

Bo Kata #3: Nagamine no Kon (Advanced)

- 1A) Yoi: Musubi-dachi (North), Bo held vertically on Right-side behind R-hand/arm. 1B) Rei (bow).
- 2A) Open. L-hand under elbow unwind. L-step out. 2B) L-step in musubi-dachi. **Nagamine No Kon.**
- 3A) L-hand to Bo forehead level. 3B) R-step forward to shiko-dachi (W facing N look). Upward groin strike.
- 4) R-step back, turning 180° R into shiko-dachi (E facing S Looking). R nagamine strike (S) L to R.
- 5) R-step (N) turning 180° L into shiko-dachi (W facing N looking). R upward groin strike.
- 6) L-step forward into shiko-dachi (E facing N looking). L sweep back-end of Bo L to R.
- 7) L-step back into L-zenkutsu-dachi (N). L ground stab back-end of Bo (N).
- 8A) L-step back to R-zenkutsu (N). High block. 8B) Nagamine strike (N). 8C) Shiko. Up groin strike.
- 9A) R-step back to Left, slide switch. 9B) L-step forward into L-zenkutsu-dachi. L down strike (N).
- 10) R-step forward (NE) to shiko-dachi (NW facing, NE Looking). R sweep back-end R to L (NE).**
- 11) Shift into R-zenkutsu-dachi. R ground stab back-end of Bo (NE).
- 12A) R-step back into L-zenkutsu (NE). High block. 12B) Nagamine strike (NE). 12C) Shiko. Up groin strike.
- 13A) R-step (E) into R-zenkutsu-dachi. Slide switch. Fuso block. 6 strikes (E) [13B) L dn back, 13C) R dn front, 13D) L up same side back, 13E) R dn front, 13F) L side back, 13G) R side front].**
- 14) Shift into shiko-dachi (N facing, E looking). R upward groin strike (E).
- 15A) L-step to right turn 180° L, slide switch. 15B) L-step to L-zenkutsu. Fuso. 15C-H) 6 strikes (W).**
- 16) Shift into shiko-dachi (N facing, W looking). L upward groin strike (W).
- 17) R-step forward into shiko-dachi (SW facing, NW Looking). R sweep back-end R to L (NW).**
- 18) Shift into R-zenkutsu-dachi (NW). R ground stab back-end of Bo (NW).
- 19A) R-step back to L zenkutsu (NW). High block. 19B) Nagamine strike (NW). 19C) Shiko. Up groin strike.
- 20A) R-step forward into R-zenkutsu-dachi (N). Slide switch. Fuso block. 20B-G) 6 strikes (N).**
- 21) Shift into shiko-dachi (W face, N look). R upward groin strike (N).
- 22) R-step (W) turning 180° L into L-kokutsu-dachi (back stance) (S). Anti-fuso high block (S).**
- 23) R-step forward into R-zenkutsu-dachi (S). R down strike. **Kiai.**
- 24A) Pull R-foot back to Left. Slide switch. 24B) L-step forward into L-zenkutsu-dachi. L down strike (S).
- 25A) Pull L-foot back. Slide switch. 25B) R-step forward into R-zenkutsu-dachi. Fuso block. 25C) L down strike back of Bo. 25D) R down strike front of Bo (S).
- 26A) Pull L-foot forward (S) while turning 180° L into musubi-dachi (N). Bo held vertically on R-side Fuso. 26B) Unwind back to yoi and bow.

Video with Freeze-frame Step-by-Step Breakdown Available:

<https://stillmindmartialarts.com/portfolio/nagamine-no-kon-bo-kata-advanced-bo-form/>