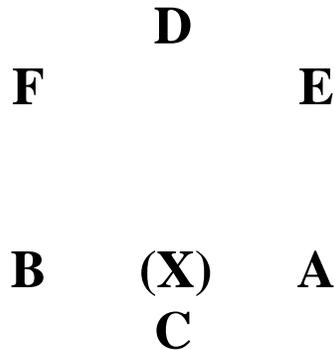


AMERICAN KANG DUK WON

BO KATA ONE



Chunbi and Bow (starting at X, facing to D)

Bo is chambered at the left side of the body beneath the arm. The right hand is at the side of the leg in an opened position, fingers downward.

Bring the bo out in front as the right hand closes and moves to the front, execute a Chunbi position. Bring both hands back to the sides and bow.

(The form will begin in the Ready Stance, with the bow chambered to the left and the right hand open and to the side of the right leg.)

Bow to the Ready Position

Reach across the body with the right hand to a position just below the left hand, which is holding the bo. Rotate the bo upward to the left in the ready position so that the left hand is approximately chamber high and the bo is straight up along the left side of the body.

The right hand returns to the right side with fingers pointing downward.
Ready Position and Breathe.

Prepare for L/ Downward Swinging Block

Reach across the body with the right hand and grab the bo approximately shoulder high at the left side. The right arm will be directly across chest level during the grab.

Pull the bo across the front of the body in a deliberate movement and establish a preparatory position to the right side. The left arm is now at waist level with the fist near the right chamber. The right hand is up at shoulder level on the right side.

L/Downward Swinging Block (to B)

Look and move to the left 90 degrees into a LFS. Execute a left low downward swinging block from the right side of the body to the left side, just above the left leg. (Left hand is near the left chamber with the right arm out in front and left hand forward and approximately at the center of the bo.

R/Center Thrust (to B)

Step forward in to a RFS and thrust the bo out approximately solar plexus level. The hands remain in the same positions on the bo as the thrust is being performed.

R/Downward Swinging Block (to C)

Look over the right shoulder and turn 180 degrees to the right performing a RFS. (As the turn is being performed, change from a right leading hand grab to a left leading hand grab. Rotate the bo by simply pulling the right hand to the chamber area and push the bo forward with the left hand.) As the RFS is completed, execute a low right downward swinging block, just above the right leg.

L/Center Thrust (to C)

Step forward in to a LFS and thrust the bo out approximately solar plexus level. The hands remain in the same positions on the bo as the thrust is being performed.

L/Downward Swinging Block (to D)

Look and move to the left 90 degrees into a LFS. Execute a left low downward swinging block from the right side of the body to the left side, just above the left leg. (Left hand is near the left chamber with the right arm out in front and left hand forward and approximately at the center of the bo.

R/Center Thrust (to D)

Step forward in to a RFS and thrust the bo out approximately solar plexus level. The hands remain in the same positions on the bo as the thrust is being performed.

L/Center Thrust (to D)

Step forward in to a LFS. (As the LFS is being performed, change from a right leading hand grab to a left leading hand grab. Rotate the bo by simply pulling the right hand to the chamber area and push the bo forward with the left hand.) Thrust the bo out approximately solar plexus level. The hands remain in the same positions on the bo as the thrust is being performed.

R/Center Thrust (to D)

Step forward in to a RFS. (As the RFS is being performed, change from a left leading hand grab to a right leading hand grab. Rotate the bo by simply pulling the left hand to the chamber area and push the bo forward with the right hand.) Thrust the bo out approximately solar plexus level. The hands remain in the same positions on the bo as the thrust is being performed. **KIHAP!**

L/Downward Swinging Block (to E)

Look and move to the right 270 degrees into a LFS. Execute a left low downward swinging block from the right side of the body to the left side, just above the left leg. (Left hand is near the left chamber with the right arm out in front and left hand forward and approximately at the center of the bo.)

R/Center Thrust (to E)

Step forward in to a RFS and thrust the bo out approximately solar plexus level. The hands remain in the same positions on the bo as the thrust is being performed.

R/Downward Swinging Block (to F)

Look over the right shoulder and turn 180 degrees to the right performing a RFS. (As the turn is being performed, change from a right leading hand grab to a left leading hand grab. Rotate the bo by simply pulling the right hand to the chamber area and push the bo forward with the left hand.) As the RFS is completed, execute a low right downward swinging block, just above the right leg.

L/Center Thrust (to F)

Step forward in to a LFS and thrust the bo out approximately solar plexus level. The hands remain in the same positions on the bo as the thrust is being performed.

L/Downward Swinging Block (to C)

Look and move to the left 90 degrees into a LFS. Execute a left low downward swinging block from the right side of the body to the left side, just above the left leg. (Left hand is near the left chamber with the right arm out in front and left hand forward and approximately at the center of the bo.)

R/Center High Thrust (to C)

Step forward into a RFS and thrust the bo out approximately throat level. The hands remain in the same positions on the bo as the thrust is being performed.

L/Center High Thrust (to C)

Step forward in to a LFS. (As the LFS is being performed, change from a right leading hand grab to a left leading hand grab. Rotate the bo by simply pulling the right hand to the chamber area and push the bo forward with the left hand.) Thrust the bo out approximately throat level. The hands remain in the same positions on the bo as the thrust is being performed.

R/Center High Thrust (to C)

Step forward in to a RFS. (As the RFS is being performed, change from a left leading hand grab to a right leading hand grab. Rotate the bo by simply pulling the left hand to the chamber area and push the bo forward with the right hand.) Thrust the bo out approximately throat level. The hands remain in the same positions on the bo as the thrust is being performed. **KIHAP!**

L/Downward Swinging Block (to B)

Look and move to the right 270 degrees into a LFS. Execute a left low downward swinging block from the right side of the body to the left side, just above the left leg. (Left hand is near the left chamber with the right arm out in front and left hand forward and approximately at the center of the bo.)

R/Center Thrust (to B)

Step forward in to a RFS and thrust the bo out approximately solar plexus level. The hands remain in the same positions on the bo as the thrust is being performed.

R/Downward Swinging Block (to A)

Look over the right shoulder and turn 180 degrees to the right performing a RFS. (As the turn is being performed, change from a right leading hand grab to a left leading hand grab. Rotate the bo by simply pulling the right hand to the chamber area and push the bo forward with the left hand.) As the RFS is completed, execute a low right downward swinging block, just above the right leg.

L/Center Thrust (to A)

Step forward in to a LFS and thrust the bo out approximately solar plexus level. The hands remain in the same positions on the bo as the thrust is being performed. **KIHAP!**

Breaking Technique (to D)

Pull the left leg back, pivoting 90 degrees, standing at X facing. Move the bo to a horizontal position at the left side of the body and at hip level. Step forward to the appropriate distance and perform a power break. **KIHAP!**

Chunbi and Bow (to D)

Step back (to X) with the left leg, then draw the right leg in forming a Ready Stance. Reach across with the right hand and raise the bo along the left side of the body. Rotate the bo upward into the ready position. The left hand is approximately chamber high and the right arm is across the body in front at chest level, right hand grabbing the bo. Rotate the bo forward (pull downward with the right hand while pushing up and forward with the left hand). Chamber the bo beneath the left arm.

The right hand returns to the right side with fingers pointing downward.
Ready Position and Breathe.

Bring the bo out in front as the right hand closes and moves to the front, execute a Chunbi position. Bring both hands back to the sides and bow.

End of form.

BO KATA ONE

D

F

E

B

(X)

A

C

Chunbi and Bow (starting at X, facing to D)

Bow to the Ready Position

Prepare for L/ Downward Swinging Block

L/Downward Swinging Block (to B)

LFS

R/Center Thrust (to B)

RFS

R/Downward Swinging Block (to C)

RFS

L/Center Thrust (to C)

LFS

L/Downward Swinging Block (to D)

LFS

R/Center Thrust (to D)

RFS

L/Center Thrust (to D)

LFS

R/Center Thrust (to D)

RFS

KIHAP!

L/Downward Swinging Block (to E)

LFS

R/Center Thrust (to E)
RFS

R/Downward Swinging Block (to F)
RFS

L/Center Thrust (to F)
LFS

L/Downward Swinging Block (to C)
LFS

R/Center High Thrust (to C)
RFS

L/Center High Thrust (to C)
LFS

R/Center High Thrust (to C)
RFS
KIHAP!

L/Downward Swinging Block (to B)
LFS

R/Center Thrust (to B)
RFS

R/Downward Swinging Block (to A)
RFS

L/Center Thrust (to A)
LFS
KIHAP!

Breaking Technique (to D)
KIHAP!

Chunbi and Bow (to D)

End of form.