



Aiki-Jo Suburi

[Assume right-handed]

Tsuki Series		[Jo starting position]	[Movement Description]
1	Choku tsuki	Left <i>hidari hamni</i>	Right forward thrust - gripping the Jo with the right hand (thumb up) below the left hand
2	Kaeshi tsuki	Left <i>hidari hamni</i>	Right forward spiral thrust - gripping the Jo with a right-handed reverse grip (thumb down) above the left hand
3	Ushiro tsuki	Left <i>hidari hamni</i>	Rear thrust - gripping the Jo with the right hand (thumb up) above the left hand and pivoting 180° to the left
4	Tsuki gedan gaeshi	Left <i>hidari tsuki no kamae</i>	Right forward thrust followed by a low level right forward strike
5	Tsuki jodan gaeshi	Left <i>hidari tsuki no kamae</i>	Right forward thrust followed by a right forward <i>yokomen</i> strike
Uchikomi Series			
6	Shomen uchikomi	Right <i>Ken no kamae</i>	Right forward strike - after stepping back into <i>Hasso no kamae</i>
7	Renzoku uchikomi	Right <i>Ken no kamae</i>	Continuous right then left <i>yokomen</i> forward strikes (after stepping back into <i>Hasso no kamae</i>)
8	Menuchi gedan gaeshi	Right <i>Ken no kamae</i>	Right front <i>yokomen</i> strike (after stepping back into <i>Hasso no kamae</i>) followed by a left <i>gedan gaeshi</i>
9	Menuchi ushiro tsuki	Right <i>Ken no kamae</i>	Right front <i>yokomen</i> strike (after stepping back into <i>Hasso no kamae</i>) followed by a left turning <i>ushiro tsuki</i>
10	Gyaku yokomen ushiro tsuki	Right <i>Ken no kamae</i>	Left front <i>yokomen</i> strike to followed by a right turning <i>ushiro tsuki</i>
Katate Series			
11	Katate gedan gaeshi	Left <i>hidari tsuki no kamae</i>	Far-reaching strike with right hand (Jo starts low in right-rear position and is caught high by the left hand)
12	Katate toma uchi	Left <i>hidari tsuki no kamae</i>	Far-reaching strike with right hand (Jo starts high behind the neck and is caught low by the left hand)
13	Katate hachi no ji gaeshi	Left <i>hidari hamni</i> (Jo held in the right hand behind the body)	"Figure Eight" sweeping strike (also known as "wrist limbering exercise")
Hasso Gaeshi Series			
14	Hasso gaeshi tsuki	Right <i>Ken no kamae</i>	<i>Hasso gaeshi</i> block followed by right forward thrust (finishing back in <i>Hasso no Kamae</i>)
15	Hasso gaeshi uchi	Right <i>Ken no kamae</i>	<i>Hasso gaeshi</i> block followed by right forward strike
16	Hasso gaeshi ushiro tsuki	Right <i>Ken no kamae</i>	<i>Hasso gaeshi</i> block followed by a right turning <i>ushiro tsuki</i>
17	Hasso gaeshi ushiro uchi	Right <i>Ken no kamae</i>	<i>Hasso gaeshi</i> followed by a large sweeping strike to the rear after pivoting 180° to the right
18	Hasso gaeshi ushiro harai	Right <i>Ken no kamae</i>	<i>Hasso gaeshi</i> followed by a large sweeping strike to the rear after pivoting 180° to the right & stepping back
Nagare Series			
19	Hidari nagare gaeshi uchi	Right <i>Ken no kamae</i>	Right <i>yokomen</i> strike (after stepping back into <i>Hasso no kamae</i>) followed by another to the rear after pivoting 180° to the left
20	Migi nagare gaeshi tsuki	Right <i>Ken no kamae</i>	Left <i>yokomen</i> strike followed by a right forward thrust to the rear after pivoting 180° to the right and stepping back
21	Combine suburi 19 & 20	Combine suburi numbers 19 & 20 into one, continuous flowing sequence	