

Bokken Kata No. 1

Start in *Chudan No Kamae* (right *hamni*)

1. *Shomenuchi*
2. Step with left leg and *Munetsuki*
3. Turn 180° and *Shomenuchi*
4. Slide with right leg and *Munetsuki*
5. Turn 90° Left and *Shomenuchi*
6. Slide with left leg and *Munetsuki*
7. Turn 180° & *Shomenuchi*
8. Slide with right leg & *Munetsuki*
9. Turn 45° Left & *Shomenuchi*
10. Turn 180° & *Shomenuchi*
11. Turn 90° Left & *Shomenuchi*
12. Turn 180° & *Shomenuchi*
13. Bring *bokken* along left chest, spin out clockwise, turning on right foot (*bokken* holding) a total of 360° plus the amount necessary to return you facing front (1 ½ spin). *Shomenuchi* and slide back to right *hamni*.

Bokken Kata 2

Start in *Chudan No Kamae* (right *hamni*)

1. Step back 45° to left & Guard with *bokken* overhead point to right cutting opponent's wrist
2. *Yokomenuchi* to left side
3. Direct to *Yokomenuchi* to right side
4. Direct to *Yokomenuchi* to left side again
5. Turn 180° to right & *Shomenuchi*
6. Stepping *Munetsuki* with *bokken* on left side
7. Turn 180° to left & *Shomenuchi*
8. Stepping *Munetsuki* with *bokken* on right side
9. *Yokomenuchi* to right side, continuing turn to left 180° with *bokken* slice to shin/ankle boundary ending in *Gedan No Kamae*
10. Continue motion to left, *Yokomenuchi* to left side, continuing turn to right 180° with *bokken* slice to shin/ankle boundary ending in *Gedan No Kamae*
11. Sliding *Munetsuki* with *bokken* on right
12. *Yokomenuchi* to right
13. Continue motion, *bokken* across body to left; bring *bokken* in cut out in front across body making two complete circles. End up in *Jodan No Kamae* with *Shomenuchi* and slide back.

Jo Kata #1 (Shooting Star)

1. Start in left *hamni*, *jo* vertical and resting in palm. *Munetsuki*, guard
2. *Munetsuki*, guard
3. [step sideways to right, then back w/ left] *Yokomenuchi* (left oblique)
4. [step forward w/ left, bring right foot behind] *Shomenuchi* (right oblique)
5. Thrust back and down (do not look)
6. Turn around, *Munetsuki* (with *kiai*), guard
7. [step sideways to right, then back with left] *Yokomenuchi* (left oblique)
8. [step forward with left, bring right foot behind] *Shomenuchi* (right oblique)
9. [step forward, turning right foot diagonally to right, step with left to achieve turn] Turn around, block right & down straight across body
10. Uppercut *jo* to the chin
11. Step & *Shomenuchi*
12. Change hands, *Munetsuki* & guard
13. Step back, *Yokomenuchi* with *kiai*, thrust back at hip level
14. Step off the line, uppercut to chin
15. High strike to chin
16. Drop *jo* (changing rear hand, leaving middle hand in place), *Munetsuki* & guard
17. Step back, *yokomenuchi* with *kiai*, step back with left, kneel on left knee with right knee up, thrust back & down at knee level
18. Step off the line, knee strike
19. Strike *Munetsuki* to knee
20. Drop *jo* (changing rear hand, leaving middle hand in place), sliding *Munetsuki* (moving forward)
21. Pull *jo* back in hands so left hand is near front of *jo* and right hand near middle. Swing *jo* up and strike uppercut to chin (moving forward)
22. Drop *jo* (changing rear hand, leaving middle hand in place), Sliding *Munetsuki* with *kiai*, guard

Jo Kata No 2 (Butterfly)

1. *Munetsuki*, Guard, bring *jo* down
2. *Munetsuki*, Guard
3. Step right, rotate *jo* into *Jodan no Kamae* & *Shomenuchi* (Butterfly spin starts)
4. Step Left & block down across front of body
5. *Shomenuchi* (Butterfly spin ends)
6. *Munetsuki*
7. Turn 180° to right & *Shomenuchi* with *kiai* (Butterfly spin starts)
8. Step left & block down across front of body
9. *Shomenuchi* (Butterfly spin ends)
10. *Munetsuki*
11. Turn 180° to right & *Shomenuchi* with *kiai*
12. Strike rear at waist level on left
13. Strike rear at waist level on right
14. Continue turn to right 180° & *Shomenuchi*
15. Turn 180° to right, run three steps, *Shomenuchi* with *kiai*
16. Bring *jo* across body to left, swing right, turning 360°, bring up to *Hasso no Kamae*
17. Step right & uppercut chin
18. *Munetsuki* on left side
19. Step left & *Shomenuchi*
20. *Munetsuki*
21. Step right & uppercut chin
22. *Munetsuki* on left with *Kiai*, Guard

Jo Kata #3 (Harvest)

1. *Munetsuki*, bring *jo* up for guard
2. *Munetsuki*, bring *jo* vertically down to the left leg for a block (still in left *hamni*)
3. Right *yokomenuchi*
4. Left *yokomenuchi*
5. *Tenkan shomanuchi* (on the spot); pitching 'a bale of hay' then *tenkan* bringing the *jo* vertically up
6. Right *Yokomenuchi*
7. Left *Yokomenuchi*
8. *Munetsuki* on the right side; grasp the *jo* in the middle with both hands (like a clam) and twirl the *jo* while doing a *tenkan*
9. *Munetsuki*; bring *jo* up for guard then over and hold it behind the head
10. Using only the right hand swing the *jo* down to take out the ankle and catching the *jo* again with the left hand (*jo* at 45°)
11. Slide *jo* (45°) down to strike the knee (no arm change)
12. Step over and *Munetsuki* on the right side
13. Draw *jo* back and sweep the back of the *jo* to take out the ankle
14. Slide *jo* (45°) and strike knee.
15. *Munetsuki* on the left side to face.
16. *Munetsuki* on the right side; grasp the *jo* in the middle with both hands (like a clam) and twirl the *jo* while doing a *tenkan*
17. *Munetsuki*; bring *jo* up for guard. Then *yokomenuchi* (while stepping back with the left leg). Move the right hand to the middle and do a figure 8 or 'butterfly' twirl with only the right hand (3 counts) and kneel with left knee, then right. The *jo* should rest diagonally in the armpit area.