Tsuken Akachono Nunte Bo

1. Start feet together with LH in chamber and Bo on R shoulder.

2. LF step to Horse stance, LH grabs bo close to shoulder, bring bo down, twist, twist, bring back to shoulder.

3. LF Slides in then out to a horse stance facing 90\* to the right with the LH in the Down prong.

4. RF step to the front with a side strike. (D prong always hits)

5. LF steps forward, LH releases and then regrips to a head strike.

6. Upward poke and twist. (All pokes will angle up and twist)

7. Poke to the back with butt of bo.

8. LF steps clockwise to the back, side strike.

9. RF steps through while changing hands, head strike, poke.

10. RF steps in and back to face the original back R 45\*, and hands switch to do a head strike, poke. (Should be LFF and bo on the R side)

11. RF in and out to the original back L 45\* and hands change, head strike, poke. (Should be RFF, bo on L side)

12. Poke to the front R 45\* with back of bo, Step through w/ RF on the same 45\*, head strike, poke.

13. LF comes around and Helecopter the bo around to an ankle strike to the original back R 45\*. (RFF)

14.LF step to LFF, Bring LH up. (Point manji down and behind you)

15. Step through Side Strike, Step through head strike (Slide hands), poke.

16. Change/change, bring bo to L Side (LH high), LF picks up to spin Clockwise to face the back, clearing head strike. (Manji is behind you and against arm)

17. Shuffle forward chin strike, Shuffle back and unwind into a head strike.

18. Change/change, step through side, slide/slide step through head, poke.

19. Flat block, (RFF and sai down), RF slides back and across to the front, clearing head strike, poke.

20. Slide back RF Cat stance and curl, RF in and out back to horse stance, Slide up D/R.