# Odo No Bo San

1. With Bo on Right side and vertical, knees bent, left hand in high chamber
   * + 1. (aka. Starting position)
2. Flick out left arm 45\* down with open hand
3. Bring hand over top and grab the bo at the top
4. Do a head strike
5. Do a Poke
6. Cat Block
7. Step Fwd with head strike
8. Flip Bo
9. Step to rear 180\* with side strike
10. Do a head strike
11. Do a Cat Block
12. Step Through with a head strike
13. Poke
14. Flip bo
15. C Step 45\* to the right
16. Side strike, head strike
17. Flip the bo
18. Turn 180\* with a side strike
19. Do a head strike
20. Do a poke
21. Flip bo
22. C-step to the right 45\* (now 90\* right of front)
23. Side Strike
24. 180\* helicopter to a side strike
25. To the front do a “U” clear/leg sweep come down on left knee (bo will be on right pointed up )
26. Rise (Right foot forward)
27. Do a head strike
28. Do a Poke
29. Do a Right outside block
30. Do a clear (leg sweep)
31. Shorten Bo if necessary (use left hand to move bo up to avoid floor on bow)
32. Step back to feet together and come to discipline