

# 20 jo-suburi

## Tsuki Techniques

1. Choku tsuki– pick up butt and thrust to front with original top of jo.
2. Kaeshi tsuki– take hold of tip with the other hand and thrust circularly forward, striking with the butt.
3. Ushiro tsuki– lay jo back along forearm, look back over the shoulder, and thrust back, turning the hips and feet.
4. Tsuki gedan gaeshi– thrust (choku tsuki), slide jo back behind body, step and turn body to strike at the knee.
5. Tsuki jodan gaeshi uchi– thrust (choku tsuki), raise hands in watershed block to deflect high thrust or strike, change hands and strike to uke's head.

## Uchi Techniques

6. Shomen uchikomi– vertical overhead strike to head. Open and close grip for added power.
7. Renzoku uchikomi– shomen uchi, step, gyaku yokomen (side of head) uchi, turn, repeat to rear.
8. Menuchi gedan gaeshi– shomen uchi, slide jo behind body and step and turn body to strike.
9. Menuchi ushiro tsuki– shomen uchi, followed by ushiro tsuki.
10. Gyaku yokomen uchi ushiro tsuki– gyaku yokomen, followed by ushiro tsuki to other side from previous technique.

## Katate Techniques

11. Katate gedan gaeshi– Start from tsuki kamai. Step back, feet together, knees bent to side. Put jo behind body and low, hands together at end of jo. Step forward with back foot and swing diagonally upwards with one hand. Catch overhead with other hand.
12. Katate toma uchi– Step back into overhead block, leaving front foot in original position. Bend back knee. Step forward for long one-handed yokomen uchi, finishing by catching the jo low with the other hand.
13. Katate hachi no ji gaeshi– Grip jo a quarter length from end. Step forward and back with figure of eight strike. Generate the power from your hips.

## Hasso Gaeshi Techniques

14. Hasso gaeshi uchi– Hasso defense (spinning block) followed by shomen uchi with top of jo.
15. Hasso gaeshi tsuki– Hasso defense followed by thrust to front with buttom end of jo.
16. Hasso gaeshi ushiro tsuki– Hasso defense followed by thrust to rear (turn hips) with bottom end of jo.
17. Hasso gaeshi ushiro uchi– Hasso defense followed by low strike to rear (turn hips but do not step).
18. Hasso gaeshi ushiro barai– Hasso defense followed by a sweep around the circle (step).

## Nagare (Flowing) Techniques

19. Hidari nagare gaeshi uchi– Right hand stance. Shomen uchi. Swing the jo to the left and rear into a deflection followed by a step to rear and strike. Right hand retains same hold.
20. Migi nagare gaeshi tsuki– Right hand stance. Step forwards with left foot and gyaku yokomen uchi. Push jo down and to rear while stepping to front. Defend. Thrust. Right hand retains same hold.

För alla Jo Suburi håll Jo ordentligt speciellt vid nedslaget (mjukt men bestämt). Sätt ner fötterna helt med hällen på marken. Extend men inte för mycket. Målen kan vara Höga huvudet Jodan, Mitten kroppen Chudan, Låga knän, Gedan. Med "men" menas huvudet som vid shomen uchi. Vid vila är detsamma hand och fot framför dig med handen en kvart av längden från toppen av Jo. Vid slag så håller ena handen slutet av jon och den andra håller cirka en tredjedel av jolängden bort.