

## **Bo Kata: Northern Chi No Kon Dai**

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A modern, Bo kata developed by Bobby "Tokyo Joe" Lamentina of the Northern Chi School (Kempo style) and demonstrated in the DVD, Asian Fighting Techniques, Long Staff and Cane, Christopher Keith, Shami Productions. (This DVD also covers Sushi No Kon Son)

### General Information:

1. Primarily a strike set kata, it uses a "powerful forward stance" (PFS). To move into a PFS begin with side horse stance, rotate the front foot forward like a back stance but the stance is lower and weight is on the front foot (in reality it ends up as a narrow width, long front stance with the back foot pointing to the side or slightly forward for better support).
2. This kata can be performed with the hands on the Bo in the standard "thirds" positions OR allowing the hands to move to the body end of the Bo to get greater reach towards the target (the Chinese, Shaolin technique).
  - a. The Chinese technique requires quick movement of the hands with the forward hand moving to the middle of the Bo and the backhand about 6 to 12 inches from the tip. Hands should slide on the Bo and never release the grip. When changing hand position, the backhand generally moves first then the front strike hand moves during the strike.
  - b. The "thirds" position is traditional. When first learning the kata, it may be best to begin with the hands in the standard, "thirds" positions.
3. Directions: N = north (forward from start position), S = south, E = east, W = west, R = right, L = left
4. For better power and stability, the back of the Bo "snaps" to the hip above the belt, the outside of the arm, or the top of the shoulder (the back position) to hold the Bo against the body for stability. (You can actually hear the slap of the Bo on the body.)
5. The front palm should always be on the opposite side of the strike to prevent the Bo from being torn from your hand (the large knuckle of the index finger should be opposite the strike). This may require you to rotate the Bo along its axis to get the proper palm position. The grip should be "loose" to allow the hand to slide and rotate into position for guiding the strike and then "firm" when the strike is made (like a punch that turns and firms at the end). For example during a "head strike" the front hand may pull back from the "thirds" position to the mid Bo for greater reach.
6. The back palm should be firmly gripped for support.

### Joon bi to start position (done as one move):

1. Begin with the Bo in back of the R shoulder held by the R hand.
2. The R hand moves the lower tip forward until the Bo is horizontal while the L hand reaches across the body to grab the Bo as close to the body as possible with the palm up.
3. With the L hand stationary, the R hand swings the front Bo tip horizontally until the Bo points to the L.
4. Rotate the Bo vertically, clockwise so the R hand comes in front of the R shoulder and the L hand is at belt level. (If altering the hand position: while doing this move, the L hand moves to a position 6 to 12 inches from the tip then the R hand moves to the center of the Bo.)
5. You are ready to begin the kata.

### Kata:

1. Begin by facing N. The Bo is held in a regular grip (*jun nigiri*) with the R hand palm up and the L hand palm down. Raise the Bo above your head in a high block while the R foot lifts up into a "crane stance" (the R leg like a chamber position for a front snap kick with the knee and foot facing N).
2. The R foot steps forward into a PFS and do a "head strike" with the L hand ending at the L side of the belt. [You are striking the top of the opponent's head.]
3. "Drag step" (pull the back, L foot up to the front, R foot then move the R foot forward into PFS) while pulling the Bo back on the left side (the R hand is now pulled back to the body with the Bo at mid chest height).
  - a. Then execute a "thrust" to the throat/lip (the tip moves upward).
  - b. Then execute a "side strike" to the R side of the opponent's head by rotating the Bo horizontally with the L hand pushing forward and the R hand pulling back to snap the back of the Bo to rest on outside of the upper R arm. The Bo ends horizontal. (In the Chinese technique the R hand moves forward to about a foot from the end of the Bo then execute the "side strike" with the L hand pulling back to the mid Bo.)
  - c. Then execute a "chin strike" by rotating the vertically. The R hand pulls the Bo down then up to strike the chin while the L hand comes to rest on the top of the R shoulder. The Bo ends horizontal.
  - d. Then execute a "head strike". (In the Chinese technique the L hand is "firm" during this move about a foot from the end of the Bo and the R hand is "loose" to pull back to the mid Bo during the strike.) Rotate the Bo vertically in the reverse direction by pulling the R hand down, back, and then overhead to strike. The R hand rotates so the palm is facing down at the strike.
4. "Crane stance" raising the R foot (the knee and foot may face W) and pull the Bo back on the L side so the R hand is at the body (for power the Bo is usually raised to mid chest level). Step forward into PFS while executing a "thrust" to the upper throat/face.
5. "Drag step" while pulling the Bo back then execute another "thrust" to the upper throat/face.
6. Repeat "Drag step" while pulling the Bo back then execute another "thrust" to the upper throat/face.
7. Without moving the feet:
  - a. "Side strike" to the head
  - b. "Chin strike"
  - c. "Head strike"
  - d. "Helicopter strike" by raising the Bo in an overhead block then rotating the Bo horizontally with the L hand moving forward and pulling that end of the Bo down and snaps under the R arm while the R hand directs the Bo diagonally down (from L to R) to strike the R side of the opponent's neck.
  - e. "Chin strike" with the L hand forward.
  - f. "Head strike"
8. "Crane stance" (now with the knee pointing W and the body facing W) the Bo is pulled back so the R arm is at the L side and the Bo is a forearm distance from the body. Step forward towards N into a PFS while the Bo is thrust forward "in a corkscrew motion" (the Bo is tip is thrust upwards and as the Bo is brought forward it curves to your R and then back to the center as if to deflect the opponent's Bo to your L) into the upper throat/face.
9. The L foot remains in place pointing W while the R foot is pulled back into a R back stance pointing west then the L foot is pulled back into a "cat stance". Simultaneously the Bo is moved to vertical with the L hand high in front of the mid body and the L fingers are released to let the L hand

- rotate 90° until the fingers point upwards along the back of the Bo "palming the staff"(this is to support the Bo from behind and protect the fingers from being hit by the attack). The R hand should move to about the center of the Bo during this maneuver.
10. Step forward with the R foot into a PFS as the L hand pushes the top of the Bo forward and the R hand executes "at least" three full "figure 8" spins (this is a defensive move to block the opponent's attack). The left hand L elbow is brought into the L side and the L hand is just in front of the body in a 'blocking' position to get it out of the way of the spin but in position for the next move. (This also helps protect your face from being hit by the Bo.) Use the L hand to re-grip the Bo as the final spin is completed on the L side and simultaneously assume a crane stance (with the knee facing S) while pulling the Bo back on the L side to prepare for a "thrust".
  11. Step forward with the R foot into a PFS and execute a "thrust" to the upper throat/face.
  12. Pivoting on the R foot, turn to the L 180° (facing E) as the L foot moves into a L front stance. Execute a thrust to the opponent's knee.
  13. Bring the R foot up to a horse stance:
    - a. Bring the R hand down then up to a R hand forward "chin strike" with the L hand ending on top of the R shoulder.
    - b. "Head strike" with the R hand.
    - c. "Helicopter strike"
    - d. "Chin strike" with the L hand forward and the R hand on top of the R shoulder.
    - e. "Head strike"
  14. Turn 45° to the R (facing SE) and pull R foot up into a "crane stance" while pulling the Bo back. Step forward with the R foot into PFS and "thrust" to upper throat/face.
  15. Move the R foot 45° to the R into a R PFS facing S (towards the original start position):
    - a. "Side strike"
    - b. "Chin strike" R hand forward
    - c. "Head strike"
  16. Step forward with the L foot into a L PFS and execute a "side strike".
  17. Pivoting on your L foot, turn to the E and move the R foot into a horse stance and "head strike".
  18. Turn R 90° pivoting on the L foot into a R PFS:
    - a. "Side strike"
    - b. "Chin strike" with the R hand forward
    - c. L hand pushes the Bo forward as the R hand brings the front tip down and to the R side for "figure 8's". Execute at least three repetitions either in place or by taking short, "shuffle" steps forward with the R foot.
  19. Catch the Bo and thrust as in step 10 ending in a R PFS:
    - a. "Side strike"
    - b. "Chin strike"
    - c. "Head strike"
    - d. "Helicopter"
    - e. "Chin strike" with the L hand forward.
    - f. "Head strike"
  20. Pull the Bo up into an "overhead block" while assuming a crane stance with the R foot (the foot points forward in an overhead block rather than to the side as before a thrust).
  21. Step forward with the R foot into a R PFS and execute a "head strike" then do a "chin strike" with L hand forward.
  22. Leave the Bo on your shoulder as you pivot on the R foot 180° to the L into a R PFS. Execute a "head strike".
  23. "Drag step" and "thrust" to the upper throat/face.
    - a. "Side strike"
    - b. "Chin strike"
    - c. "Head strike"
    - d. "Helicopter"
    - e. "Chin strike" with the L hand forward
    - f. "Head strike"
  24. Reverse the R handgrip from a palm up to palm down in the center of the Bo while pulling the R foot up into a "crane stance". Release the L handgrip and rotate the Bo vertically so the back tip comes down for a "head strike" and the L hand re-grips the Bo.
  25. Step forward with the R foot into a R PFS and "thrust" to end the kata.

Returning to *joon bi*:

1. Bring the R foot back to a "horse stance" facing N in the start position with the R foot at least shoulder width apart from the L foot as the Bo is brought back to starting position with the R hand in front of the R shoulder and the L hand at belt level. During the transition the hands must slide back into the "thirds" positions (if you are using the Chinese, end grip positions) to insure the Bo clears the floor.
2. (Execute steps 2,3, and 4 continuously.) Bring the R foot next to the L as the Bo is rotated counterclockwise vertically so the R hand is in front of the L shoulder and the L hand is on the R side of the body.
3. The R hand guides the Bo horizontally forward as the L hand brings the back of the Bo under the R arm (L hand in the R arm pit) until the Bo is horizontal and straight in front of the R shoulder.
4. Release the grip of the L hand and bring it to hang at your L side as the R hand brings the front tip down until the Bo is vertical and in back of the R shoulder.
5. Bow at the waist.