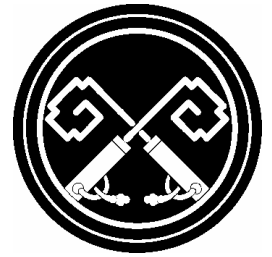




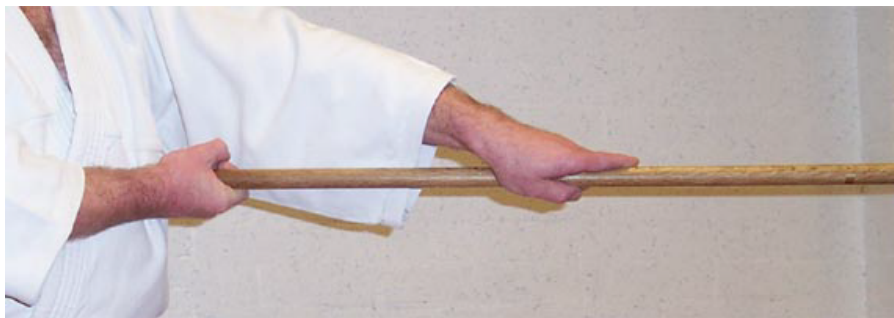
Airenjuku Aikido Club



London Dojos

Affiliated to the United Kingdom Aikikai

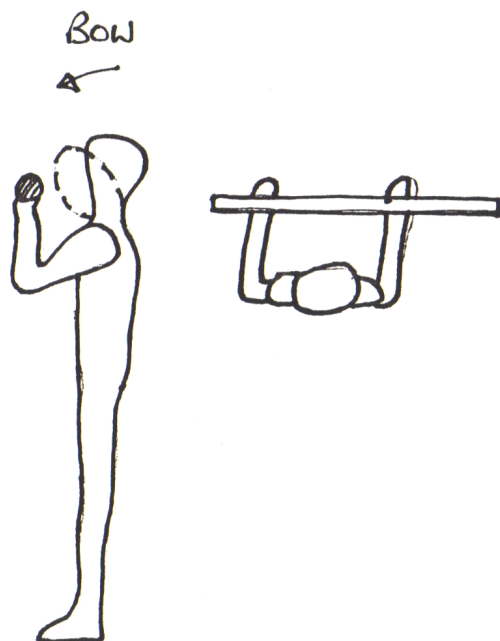
Jo Work - Basic Solo Exercises



The jo is not considered a “noble” weapon in that it was used by the common foot soldier;

Hold the jo at eye level and make a bow towards the kamiza

To bow to a partner hold jo in right hand so that it rests behind the shoulder and bow to partner.



Terminology:

Tsuki – Thrust

Shomen – straight strike to the head

Ushiro – Rear / behind

Hasso – figure of 8 movement

20 Jo Suburi

1. CHOKU TSUKI*
2. KAESHI TSUKI
3. USHIRO TSUKI*
4. TSUKI GEDAN GAESHI
5. TSUKI JODAN GAESHI

6. SHOMEN UCHI KOMI
7. RENZOKU UCHI KOMI
8. MEN UCHI GEDAN GAESHI
9. MEN UCHI USHIRO TSUKI
10. GYAKU YOKOMEN USHIRO TSUKI

11. KATATE GEDAN GAESHI
12. TOMA KATATE UCHI (TOMA MAWASHI)

13. KATATE HACHI NO JI GAESHI
14. HASSO GAESHI UCHI*
15. HASSO GAESHI TSUKI*
16. HASSO GAESHI USHIRO TSUKI*
17. HASSO GAESHI USHIRO UCHI*
18. HASSO GAESHI USHIRO HARAI*

19. HIDARI NAGARE GAESHI UCHI (L)
20. MIGI NAGARE GAESHI TSUKI (R)

All exercises start in left posture
apart from 6 - 10 which start in right
posture

* Different variations exist for these forms

9 COUNT JO KATA

1. KAESHI TSUKI
2. BASIC DEFENCE ABOVE HEAD
3. CHOKU TSUKI
4. BASIC DEFENCE ABOVE HEAD
5. MIGI SHOMEN UCHI KOMI RIGHT
6. HIDARI SHOMEN UCHI KOMI LEFT
7. DROP FRONT OF JO, TAKING BACK OF JO WITH LEFT HAND, STEP FORWARD,
TWIRL JO AND STRIKE SHOMEN UCHI
8. USHIRO TSUKI
9. RAISE JO ABOVE HEAD AND PERFORM SHOMEN UCHI TENKAN