



THE TWENTY JO SUBURI

the five thrusting movements, (#4&5 in Jo kamae).

1	Choku tsuki (pronounced ski)	For the first 3, stand in L kamae & hold the jo vertically in the LH: forward thrust, thumbs pointing forward. <i>Tsuki</i> is a thrust
2	Kaeshi tsuki	Forward CW thrust, left thumb backwards, right thumb forwards
3	Ushiro tsuki	rear thrust, both thumbs pointing forwards, hips facing front
4	Tsuki gedan gaeshi	forward thrust + jo behind your back + strong forward low sweep
5	Tsuki jodan gaeshi uchi	Forward thrust + reverse jo above the head + forward strike

the five striking movements, in Ken kamae.

6	Shomen uchikomi	R posture, raise jo to jodan, step back RF, strike, R foot fwd.
7	Renzoku uchikomi	<i>shomen uchikomi</i> + parry + jo CW behind; forward L strike
8	Men-uchi gedan gaeshi	<i>shomen uchikomi</i> + jo behind your back LHS+ <i>gedan gaeshi</i>
9	Men-uchi ushiro tsuki	<i>shomen uchikomi</i> + L <i>ushiro tsuki</i> , <i>chudan</i> level, hips facing rear
10	Gyaku yokomen ushiro tsuki	R foot forward, clockwise <i>yokomen</i> + R <i>ushiro tsuki</i> to groin

the three wrist movements.

11	Katate gedan gaeshi	Hold jo in L kamae, draw jo fully to the rear in RH, R foot large step fwd, sweep low to high overhead, catch jo in L palm.
12	Toma katate-uchi	Hold jo in L kamae, R step back, jo behind neck, R fwd. downward strike, catch jo low on L palm
13	Katate Hachi-no-ji- gaeshi	Stand in L kamae but hold jo in RH, near R foot. This is a movement, with R wrist only, resembling a figure 8 on its side. Finish in <i>hasso-no-kamae</i> .

the five figure eight movements, in Ken kamae

14	Hasso-gaeshi-uchi	turn the jo, assume <i>hasso-no-kamae</i> then strike your opponent's head
15	Hasso-gaeshi-tsuki	from <i>hasso-no-kamae</i> thrust to the front: jo finishes vertically
16	Hasso-gaeshi Ushiro- tsuki	from <i>hasso-no-kamae</i> thrust to the rear, hips face front
17	Hasso-gaeshi Ushiro- uchi	from <i>hasso-no-kamae</i> turn the hips and strike to the rear
18	Hasso-gaeshi Ushiro-harai	from <i>hasso-no-kamae</i> turn body, sweeping strike & step (R foot)

the two flowing movements, in Ken kamae

19	Hidari Nagare- gaeshi-uchi	<i>shomen uchikomi</i> (#6), turn 180° ACW, L foot behind & strike; for improving body movement
20	Migi Nagare-gaeshi- tsuki	Yokomen uchi, L foot forward, turn CW 180° R foot behind & choku tsuki; for improving body movement

These are from Morihiro SAITO (9th dan), *Traditional Aikido - Sword Stick Body Arts Vol 1, Basic Techniques*, Sugawara Martial Arts Institute, Tokyo, 1973, pp 83-116.

• KATA for the JO

SANJUJU ICHI NO JO (31 count Jo kata)		NIJUJU ICHI NO JO (21 count Jo kata)	
	<i>Begin in L posture, Jo vertically on the mat in front of L foot, , held ~ 1/3 from the top.</i>		<i>Begin in L posture, Jo vertically on the mat in front of L foot, , held ~ 1/3 from the top.</i>
1	Kaeshi tsuki	1	Choku tsuki, avoiding L-ward
2	Jodan gaeshi deflection, moving to the R	2	Jodan gaeshi deflection, moving to the R
3	Kaeshi tsuki in original position	3	Mae uchi by reversing jo, right kamae
4	Jodan gaeshi deflection to the R followed by	4	Large step back, jo behind L side
5	Mae uchi (front strike)	5	Gedan gaeshi, LF ends up to the R of R foot
6	2 nd part of Renzoku uchikomi	6	Step back into R jo kamae
7	Turn and proceed with Renzoku -	7	Choku tsuki avoiding L-ward
8	Uchikomi followed by a	8	Yokomen uchi to knee & down on L knee
9	High to low CW sweep ~270°, R foot to rear	9	Swiftly sheathe jo behind on LHS
10	Upward strike to elbow, feet together, jo just above forehead	1 0	Unsheathe, stand & tsuki to the face in left kamae as per <i>men uchi ushiro tsuki</i>
11	2 nd part of Renzoku uchikomi	1 1	Step back and return to jo kamae then
12	Change grip to R jo kamae and move back	1 2	Choku tsuki & straight away another
13	Choku tsuki	1 3	Choku tsuki
14	Jodan gaeshi deflection and	1 4	Step back with RF, jo behind, then
15	Mae uchi	1 5	Gedan gaeshi, ACW, LF arc-ing back
16	Swiftly, jo behind your L side followed by	1 6	<i>Men uchi ushiro tsuki</i> to face, then
17	Gedan gaeshi then change to	1 7	Step back into R jo kamae followed by
18	Jo kamae followed by a	1 8	Yokomen uchi to L temple, in front, twist,
19	Tsuki to the left knee then	1 9	Yokomen uchi to L temple behind
20	Yokomen uchi to knee & down on L knee	2 0	180° CW sweep, high to low, RF and jo to the rear and finishing with an
21	Sheathe jo behind, swiftly, then	2 1	Upper sweep, RF forward, jo horizontal overhead & pointing forwards
22	Unsheathe, stand & tsuki to the face as per <i>men uchi ushiro tsuki</i>		
23	Step back and return to jo kamae then		JUU SAN NO JO (13 count jo kata)
24	Choku tsuki & straight away another		
25	Choku tsuki	1	Choku tsuki then reverse jo overhead &
26	Long step back on R foot, jo behind back	2	Mae uchi, RF forward, then
27	Gedan gaeshi, then	3	Overhead deflection left
28	Tsuki to face with <i>men uchi ushiro tsuki</i>	4	Choku tsuki in L jo kamae and a
29	Step back in L jo kamae then	5	<i>Hasso no kamae</i> turn then
30	Choku tsuki and finishing with a	6	Mae uchi followed by
31	Mae uchi with L foot forward	7	180° ACW sweep, jo 30° from vertical
		8	<i>Men uchi ushiro tsuki</i> to face and swiftly

		9	Jo behind your left side, LF to the rear
		1 0	Gaeshi strike to the head then
		1 1	<i>Men uchi ushiro tsuki</i> to face and a
		1 2	Quick step back in R jo kamae, finish with
		1 3	Choku tsuki