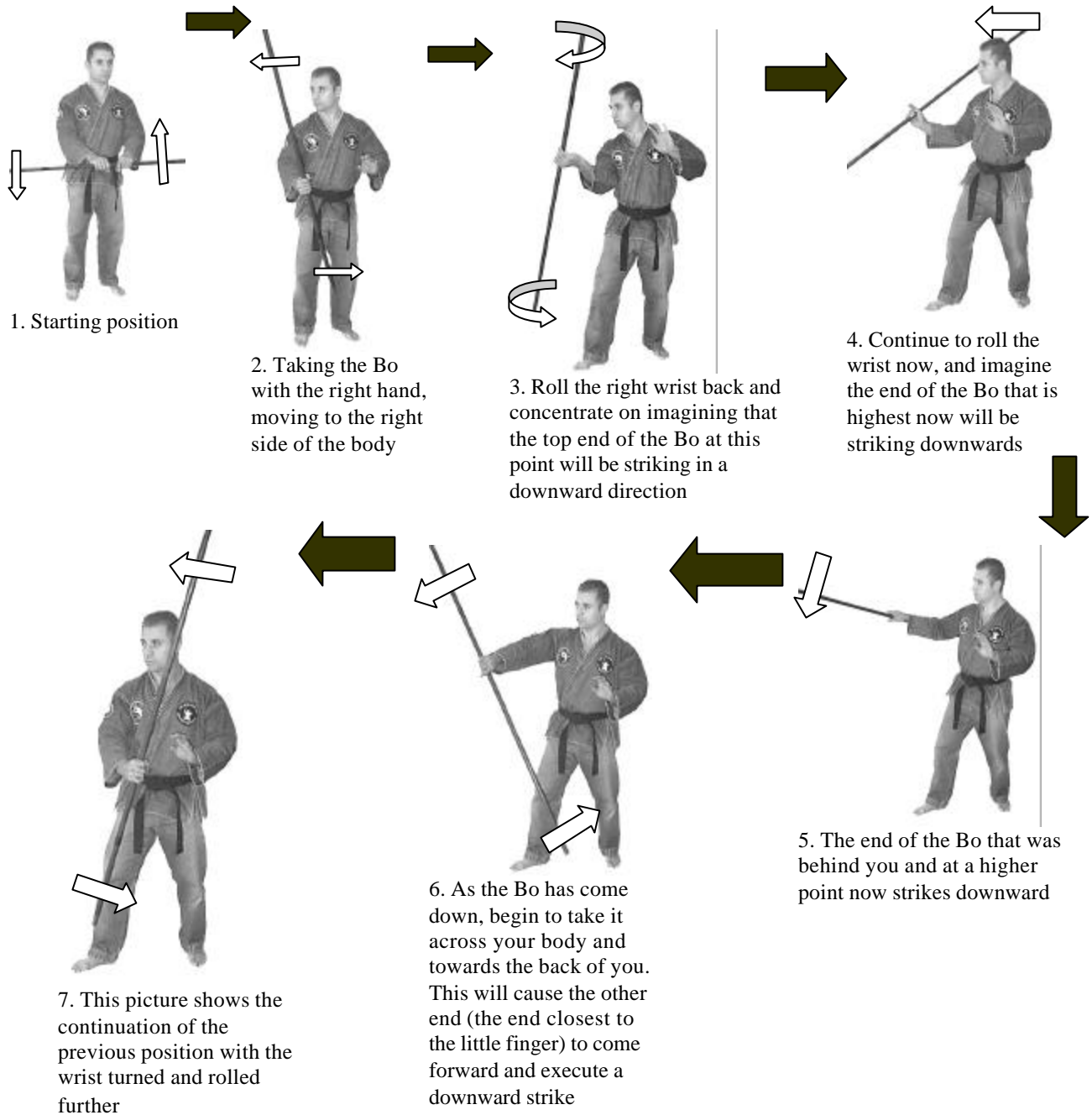
17. Back to your original position...

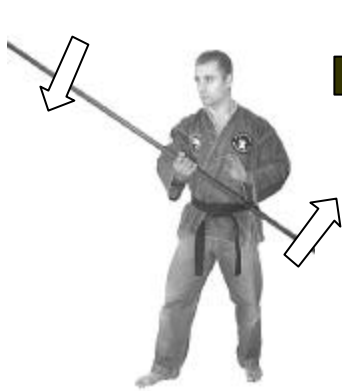
16. Extension of No. 15...

Exercise 9. Right Side Figure 8

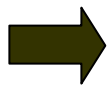
This exercise begins from the front standing spin position and breaks off with the right hand taking the Bo to the right side of the body and performing a figure 8 movement.

The movement of the Bo remains constant with the momentum already created, from the standing spin for example. That is, the direction of the movement of the Bo does *not* change. With the right side figure 8 remember that the Bo is striking in a *downward direction*.

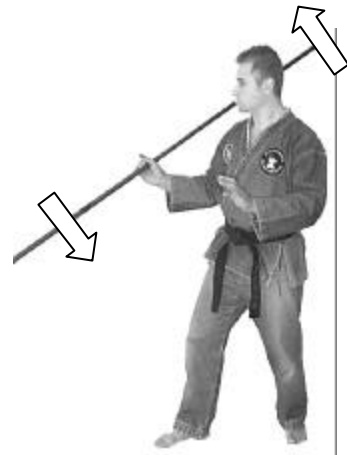




8. The top end (the end closest to the thumb) is now striking in a downward direction



9. Rolling the wrist again brings the end of the Bo that is at the highest point ready for a downward strike



10. Lifting the bottom end up and bringing the top end down...



11. Rolling the wrist forward and striking with the end of the Bo closest to the thumb



13. Bringing the Bo from behind to the front and across the body..



12. Rolling the wrist downwards..

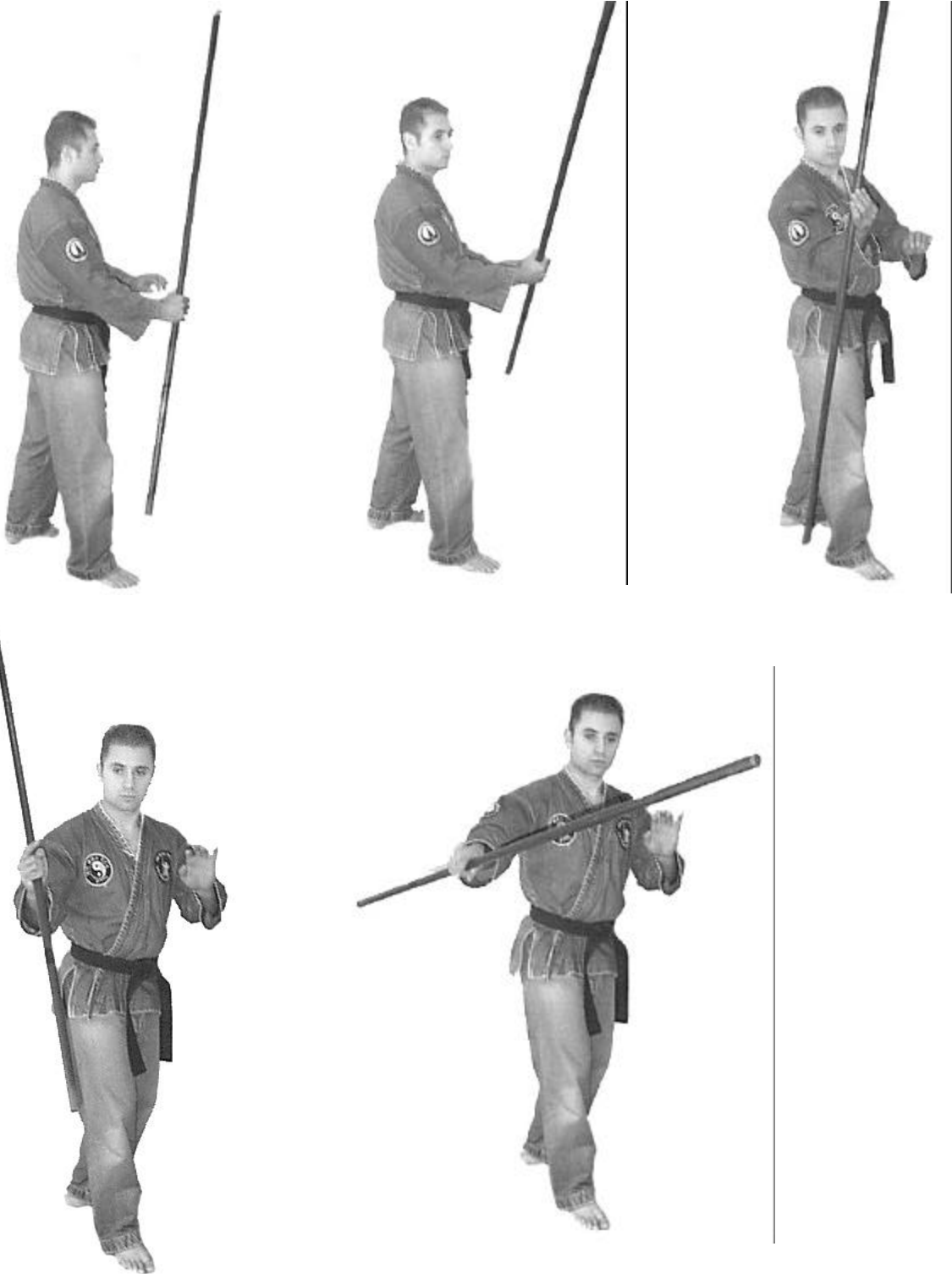


14. Continue turning the wrist ...



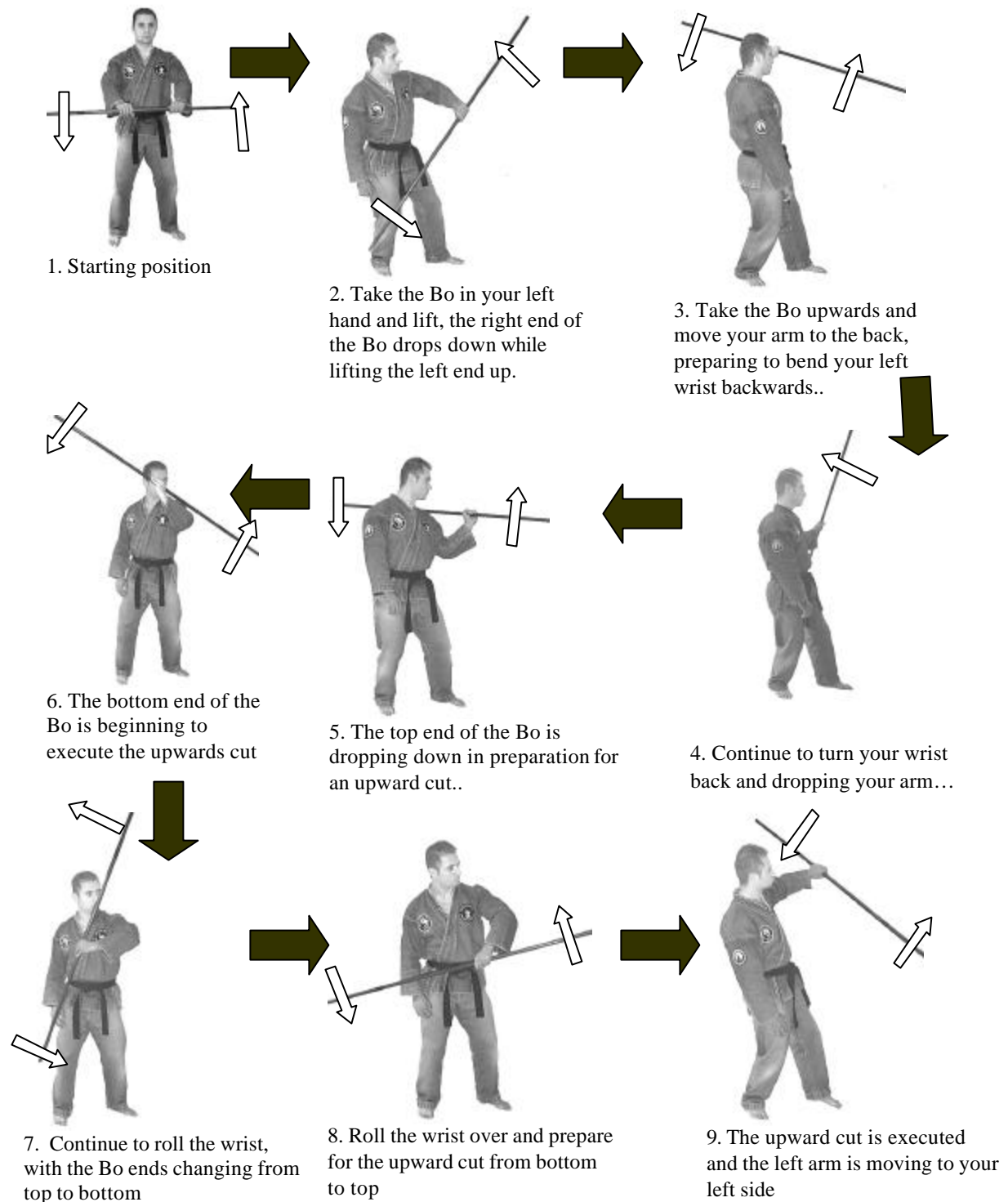
15. Continuing rolling...

Side views of the figure 8 movement....



Exercise 10. Left Side Figure 8

The left side figure 8 assumes the same principles as the right side figure 8. Use any momentum already established ie. as if from a standing spin movement. With the left side figure 8, the Bo is fundamentally striking in an **upward direction**, that is imagine you are cutting in an upward direction with the Bo.





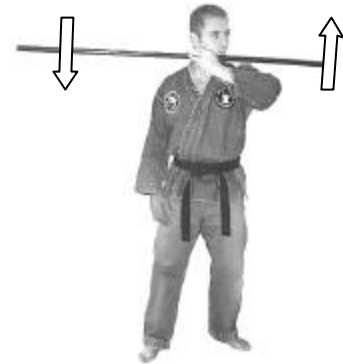
10. Having executed the upward cut, the wrist is starting to roll backwards, restarted the sequence



11. Continue to roll the wrist, bringing the top end of the Bo downwards



12. Having dropped the end of the Bo down. Commence the upward cut ...



13. Continue the cutting motion



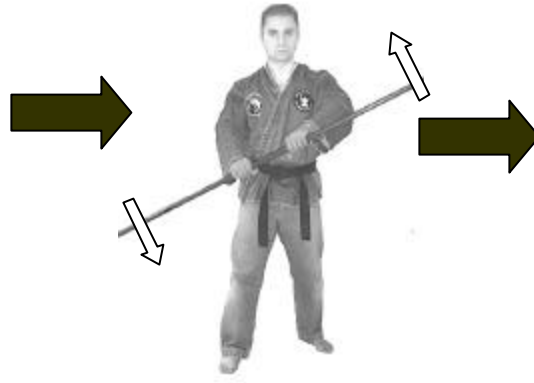
15. Bring the Bo to the front and begin to commence your standard standing spin



14. Continue to move the Bo and rolling the wrist



16. Commence to take hold of the Bo with your right hand



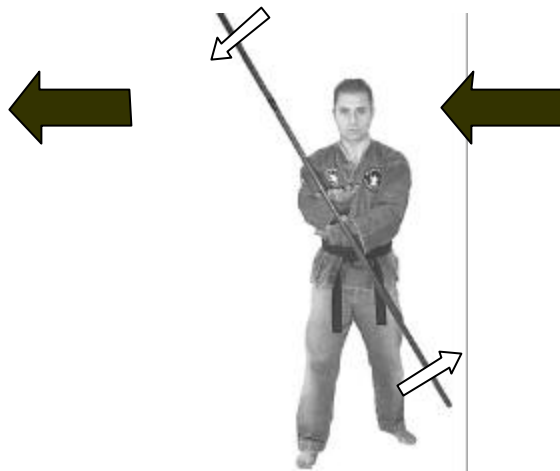
17. Begin to spin clockwise



18. Holding the Bo in the right hand, spin clockwise



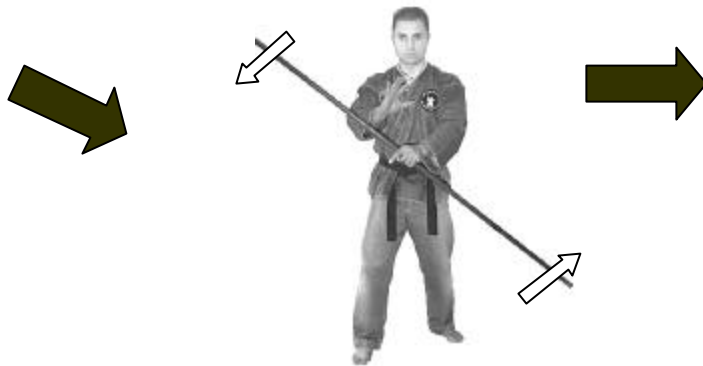
21. Turn the Bo clockwise and prepare to take hold in the right hand



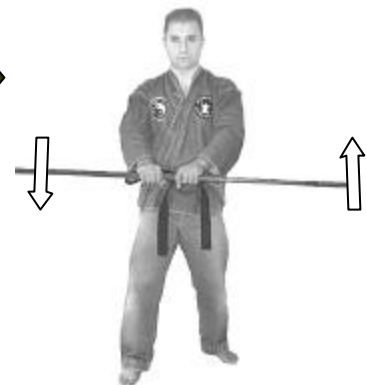
20. Take hold of the Bo in the left hand and continue to spin the Bo



19. Prepare to hold the Bo with the left hand from the clockwise spin

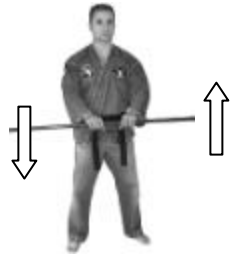


22. Prepare to take the Bo in the right hand



23. Back to the starting position

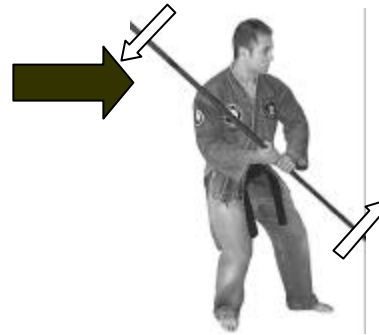
Exercise 11. Left Side 2 Handed Figure 8



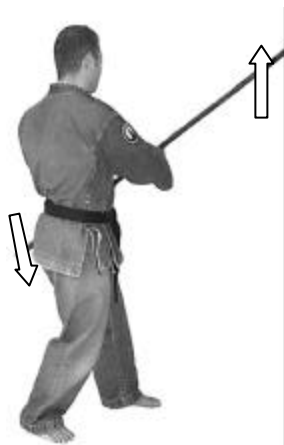
1. Starting position or can be down from the standing spin



2. Release left hand grip

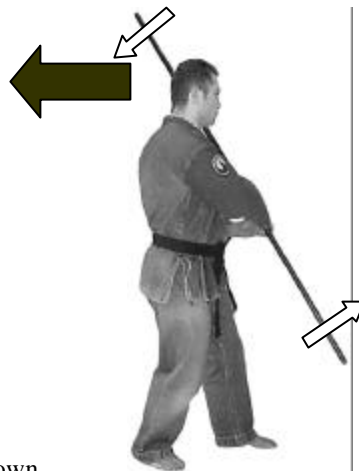


3. Turn left foot towards left side, grip Bo with left under opposite grip to right hand

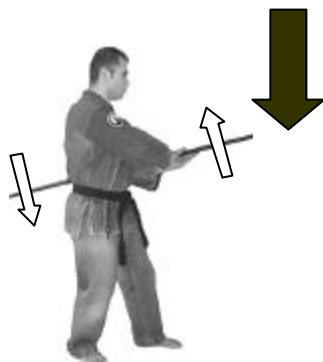


4. Let right end of the Bo drops down and across the front of your body and swings towards the left

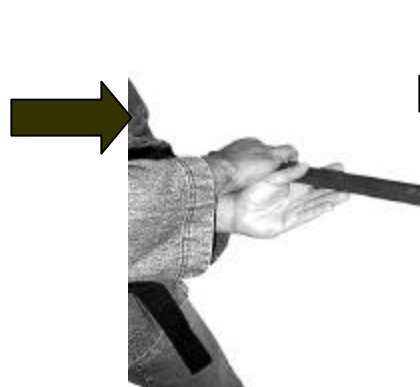
6. The left end of the Bo drops down behind your left shoulder as the right end of the Bo lifts upwards



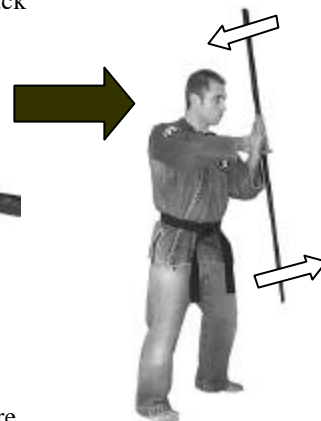
5. The left end of the Bo at the same time moves along side you left shoulder and towards the back



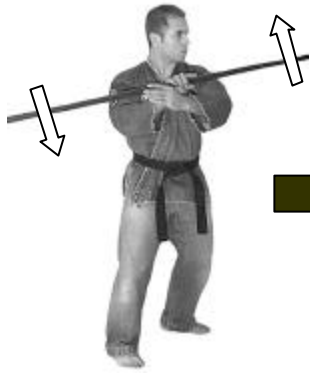
7. The right end of the Bo as it lifts flips back along side you left shoulder so that the left end of the Bo (which was behind) now is forward and upward



8. Close up of hand posture of picture No.7



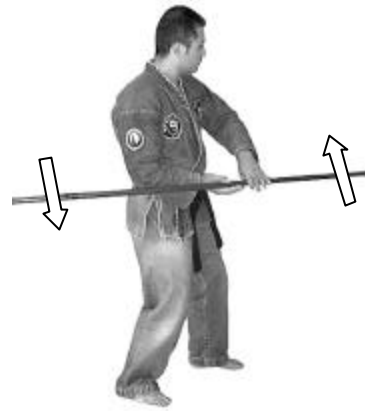
9. The right end of the Bo (which was behind) now swings forwards from underneath



10. The Bo is brought across the front with grips remaining as they were



11. The hands turn making the Bo spin in the center, with the ends changing position



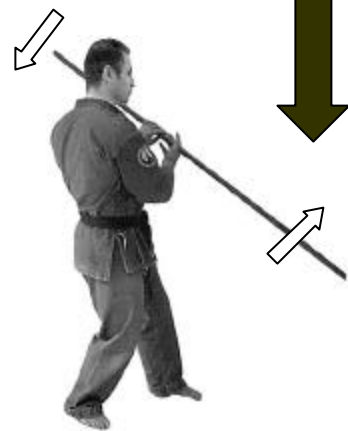
12. The Bo comes to a "parallel" position momentarily, getting ready to swing the right end of the Bo across the front of the body, as in picture No. 4



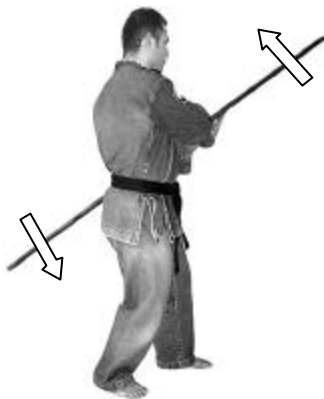
15. Front view of picture No.14



14. View from opposite side as the Bo continues from picture No. 13, with the right end of Bo upper most, just before it is flipped in next picture



13. The Bo is swung from underneath upwards, left end of Bo back towards the left shoulder as in picture No. 5



16. The Bo is flipped as in picture No.7



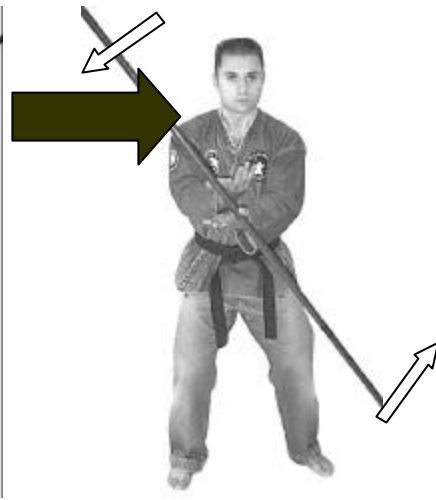
18. Close up of hand grips posture



17. Opposite side view of picture No. 16



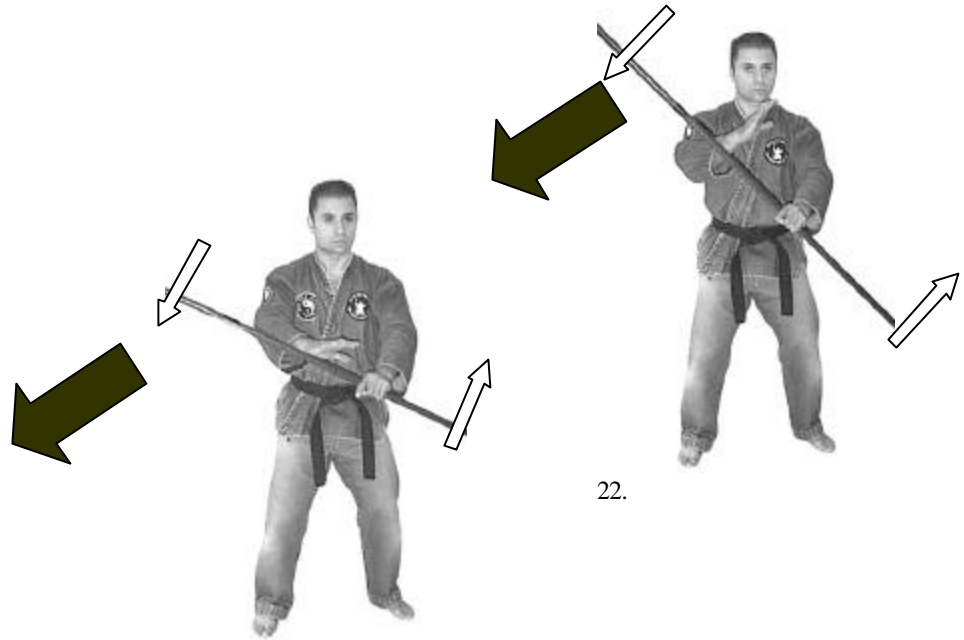
19. After several repetitions, the Bo can be swung in front of the body in the clockwise direction, taking or bringing it back to the front standing spin exercise



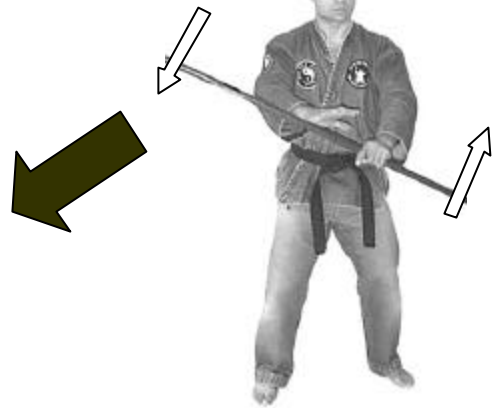
20.



21.



22.

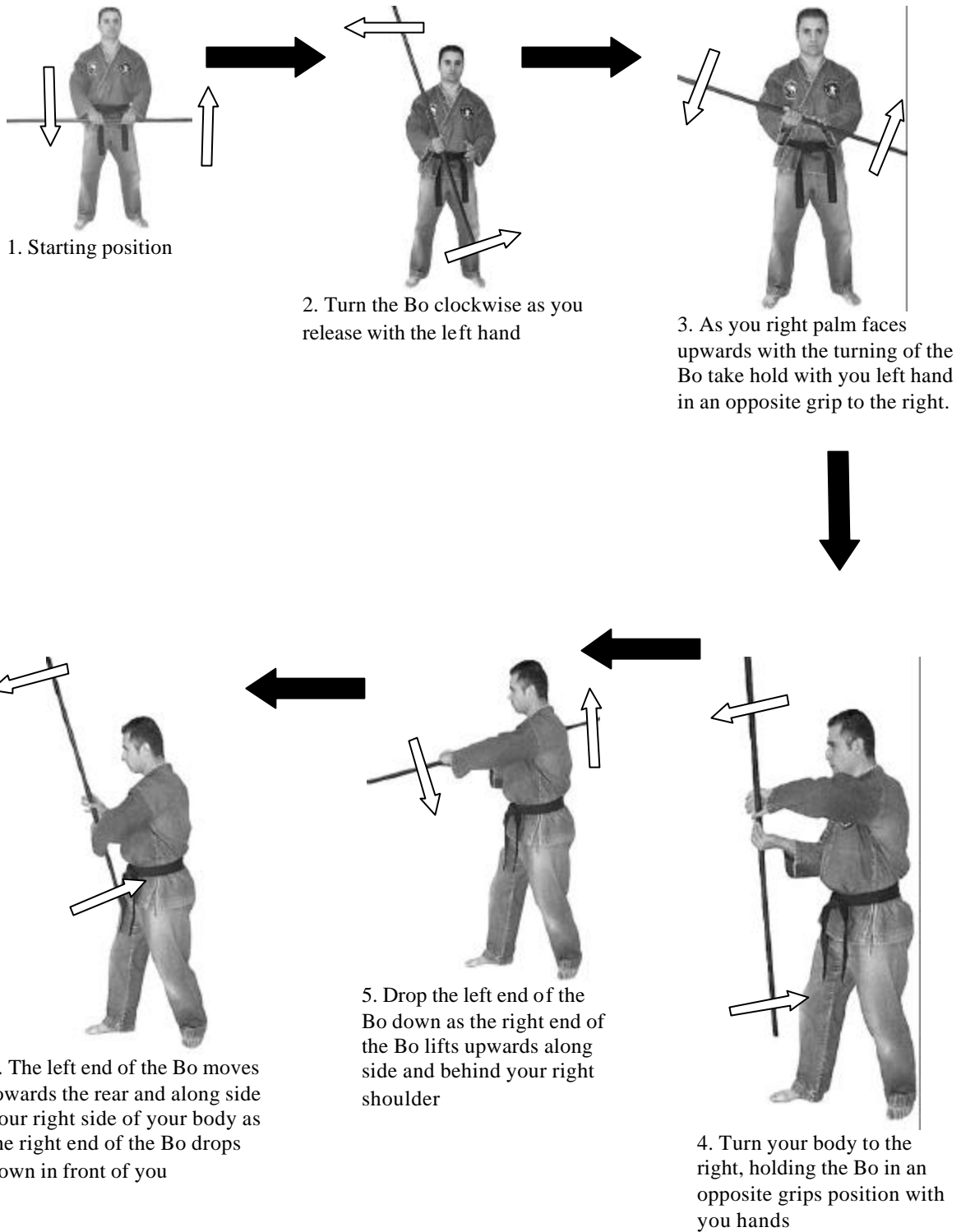


23.



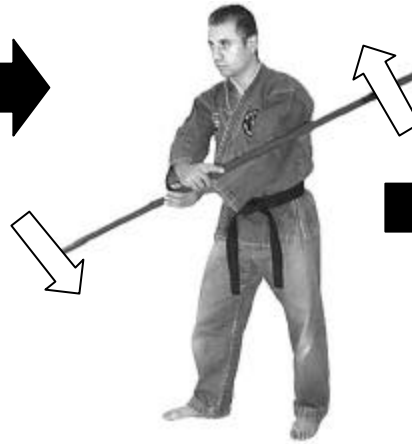
24.

Exercise 12. Right Side 2 Handed Figure 8

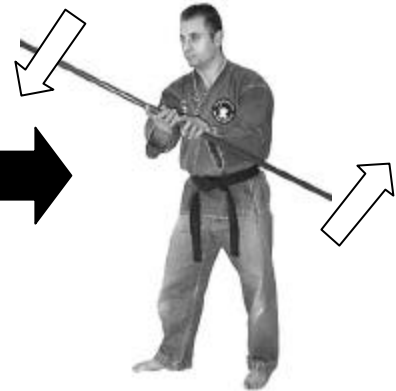




7. The left end of the Bo now has come right to the top and the right end is going to be brought across your body to be raised



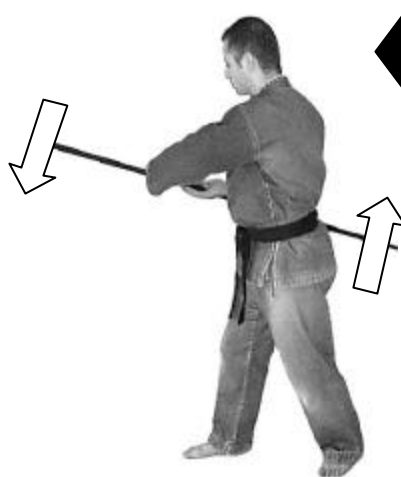
8. The right end of the Bo has moved across the front of your body and has been lifted up along side the left shoulder, with the right end of the Bo dropping down and across the body as well



9. The right end of the Bo has now swung across the front of the body from top moving downwards, at the same time the left end is swinging upwards from across your body up along side and towards your left shoulder



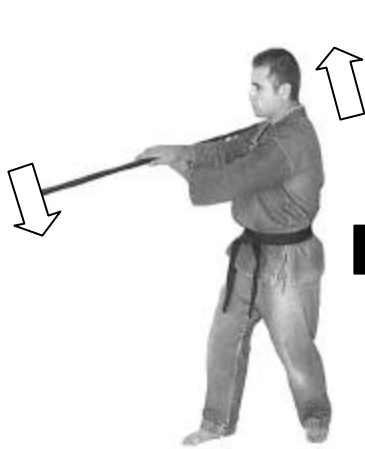
12. The right end swings forwards from behind your right shoulder while the left end swings downwards to go behind the right side



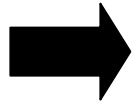
11. The left end has swung across your body and the right end is swinging upwards along your side



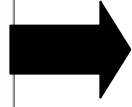
10. The left end of the Bo once it has reached the top along side the left shoulder now swings forwards across your body and downwards, while the right end of the Bo begins to swing under and along your right side



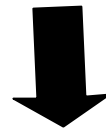
13. Flip the Bo over by continuing to drop the right end and lifting the left end, getting ready to take the left end across the front of the body and downwards



14. The left end is swinging downwards and across your body while the right end is now swinging upwards along side your left shoulder



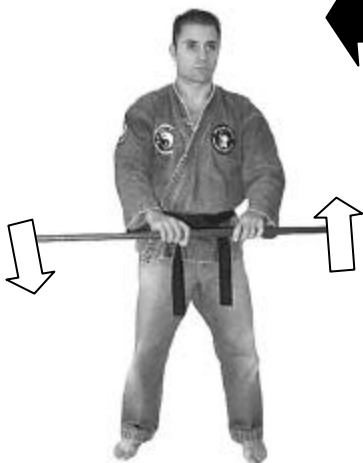
15. Straightening out your body by facing forwards again and continue to swing the Bo in a clockwise direction



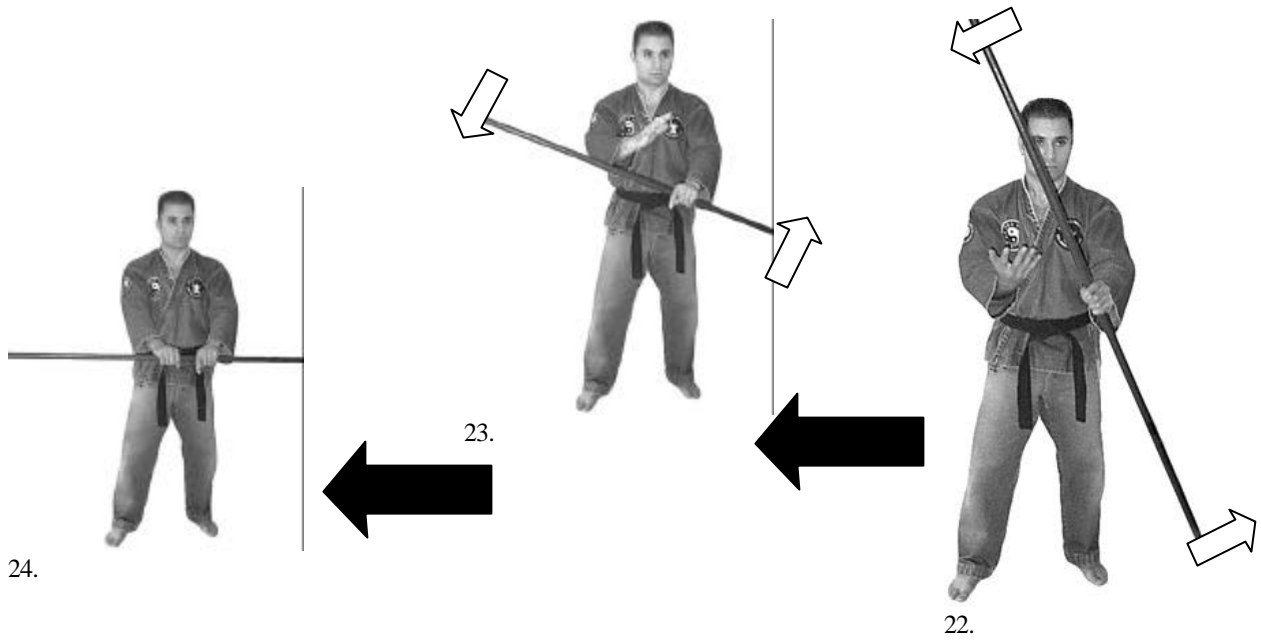
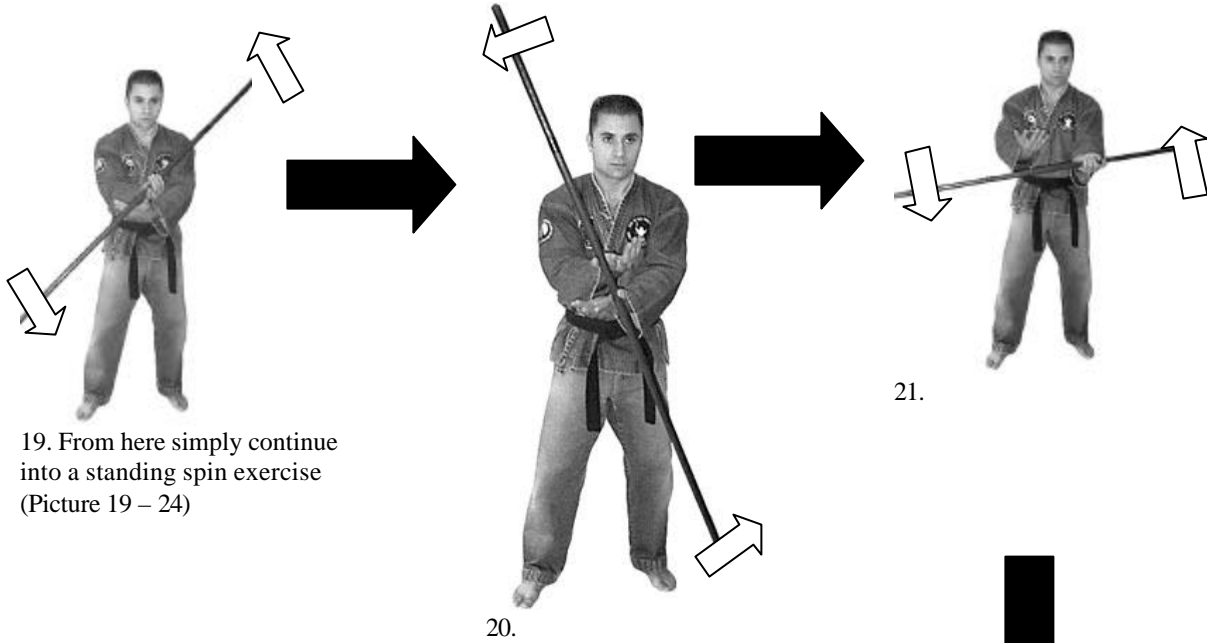
16. The Bo continues to swing



17. Change the grip with the right hand



18. Continue to spin the Bo getting ready to continue into a standing spin of the Bo



Exercise 13. Basic Drill No. 1 Strike – Withdraw- Thrust - Kamae



1. Starting Posture – note the starting position of Bo – over the elbow



2. Step through with right leg and get ready to strike down – note – hands close together on the grip of the Bo



3. Strike down on slight angle



6. Continue to withdraw the Bo back as you curl the Bo tip in a circular direction, and ensuring the front wrist is curled up



5. Begin to withdraw the Bo by sliding the Bo back through the lead hand as, at the same time you switch your feet forward



4. Continue to complete the strike



7. Begin to step forward



8. As you step through pull the Bo back across you chest to ready it to thrust forward



9. Step through as you begin to execute the thrust – this is done by the backhand pushing the Bo forward and through the front hand.



12. Complete the technique by withdrawing the Bo to a ready position (Chudan Kamae)



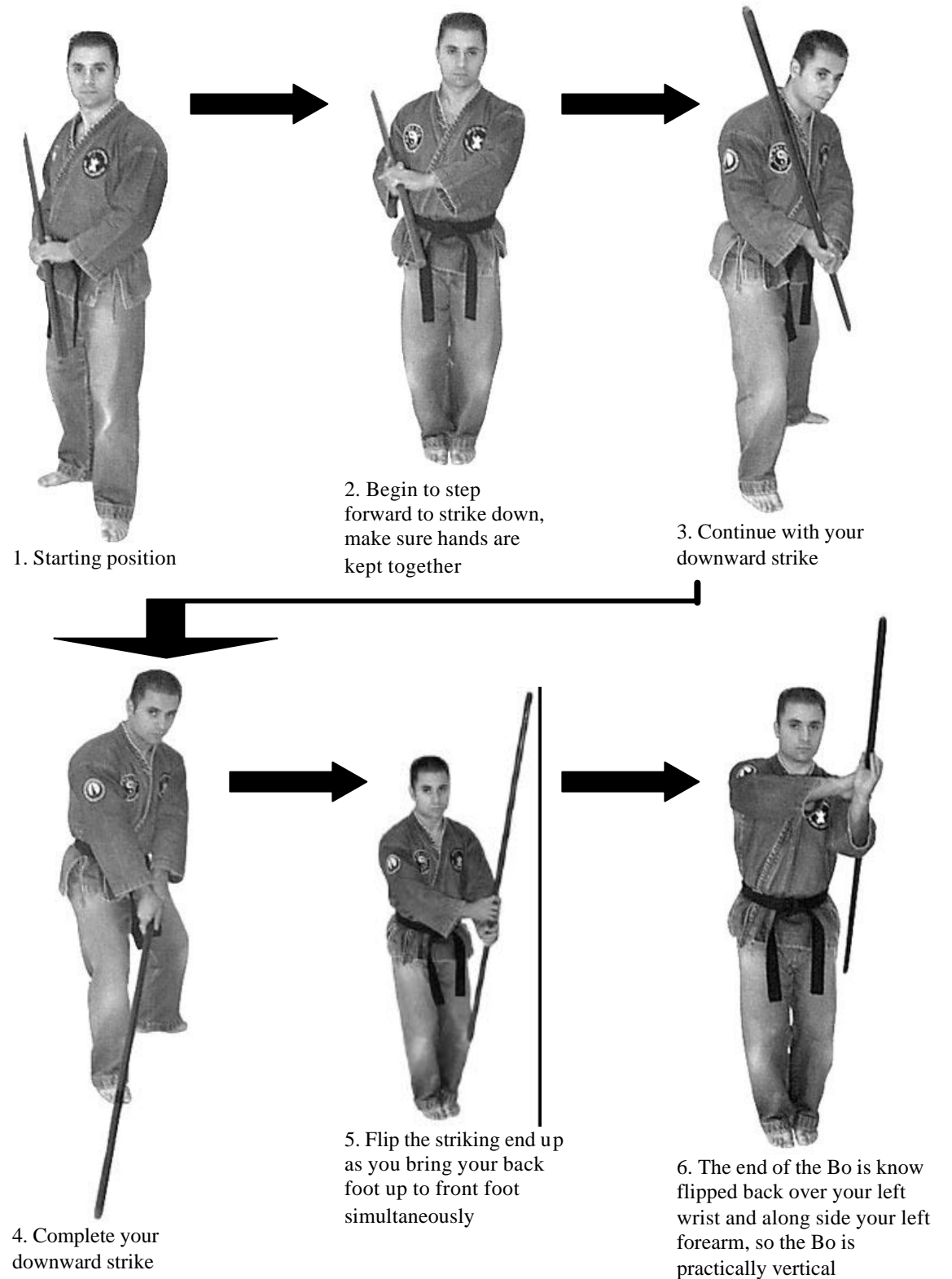
11. After the completion of the thrust, begin to withdraw the Bo by pulling the back hand back and sliding the Bo back through the front hand

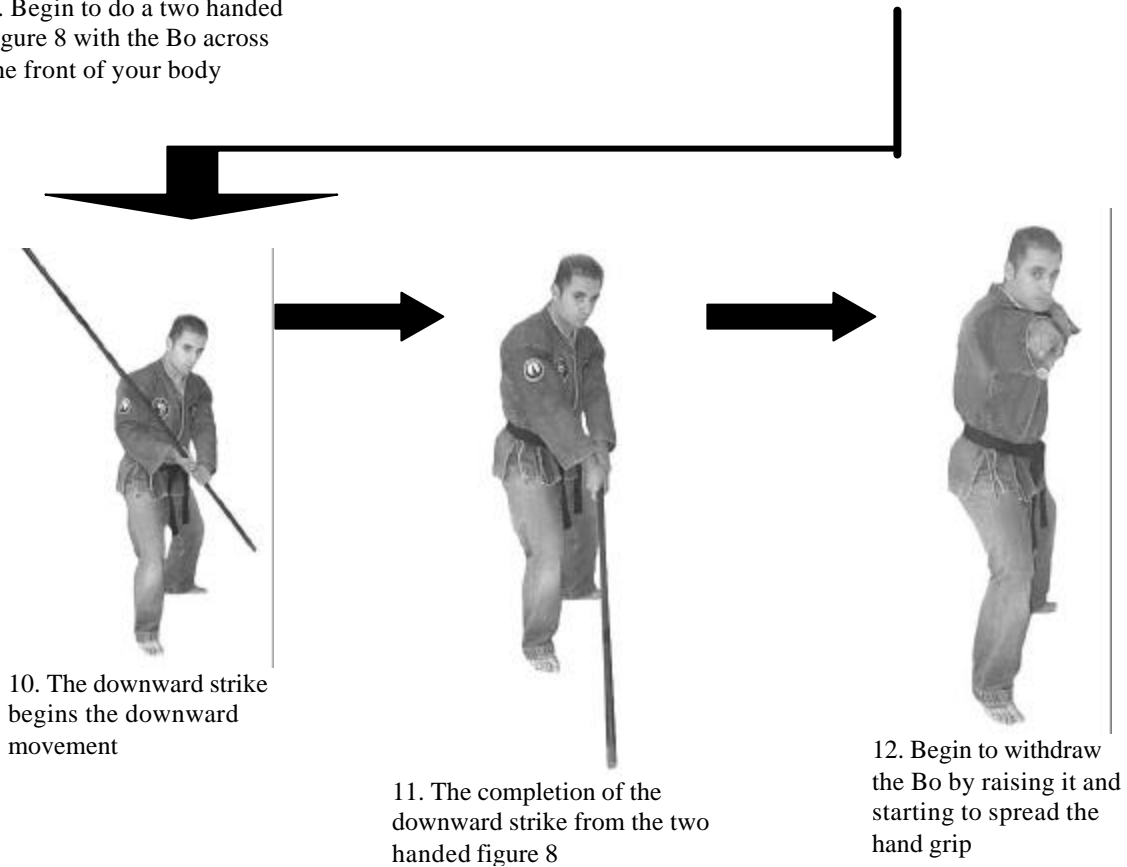
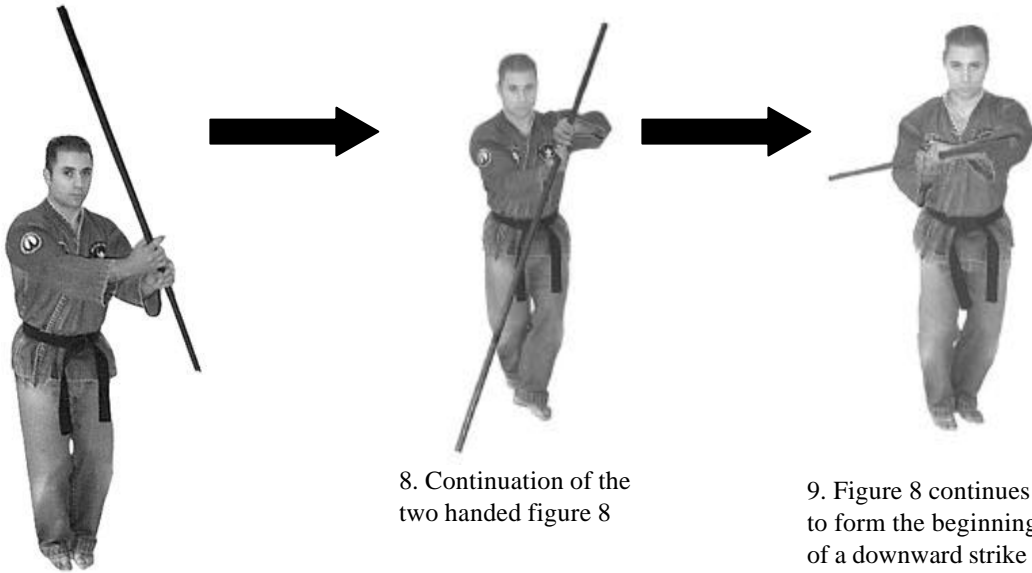


10. Thrust the tip of the Bo forward and make sure that the tip is “screwed” into the target. This is achieved by rolling the wrist down and forward

This exercise should be repeated several times over for rhythm, balance and flow.

Exercise 14. Basic Drill No. 2 Downward strike - figure 8 - change over strike







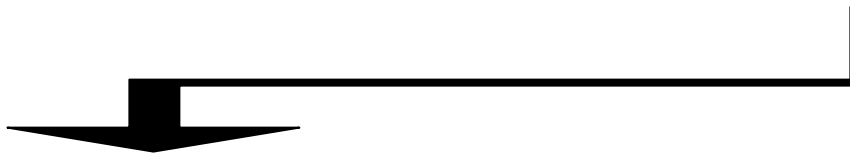
13. Withdraw the Bo in a blocking movement ending in a chudan kamae posture



14. Begin to flip the Bo vertically with the front of the Bo going up and backward, loosen the handgrip and prepare to change hand position



15. The Bo continues to be flipped backwards and the hands are about the change so that the left hand will come in front of the right eventually. The feet come together as you do this



16. The Bo is now being prepared for a downward strike as you step forward with your left foot



17. You strike downwards with you left foot forward and your left hand now in front of your right hand



18. Complete the downward strike



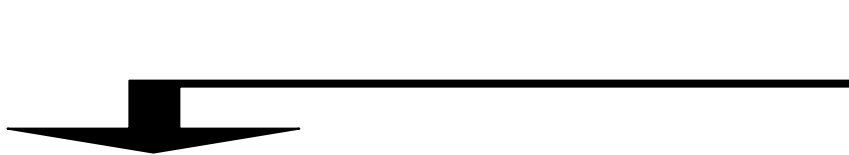
19. Begin to flip the Bo up and backwards again over your right side



20. Continue the flip of the Bo so it ends up being vertical along your right side



21. Begin to do another two handed figure 8 in front of your body



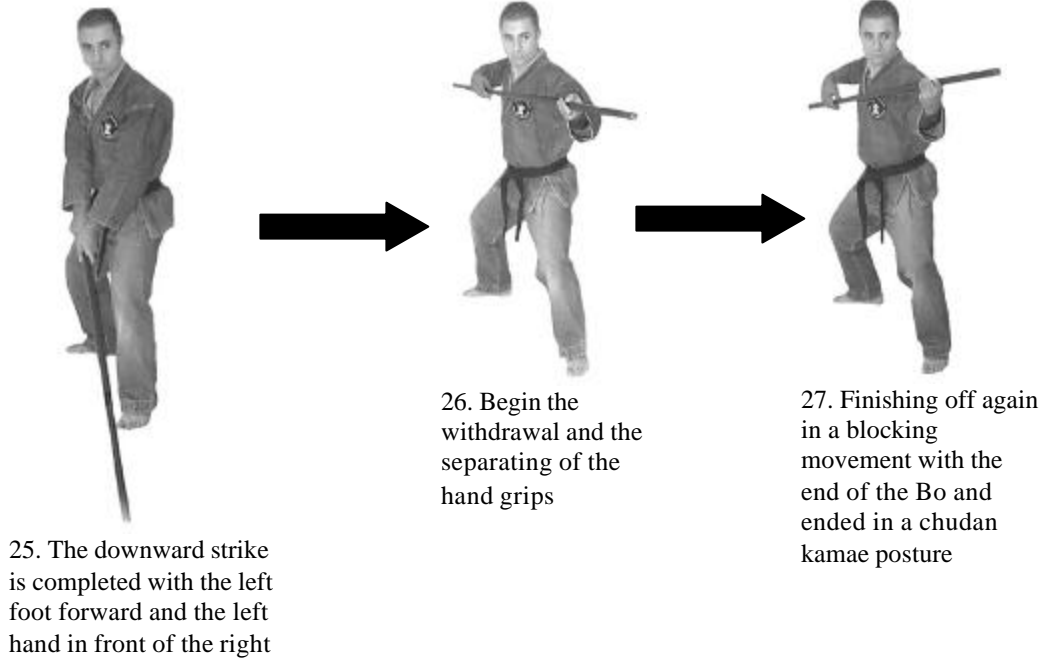
22. The two handed figure 8 continues



23. The two handed figure 8 winds around to your left side and is being prepared for a downward strike as you left foot begins to step forward



24. The downward strike out of the two handed figure 8 continues



This exercise should be repeated several times for balance, rhythm, flow and control. Incorporating hip movement with the flips, figure 8's and strikes will greatly add to the power of the movements.

Shujino Kon Form



1. Starting position



2. Bow



3. Begin to step through for downward strike



4. Continuation of the opening strike



5. Finishing position of Opening strike



6. Withdrawn into Chudan Kama



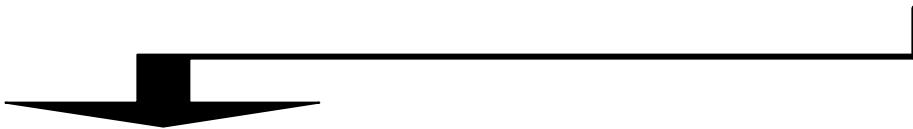
7. Step up to wide stance and prepare to thrust behind with Bo



8. Bend forward (duck) and prepare for backward thrust of Bo



9. Thrust behind as you adjust your stance



10. Thrust forward from the backward thrust as you step sideways with your right foot (not shown here)



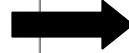
11. Withdraw into Chudan kamai



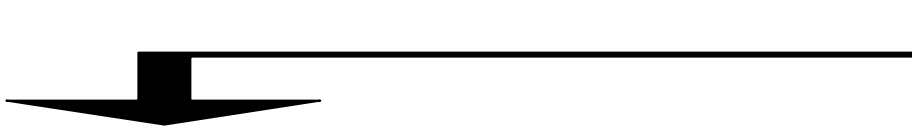
12. Turn to you right and withdrawn into a Hasso Kamai whilst in right foot forward cat stance



13. Sweep the Bo across from left to right in a deflecting motion.



14. Begin to step forward, as you slide you right hand up to your left to begin to execute a downward strike



15. Strike downward...



16. Begin to withdraw into Chudan Kamai



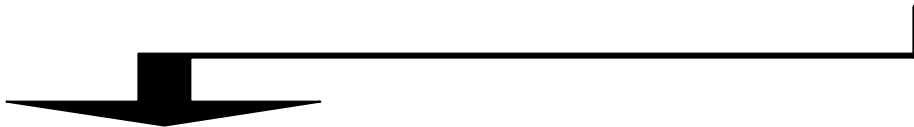
17. Complete Chudan Kamai



18. Look over to your left



19. Begin to step you right leg back into a side horse stance



20. Drop back into side horse stance and Jodan Kamai



21. Slide left foot back to right foot and prepare to rotate Bo over for a disarm technique



22. Begin to rotate the Bo in a clockwise direction



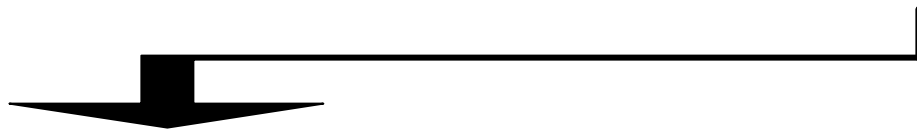
23. Continue the disarm



24. Continue...



25. The disarm, by rotating the Bo 3 clockwise rotations



26. Bend forward and withdraw the Bo in preparation to thrust



27. Begin to thrust



28. Thrust sideways



29. Begin to withdraw the Bo for a downward strike



30. Begin the downward strike off the right side



31. Moving into the downward strike



32. Strike downwards



33. Begin to withdraw in Chudan Kamai



34. Chudan Kamai



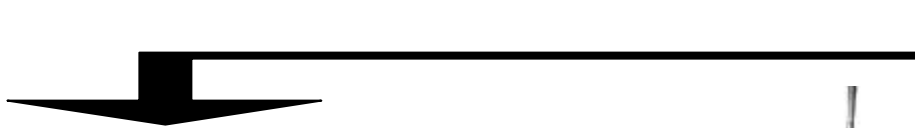
35. Switch the hand and prepare for left hand downward strike as you step through



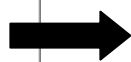
35. Step through to your left and continue to execute left hand downward strike



36. Complete the step through and strike



37. Begin to withdraw into Chudan Kamaï



38. Chudan Kamaï



39. Step back leg up to right as you the Bo back and bring you left hand back to your right hand



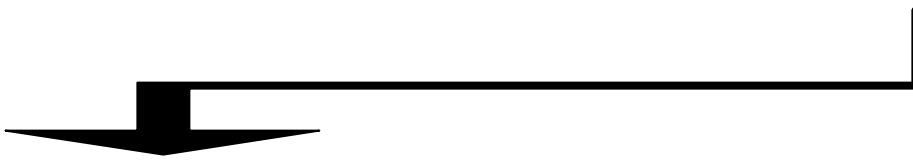
40. Bring the Bo over and behind your right shoulder



41. Bring the end of the Bo along your right side



42. Continue to bring the Bo from your right side up to your left



43. Raise the Bo



44. Bring the Bo over to your right



45. Bring to right and prepare to strike downwards



46. Step through on right to strike down



47. Continue with the downward strike



48. Complete downward strike



49. Begin to with draw in Chudan kamai



50. Chudan Kamai



51. Begin to step up and prepare for backward thrust



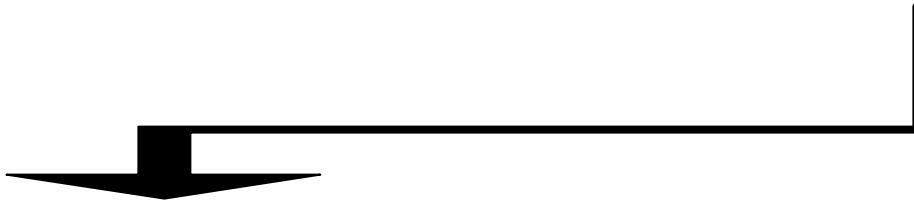
52. Bend forward as you prepare to thrust



53. Step back as you come up and thrust behind



54. Release your grip with right hand



55. Reverse the grip with right hand



56. Take hold of Bo with reverse grip



57. Step back side ways with your left leg to move towards a side ways horse stance



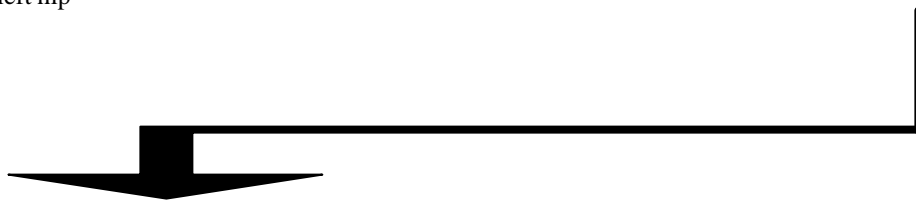
58. Set the Bo across your left hip



59. Bo set across the left hip



60. Whip the Bo across your body to your right side



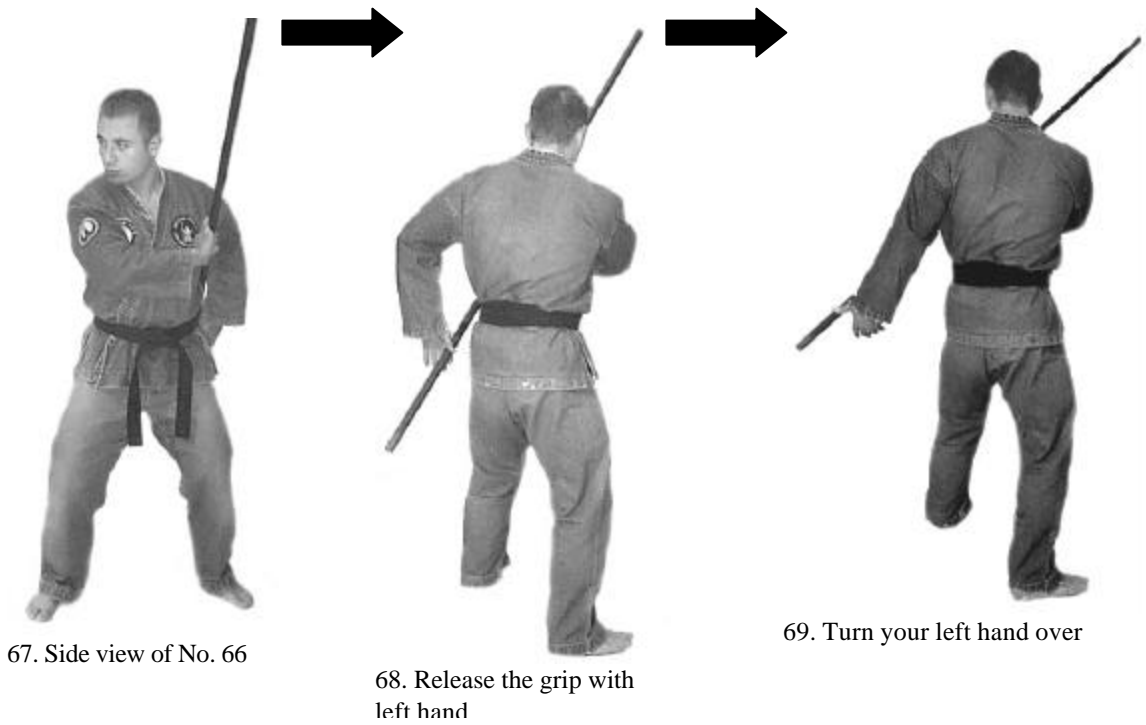
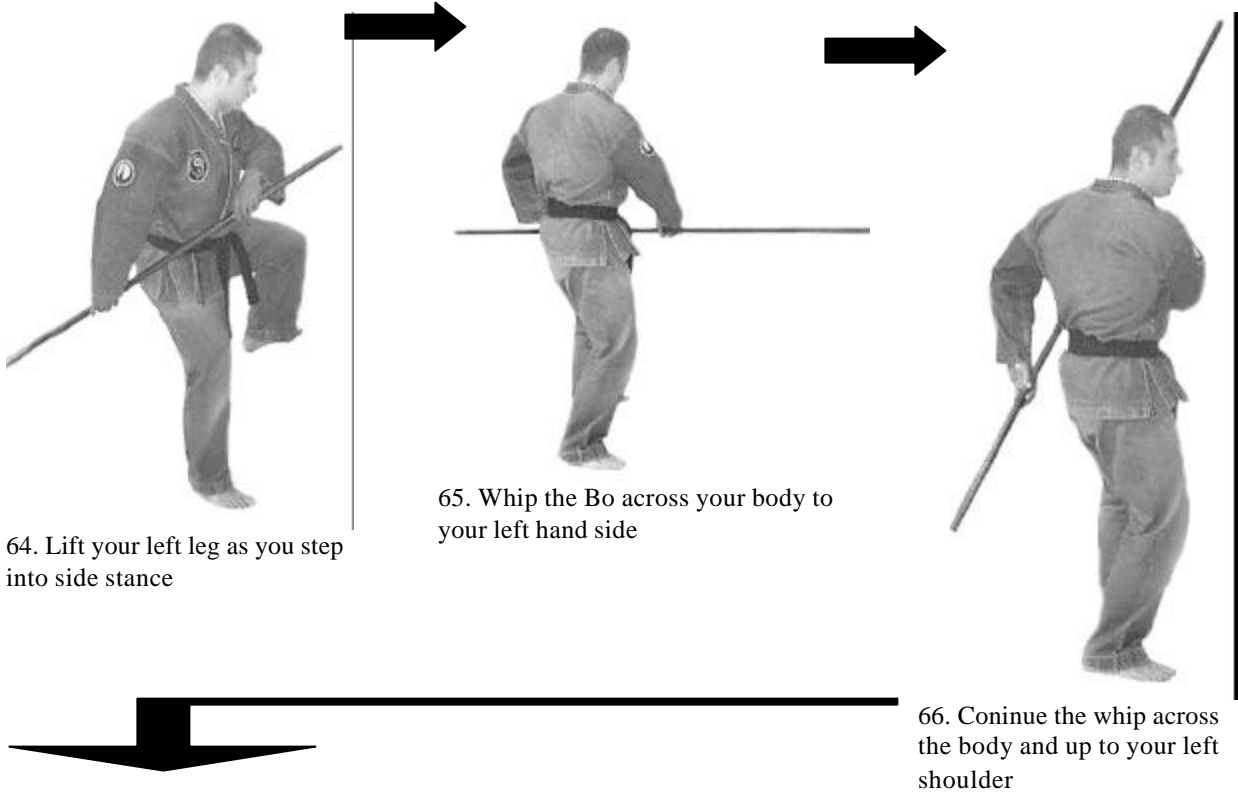
61. Continue the whip of the Bo across your body and up to your right shoulder

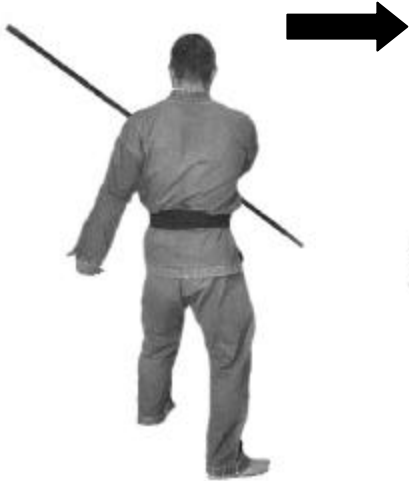


62. Let the Bo slide through your hands...



63. Step right leg behind left to end up in side stance





70. Flip the Bo over in a circular fashion



71. The flipping of the Bo will bring the end of the Bo that was in front to be now near your left hand



72. Catch the Bo as it is being flipped over with your left hand



73. Bring your right leg back and behind to move to a left leg forward cat stance



74. As you step back into cat stance, the Bo is moved across the body in a sweeping motion



75. Ending in cat stance and Bo in a Hasso Kamai



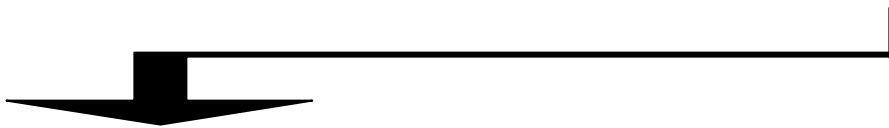
76. Bring back leg up to left as you prepare for downward strike



77. Begin the downward strike



78. Complete the downward strike



79. Begin to withdraw into Judan Kamai



80. Judan Kamai



81. Slide right leg back to half lunging stance and drop the right hand down across your body



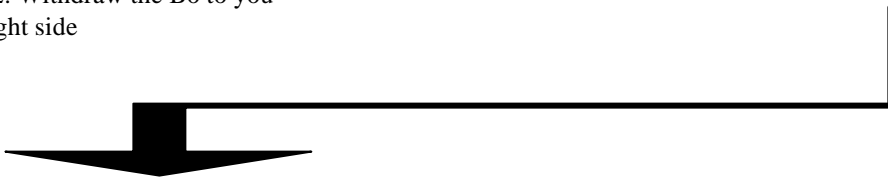
82. Withdraw the Bo to you right side



83. Bring the bottom of the Bo (right hand) up and drop your left hand down



84. Bring the Bo to the vertical position



85. Slide your right hand down to the left as you drop the Bo down



86. Finish in the attention position with the Bo across the body and two thirds of the Bo in front of the body



87. Bow and finish...

Other Drills, Exercises & Kata

Once the fundamentals of handling and moving the Bo are attained, the amount of drills and exercises that can be performed and practiced are limited to one's imagination.

There are two man partner drills as well as Basic Kata associated with the system. To examples of such Kata are:

Shujino Kon

Koryuno Kon

It is beyond the scope of this document to table photographic explanation of the second of these Kata unfortunately.

Nevertheless, there is excellent video material titled

“Koryu Uchinadai Kobudo Yamaneryu Bojutsu” available for all the exercises described in this document as well as other drills, two man drills, exercises and Kata from the:

“Ryukyu Karatejutsu Kokusai Kenyukai” Website at:

<http://www.society.webcentral.com.au/>

