



Kobudo Shimbukan Kyokai

BO – KIHON

- 01 - Shomen Uchi
- 02 - Chudan Tsuki
- 03 - Shomen Uchi, Chudan Tsuki
- 04 - Gedan Uke, Gedan Nuki, Gedan Barai, Shomen Uchi
- 05 - Jodan Nuki, Chudan Tsuki
- 06 - Chudan Ura Uchi, Chudan Yoko Uchi
- 07 - Migi Chudan Gyaku Yoko Uchi, Hidari Chudan Gyaku Yoko Uchi
- 08 - Ura Age Uchi, Kaesi Uchi, Jodan Yoko Uchi, Shomen Uchi
- 09 - (Gyaku Mochi) Chudan Ura Uke, Chudan Tsuki, Tate Uke, Mawashi Barai, Chudan Tsuki
- 10 - Jodan Ura Uke (Gyaku Mochi), Jodan Nuki, Jodan Mawashi Uke, Kaesi Uchi
- 11 - Jodan Age Uke
- 12 - Renzoku Shomen Uchi
- 13 - Renzoku Yoko Uchi
- 14 - Uke