

BO KATA 3

#	Technique	Stance	Footwork	Direction
1	Arm Circle Presentation	Left Front	Left Step	Left
2	"The Look" into OHRS Presentation	Closed	Left Step	Forward
3	Push Block	Straddle	Right Step	Right 45°
4	OHFS	Right Front	Right Step	Right 45°
5	Push Block	Left Front	Pivot	Left
6	Right OHRS	Right Front	Pivot	Right 45°
7	Reverse Uppercut	Left Cross	Right Step	Right 45°
8	3-Point Combination	Right Front	Right Step	Right 45°
9	4-Point Combination	Right Front	None	Right 45°
10	Sweep-OHFS	Right Front	Right Step Out	Right 45°
11	Front Thrust	Right Long Front	Right Step	Right 45°
12	Heel Knee Strike	Right Long Front	None	Left 45°
13	Downward Heel Poke	Right Long Front	None	Left 45°
14	Tip Knee Strike	Left Front	Left Step	Left 45°
15	Right OHRS	Straddle	Pivot	Right 45°
16	Left OHRS	Straddle	None	Right 45°
17	Heel Knee Strike	Right Front	Pivot	Left 45°
18	Downward Thrust	Right Front	None	Left 45°
19	Downward Thrust	Left Crane	Left Step	Left 45°
20	Angle Block	Right Crane	Left, then Right Step	Right 135°
21	OHFS	Right Front	Right Step	Right 135°
22	6-Point Combination	Right Front	Right Step	Right 135°
23	Sweep Reverse Uppercut	Left Cross	Right Step	Right 135°
24	Spinning OHFS	Left Front	Right, then Left Step	Right 135°
25	3-Point Combination	Right Front	Right Step	Right 135°
26	Reverse Thrust	Left Back	Left Step	Left 45°

27	Forward Figure 8 Spin to Catch, Heel Strike (to right)	Right Walking	Right Step	Left 45°
28	Tip Strike (to left)	Left Walking	Left Step	Left 45°
29	Spinning OHRS	Right Walking	Right Step	Left 45°
30	Upward Heel Strike (on right shoulder)	Right Walking	None	Left 45°
31	OHFS	Left Cross	Left Step	Left 45°
32	Right OHRS	Straddle	Right Step	Right
33	Left OHRS	Straddle	None	Right
34	Heel Knee Strike	Straddle	None	Forward
35	Downward Thrust	Right Front	Right Step	Forward
36	Right OHRS	Right Front	None	Back
37	One-Handed Swinging Leg Strike	Dynamic	Left	Forward
38	Reverse Uppercut	Left Cross	Right	Forward
39	OHFS	Right Front	Right	Forward
40	6-Point Combination	Right Front	None	Forward
41	Left Heel Strike	Left Front	Left Step	Left
42	Right Rib Strike	Left Front	None	Left
43	Right OHRS	Right Front	Left Step	Forward
44	Spinning OHFS	Left Front	Left Step	Forward
45	Sweep-OHFS	Right Front	Right Step	Forward
46	4-Point Combination	Right Front	None	Forward
47	Sweep-OHFS	Right Front	Right Step Out	Forward
48	Right OHRS to Right	Right Knee-Forward Kneeling	Pivot	Right
49	Staff Over Right Shoulder, Traditional Bow	Full Kneel	Right Step	Forward