

**Weapon Kata found in the book Render Yourself Empty  
By Grandmaster Robert A. Trias**

- 1. Jo- kata Ranai and Bunkai**
- 2. Tsu Sho Nokon Bo**
- 3. Sakugama Nokon Bo**
- 4. Chatan Yara Nokon Bo**
- 5. Tokumine Nokon Bo**
- 6. Sakuga Nokon Bo Dai**
- 7. Te Katana No Sai (Gim Ku)**
- 8. Chatan Yara No Sai**
- 9. Hima Higa No Sai**
- 10. Hima Higa No Tonfa**
- 11. Matsu Higa No Tonfa**
- 12. Toyama's(Tozan)No Kama**
- 13.Naha Oar Kata One (Naha Eiku-Bo Teachi)**
- 14.Yabiku Nago Kata Two(Yabiku Nago Eiku-Bo Tarchi)**
- 15.Onna Chata Eiku-Bo Meechi**
- 16.Kusarigama Kata Arai**

FOR INFORMATION REGARDING THE BOOKS BY  
GRANDMASTER ROBERT A. TRIAS...*PINNACLE OF KARATE*...*KARATE 'THE  
SUPREME WAY'*...*RENDER YOURSELF EMPTY - KOBUDO WEAPONRY*  
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