

Ryubi no Kon Bo Kata

Only Kyokushin-Kan

Ryubi no Kon is developed by Soeshi sensei (1752-1825) of Shuri from his studies of Soeishi no kon. Ryubi no Kon is named after a village in east-central Okinawa.

Bo Kata by the father of modern Kobudo. Bo katas practice offensive and defensive staff techniques in a specified pattern of steps and movements. These katas are often training tools for higher level Karate students.

A Kyokushin Kan kata.

Dachi Waza

Heisoku Dachoi
Suna Kake no Kamae
Han Zenkutsu Dachi
Tei Kokutsu Dachi
Renoij Dachi
Hiki Otoshi no Kamae
Soegoshi Dachi
Shinobi or Suri Ashi
Kake Ashe Dachi
Sha no Kamae

Tsuki or Te Waza

Jodan Uchi
Mawashi Nagamochi Uchi
Oroshi Nagamochi Uchi
Nuki Tzuki

Uke Waza

Gedan Barai
Uchi Uke
Sukui Uke
Kake Uke

Kihon Jutsugo

Ritsu Bo
Sage Bo
Rei
Mae Osae
Hajime
Kamae
Gorenda
Naure
Yasmee

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

Ryubi no Kon Bo Kata - 大城の棍



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 **RYUBI 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 **KAMAE** where the **BO** is held horizontally towards the eyes of the opponent.



- 2 In the same position move into left **HAN KOKUTSU DACHI** and block with right **JODAN UCHI**.



- 3 Step with your left leg in **TEI KOKUTSU DACHI** and block left **GEDAN BARAI**.



- 4 Strike the **BO**-tip to the ground (45°). Don't hit the floor inside the **DOJO**.



- 5 Step in into right **HAN ZENKUTSU DACHI** and strike right **JODAN UCHI**.



- 6 Move back into right **TEI KOKUTSU DACHI** and block a right **UCHI UKE**.



- 7 Turn 180° in left **RENOIJ DACHI** with right **JODAN KAMAE**.



Ryubi no Kon Bo Kata - 大城の棍



Kata -

- 8 Step in into right **HAN ZENKUTSU DACHI** and strike right **JODAN UCHI**.



- 9 Step in into left **HAN ZENKUTSU DACHI**, raise the **BO** above your head, switch hands, and strike left **(MAWASHI) NAGAMOCHI UCHI** (holding the **BO** at the tip and using the full length; left hand up).



- 10 Step in into right **HAN ZENKUTSU DACHI**, ring **BO** straight above your head, switch hands, and strike from overhead right **(OROSHI) NAGAMOCHI UCHI** with **KIAI**.



- 11 Move back into right **TEI KOKUTSU DACHI** and block a right **UCHI UKE**



- 12 Turn 90° to the left into **HIKI OTOSHI no KAMAE**, lower than **SUNA KAKE no KAMAE**, arm in front of chest.



- 13 Step into right **SOEGOSHI DACHI** and block right **SUKUI UKE** (right hand in front).



- 14 Move into right **HAN ZENKUTSU DACHI** and strike right **JODAN UCHI**.



- 15 In the same position strike with the **BO** from below.



Ryubi no Kon Bo Kata - 大城の棍



Kata -

- 16 Turn the **BO** again (hit from above) and strike again with **JODAN UCHI** (circle movement). This is called **GORENDA**.



- 17 Move back into right **RENOIJ DACHI** (**MUSUBI DACHI** with the right foot extended out one step) and block a right **UCHI UKE**.



- 18 Step left forward and lift high with the foot in **SHINOBI ASHI** or **SURI ASHI** position (showing the sole of your foot) and place it on the ground.



- 19 Step right forward into **SOEGOSHI DACHI** and thrust the **BO** with **KIAI** ("HO" when thrusting).



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



- 21 Turn 180° to the left, switch hand positions, while scooping with the left feet, block from below in left **SUKUI UKE** (left hand in front) and step into left **SOEGOSHI DACHI**.



- 22 Move into left **HAN ZENKUTSU DACHI** and strike left **JODAN UCHI**.



- 23 In the same position strike with the **BO** from below.



Ryubi no Kon Bo Kata - 大城の棍



Kata -

- 24 Turn the **BO** again (hit from above) and strike again with **JODAN UCHI** (**GORENDA**).



- 25 Move back into left **RENOIJ DACHI** and block a left **UCHI UKE**.



- 26 Step right forward and lift high with the foot in **SHINOBI ASHI** or **SURI ASHI** position (showing the sole of your foot) and place it on the ground.



- 27 Step left forward into **SOEGOSHI DACHI** and thrust the **BO** with **KIAI** ("HO" when thrusting).



- 28 Move back into left **TEI KOKUTSU DACHI** and block a left **UCHI UKE**.



- 29 Turn 90° to the right in right **KAKE ASHE DACHI** and bring the **BO** from the inside while pulling and hooking in **KAKE UKE** (**HIKKAKE**, **BO** in 45° position, left hand up).



- 30 Move left feet back in right **HAN ZENKUTSU DACHI** and strike right **JODAN UCHI**.



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Kata -

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



32 Turn the **BO** again (hit from above) and strike again with **JODAN UCHI (GORENDA)**.



33 Move back into right **RENOIJ DACHI** and block a right **UCHI UKE**.



34 Block the opponent's attack with **JODAN UKE**, then sweep the opponent's leg, jump into a left **SOEGOSHI DACHI** in **SHA no KAMAE**.



35 From this position bring the **BO** into horizontal position above the head (right hand in front) as if throwing sand up from underneath and while throwing sand, thrust to the opponent's eyes. It ends in a **RENOIJ DACHI** position (like **ZENKUTSU DACHI**, but right heel from the ground).



36 Step right forward into right **HAN ZENKUTSU DACHI** and strike right **JODAN UCHI**.



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



- 38 Turn the **BO** again (hit from above) and strike again with **JODAN UCHI (GORENDA)**.



- 39 Pull the **BO** back to the end in the right hand (left hand in front of you).



- 40 Strike **NUKI TZUKI** 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**).



- 41 Move back into right **RENOIJ DACHI** and block a right **UCHI UKE**.



- 42 At the command **NAURE** move back to the start-position of **RYUBI NO KON** (feet are in **HEISUKU DACHI**). Then on the command **YASMEE** move into **SAGE BO** position (feet in **MOSUBI DACHI**). At **REI** bow.



Ryubi no Kon Bo Kata – Kyokushin Kan version



0a.



0b.



0c.



1.



2.



3.



4.



5.



6.



7.



7i.



7ii.



8.



9a.



9b.



9i.



10a.



10b. KIAI



10i.



10ii.

Ryubi no Kon Bo Kata - 大城の棍



Kata -



10iii.



10f.



11.



11i.



12a.



12b.



13.



14.



15.



16a.



16b.



16c.



17.



18.



18i.



19. KIAI "HO"



20.



21a.



21b.



21c.

Ryubi no Kon Bo Kata - 大城の棍



Kata -



21d.



22.



23.



24a.



24b.



24c.



24d.



25.



26a.



26b.



27. KIAI "HO"



28.



29a.



29b.



29c.



29d.



30.



31.



32a.



32b.

Ryubi no Kon Bo Kata - 大城の棍



Kata -



32c.



32d.



33.



34a.



34b.



34c.



34d.



35a.



35b.



36.



37.



38a.



38b.



39.



40. KIAI



41.



42a.



42b.



42c.