

Shushi no Kon Bo Kata

Only Kyokushin-Kan

Shushi no Kon – The techniques of staff fencing of Mr. Shū 周氏の棍

Shūshi 周氏 means “Mr. Shū”, and Kon 棍 refers to techniques offencing with the long staff. Together “*the techniques of staff fencing of Mr. Shū*”. It describes the cudgel fencing methods of the Bōjutsu-master Shū, a native of Shanghai lived around the year 1831, whose stick fencing methods were passed on in Okinawa.

Okinawa Kobudō practice offensive and defensive staff techniques in a specified pattern of steps and movements. Bo katas are training tools for higher level Karate students.

A Kyokushin Kan kata.

Dachi Waza

Suna Kake no Kamae
Zenkutsu Dachi
Tei Kokutsu Dachi
Shiko Dachi
Hiki Otoshi no Kamae
Heisuku Dachi
Kake Ashi Dachi
Mae Kake Ashi Dachi

Tsuki or Te Waza

Jodan Uchi
Nuki Tsuki

Uke Waza

Uchi Uke
Gedan Uke
Harai Uke

Kihon Jutsugo

Ritsu Bo
Sage Bo
Rei
Mae Osae
Hajime
Kamae
Naure
Yasmee

*Shushi no Kon is explained in the Royama Ryu (Kyokushin-Kan style).

Shushi no Kon Bo Kata - 周氏の棍



Kata -

- 1 Begin the Kata in **RITSU BO**. Move into **SAGE BO** on the command **SAGE BO** and on the command **REI** bow in **MAE OSAE**.

On the third command **SHUSHI NO KON**, move into **HEISOKU DACHI** and turn the **BO** with the left arm just above your eyes and the right arm beside you. The **BO** is at the height of your ankle at the right site. This position is called **SUNA KAKE no KAMAE**. On the command **HAJIME/ICHI** move back into left **ZENKUTSU DACHI** with right **JODAN UCHI** (to the height of the opponent's eyes).



- 2 In the same position move into left **TEI KOKUTSU DACHI** and block with right **UCHI UKE** (roll your right hand from the inside).



- 3 Step with your left leg in **SHIKO DACHI** and strike the **BO** to the back and then strike to the front.



- 4 Turn 90° to the left in right **TEI KOKUTSU DACHI** and block right **GEDAN UKE** directly followed by a left **GEDAN UKE** (**HARAI UKE** movement, first bring your left hand to your left ear).



- 5 Strike the opponent's instep by bringing the **BO**-tip down to the floor (45°). Don't hit the floor in the **DOJO**.



- 6 Block with **HARAI UKE** (left arm is up) into a **GEDAN UKE**.



- 7 Turn 180° in left **TEI KOKUTSU DACHI** with the same **HARAI UKE** (**BO** stay in same position).



Shushi no Kon Bo Kata - 周氏の棍



Kata -

- 8 Strike right **JODAN UCHI** (from above the ear).



- 9 Block right **UCHI UKE**.



- 10 Turn 180° in right **TEI KOKUTSU DACHI** and block left **GEDAN UKE** (a kind of **HARAI UKE** to **GEDAN UKE**).



- 11 Strike the **BO**-tip to the floor (45°).



- 12 Turn 90° into **HIKI OTOSHI NO KAMAE**, lower than **SUNA KAKE NO KAMAE**, arm in front of chest (1).



- 13 Step in with your right foot followed by the left into **HEISUKU DACHI** (slightly to the left) and strike right **JODAN UCHI**.



- 14 Step back into left **TEI KOKUTSU DACHI** and block a right **UCHI UKE**.



- 15 Step forward into **HIKI OTOSHI NO KAMAE** (2).



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Kata -

- 16 Step in with your right foot followed by the left into **HEISUKU DACHI** (slightly to the left) and strike right **JODAN UCHI**.



- 17 Step back into left **TEI KOKUTSU DACHI** and block a right **UCHI UKE**.



- 18 Step forward into **HIKI OTOSHI NO KAMAE** (3).



- 19 Step in with your right foot followed by the left into **HEISUKU DACHI** (slightly to the left) and strike right **JODAN UCHI** with **KIAI**.



- 20 Step back into left **TEI KOKUTSU DACHI** and block a right **UCHI UKE**.



- 21 Turn 90° into the right with **KAKE ASHE DACHI** and bring **BO** in **HARAI UKE** (**BO** in 45° position, left hand up).



- 22 Step back in left **TEI KOKUTSU DACHI** and strike a right **JODAN UCHI**.



- 23 Block a right **UCHI UKE**.



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Kata -

- 24 Turn 180° and block with **HARAI UKE** (left arm is up) into a left **GEDAN UKE**.



- 25 Strike the **BO**-tip to the floor at 45°.



- 26 Step into a right **KAKE ASHI DACHI** and bring **BO** in **HARAI UKE** (left hand up).



- 27 Step back in a left **TEI KOKUTSU DACHI** and make a right **JODAN UCHI**.



- 28 Make a right **UCHI UKE**.



- 29 Move with the left foot into a **SHIKO DACHI** and strike a **JODAN UCHI** (to the face).



- 30 Move with the right leg with a cross step to the left with a left **MAE KAKE ASHI DACHI**, and strike a **CHUDAN UCHI** (to the body) with a **KIAI**.



- 31 Turn 90° to the right into a left **TEI KOKUTSU DACHI** and make a **HARAI UKE**.



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Kata -

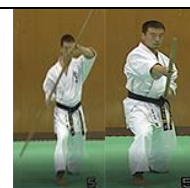
32 Strike a right **JODAN UKE**.



33 In the same position strike with the **BO** from below.



34 Turn the **BO** again (hit from above) and strike again with **JODAN UCHI** (circle movement).



35 Pull the **BO** back to the end in the right hand.



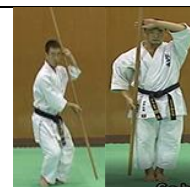
36 Strike **NUKI TSUKI** to the opponent's throat with **KIAI** (push the **BO** with left hand towards the right hand; move the right foot forwards to a deep **ZENKUTSU DACHI**).



37 Pull back BO and move into left **TEI KOKUTSU DACHI** and make a right **UCHI UKE**.



38 At the command **NAURE** move back to the start-position of **SHUSHI NO KON** (feet are in **HEISUKU DACHI**).



Then on the command **YASMEE** move into **SAGE BO** position (feet in **MOSUBI DACHI**). At **REI** bow.



Shushi no Kon Bo Kata - 周氏の棍



Kata -

Shushi no Kon Bo Kata – Kyokushin Kan version



0a.



0b.



0c.



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



13.



14.



15.



16.



17.

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Kata -



18.



19. KIAI



20.



21a.



21b.



22.



23.



24.



25.



26.



27.



28.



29.



30a.



30b.



30c. KIAI



31.



32.



33.



34a.

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Kata -



34b.



35.



36. KIAI



37.



38a.



38b.