

Oshiro no Kon Bo Kata

Only Kyokushin-Kan

Oshiro no Kon – *Ufugusuku nu Kun*

Ufugusuku nu Kun is a *kata* devised by Ōshiro Chōjo (1887-1935) in order to teach *budō* in Okinawa (in Japanese as *Ōshiro no Kon*). The *kata* is configured around basic techniques with the main characteristic being the repetition of an identical technical combination in four directions. In those schools that teach this *kata* it is often taught as the first *bō kata* and can be considered an introductory *kata*. However, with advancing skill level it is also an interesting performance *kata*.

A Kyokushin Kan kata.

Dachi Waza

Suna Kake no Kamae
Tei Kokutsu Dachi
Han Zenkutsu Dachi
Hiki Otoshi no Kamae
Soegoshi Dachi
Shiko Dachi
Kokutsu Dachi
Heiko Dachi

Tsuki or Te Waza

Jodan Uchi
Jodan Shomen Uchi
Ushiro Tsuki

Uke Waza

Gedan Uke
Harai Uke
Jodan Uke

Kihon Jutsugo

Ritsu Bo
Sage Bo
Rei
Dogi
Hajime
Naure
Yasmee
Suigetsu
Issoku Nikken

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

- 1 Begin the Kata in **RITSU BO**. Move into **SAGE BO** (**BO** is 45° facing down in the right hand and feet are in **MOSUBI DACHI**) on the command **SAGE BO** and on the command **REI** bow (bow while holding the **DOGI**, keeping the clothing in place).



On the third command **OSHIRO NO KON**, move into **HEISOKU DACHI** and turn the **BO** with the left arm just above your eyes and the right arm beside you with the **BO** at the height of your ankle at the right site. This position is called **SUNA KAKE no KAMAE** (as if you were throwing sand with the **BO**-tip). On the command **HAJIME/ICHI** move back into left **TEI KOKUTSU DACHI** with a left block **GEDAN UKE** (starting from the shoulders).



- 2 Step forward in left **HAN ZENKUTSU DACHI** and strike right **JODAN UCHI** (before striking, be sure to bring the **BO** up above your ear).



- 3 Draw back the **BO** in **HIKI OTOSHI no KAMAE**, draw the **BO** back as far as your own **SUIGETSU** (solar plexus) and slide right foot forward in **SOEGOSHI DACHI** (same as **SHIKO DACHI**, but one foot shifted to the right at front) and thrust the **BO** (the front hand is turned into the inside, the back hand is similarly turned in) with **KIAI** ("HO" when thrusting).



- 4 In the same position block with **HARAI UKE** (right hand under, **BO** angle is 45°).



- 5 Step by in right **HAN ZENKUTSU DACHI** and strike twice, first to the hand and immediately continue to the head with **ISSOKU NIKEN** (two attacks with one foot movement).



- 6 Pull back in left **TEI KOKUTSU DACHI** and sweep again with left **GEDAN UKE**.



Oshiro no Kon Bo Kata - 大城の棍



Kata -

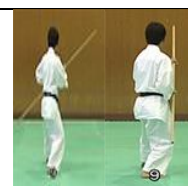
- 7 Step forward in right **HAN ZENKUTSU DACHI** and strike right **JODAN SHOMEN UCHI** with **KIAI** ("EI" when striking).



- 8 Turn 180° and make a **USHIRO TSUKI** in left **SHIKO DACHI**.



- 9 Move back into left **KOKUTSU DACHI** (move left back) and block **JODAN UKE**.



- 10 Step forward in right **HAN ZENKUTSU DACHI** and strike left **JODAN UCHI**.



- 11 Draw back the **BO** in **HIKI OTOSHI no KAMAE** and slide right foot forward in **SOEGOSHI DACHI** and thrust the **BO** with **KIAI**.



- 12 In the same position block with **HARAI UKE**.



- 13 Step by in right **HAN ZENKUTSU DACHI** and strike with **ISSOKU NIKEN**.



- 14 Pull back in left **TEI KOKUTSU DACHI** and sweep again with left **GEDAN BARAI**.



- 15** Step forward in right **HAN ZENKUTSU DACHI** and strike right **JODAN SHOMEN UCHI** with **KIAI**.



- 16** Change direction by 90°, turning the left leg around the axis of the right leg.



- 17** Turn 180° and make a **USHIRO TSUKI** in left **SHIKO DACHI**.



- 18** Move back into left **KOKUTSU DACHI** and block **JODAN UKE**.



- 19** Step forward in right **HAN ZENKUTSU DACHI** and strike left **JODAN UCHI**.



- 20** Draw back the **BO** in **HIKI OTOSHI no KAMAE** and slide right foot forward in **SOEGOSHI DACHI** and thrust the **BO** with **KIAI**.



- 21** In the same position block with **HARAI UKE**.



- 22** Step by in right **HAN ZENKUTSU DACHI** and strike with **ISSOKU NIKEN**.



- 23 Pull back in left **TEI KOKUTSU DACHI** and sweep again with left **GEDAN BARAI**.



- 24 Step forward in right **HAN ZENKUTSU DACHI** and strike right **JODAN SHOMEN UCHI** with **KIAI**.



- 25 Turn 180° and make a **USHIRO TSUKI** in left **SHIKO DACHI**.



- 26 Move back into left **KOKUTSU DACHI** and block **JODAN UKE**.



- 27 Step forward in right **HAN ZENKUTSU DACHI** and strike left **JODAN UCHI**.



- 28 Draw back the **BO** in **HIKI OTOSHI no KAMAE** and slide right foot forward in **SOEGOSHI DACHI** and thrust the **BO** with **KIAI**.



- 29 In the same position block with **HARAI UKE** (right hand under).



- 30 Step by in right **HAN ZENKUTSU DACHI** and strike twice, first to the hand and immediately continue to the head with **ISSOKU NIKEN**.



- 31** Pull back in left **TEI KOKUTSU DACHI** and sweep again with left **GEDAN BARAI**.



- 32** Step forward in right **HAN ZENKUTSU DACHI** and strike right **JODAN SHOMEN UCHI** with **KIAI**.



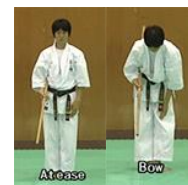
- 33** Turn 90° into the left with **HEIKO DACHI** and keep the **BO** in the same position.



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



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



Oshiro no Kon Bo Kata – Kyokushin Kan version



0a.



0b.



0c.



1.



2.



3. KIAI "HO"



4a.



4b.



5a.



5b.



6a.



6b.



7. KIAI "EI"



8.



9a.



9b.



10.



11. KIAI "HO"



12.



13.

Oshiro no Kon Bo Kata -大城の棍



Kata -



14.



15. KIAI "EI"



16.



17.



18.



19.



20. KIAI "HO"



21.



22.



23.



24. KIAI "EI"



25.



26.



27.



28. KIAI "HO"

28.

29.

30a.

30b.



29.



30.



31.



32. KIAI "EI"



33.

Oshiro no Kon Bo Kata - 大城の棍



Kata -



34a.



34b.



34c.