

BO KATA 4

#	Technique	Stance	Footwork	Direction
1	Vertical OHRS Presentation	Closed	None	Forward
2	Angle Block	Right Linear Back	Left Step	Forward
3	OHFS	Right Front	Right Step	Forward
4	4-Point Combination	Right Front	None	Forward
5	Front Thrust	Right Long Front	Right Step	Forward
6	Heel Knee Strike	Right Long Front	None	Left
7	Downward Thrust	Right Front	Right Step	Left
8	Reverse OHFS	Left Front	Left Step	Left
9	Right OHRS	Left Front	None	Left
10	Upward Heel Strike	Left Front	None	Left
11	Reverse Poke	Left Front	None	Right
12	OHFS	Right Front	Right Step	Left
13	Heel Knee Strike	Right Modified Front	Left Pivot	Left
14	Downward Thrust	Left Crane	Left Step	Left
15	Angle Block	Right Crane	Right Step	Right
16	OHFS	Right Front	Right Step	Right
17	Push Block	Right Front	Right Step	Right
18	OHFS	Right Front	Right Step	Right
19	Front Thrust	Right Long Front	Right Step	Right
20	Heel Rib Strike	Right Modified Front	Left Pivot	Right
21	Tip Rib Strike	Left Walking	Left Step	Right
22	Spinning OHRS	Straddle	Right Step	Right
23	Left OHRS	Straddle	Left Step In, Step out	Forward
24	Heel Rib Strike	Straddle	None	Forward

25	Tip Rib Strike	Straddle	None	Forward
26	Right OHRS	Straddle	None	Forward
27	Left OHRS	Straddle	None	Forward
28	Heel Knee Strike	Right Front	Pivot	Left 45°
29	Downward Thrust	Right Front	Right Step	Left 45°
30	Slide-Reverse OFS	Left Front	Left Step	Left 45°
31	Right OHRS	Straddle	Right Step	Right 45°
32	Reverse Uppercut	Left Cross	Right Step	Right 45°
33	Figure 8 OHFS	Left Front	Right, then Left Step	Right
34	Front Thrust	Long Front	Right Step	Right
35	Reverse Thrust	Left Back	Left Step	Left
36	OHFS	Right Front	Right Step	Left
37	Heel Knee Strike	Left Back	Left Step	Left
38	Downward Thrust	Right Front	Right Step	Left 45°
39	Sweep-Batting Stance	Left Modified Back	None	Forward
40	Baseball Bat Swing	Dynamic Closed	Right Step In	Forward
41	High Block	Straddle	Right Step Out	Forward
42	Low Block	Straddle	None	Forward
43	Right Knee Strike	Right Front	Pivot	Forward
44	Downward Thrust	Right Front	Right Step	Forward
45	OHFS	Closed	Right Step	Forward
46	Right Folding Rib Strike	Closed	None	Forward