# Odo No Bo Yon

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 two handed down block
5. Raise the right arm (bo to Vertical) and do a left side outside block – swing bo around back of your left foot
6. Swing the bo over (left arm high) and do a right side outside block – swing bo around back of your right foot
7. Do a down block to the front
8. Do 3 spinning disarms (Wheel Barrow rolls)
9. Down Block
10. Up block (overhead – arms slightly bent; bo is behind your head slightly)
11. Un-grip and turn right hand palm facing back and re-grip near left hand
12. Shoulder the bo on the left side
13. Do a 180\* step back to rear with a side strike
14. Flip the bo
15. Do a 180\* step to the front with a side strike
16. Step back to a Right Outside block
17. Step back to 3 figure 8s and poke.
18. LF steps up and out to the back L 45\*, and poke and then strip bo down.
19. RF continues to step on the back L 45\*, H strike.
20. LF steps in and out the other back 45\* and perform a clearing outside block into a strip.
21. Step with RF to RFF (on same 45\*), head strike. Leg block (RH high)
22. RF pick up and LF travels clockwise around to the original front. (Land LFF)
23. Slide foot poke, Step through to RFF, H strike and poke.
24. Step back to RFF outside block, Clear
25. Step up D/R.