



Aikido-Yoga Staff (*Jo*) Training Syllabus

Basic Stances / Postures (*Kamae*)

- > Half-forward triangular stance (*Hanmi*)
- > Upper stance (*Jodan no kamae*)
- > Middle stance (*Chudan no Kamae*)
- > Lower stance (*Gedan no kamae*)
- > Side stance - *Jo* held to rear (*Waki gamae*)
- > Stance in which *Jo* held above head (*Hasso no kamae*)

Solo Practice:

1. Tachi Rei / Formal bowing methods – while standing
2. Za Rei / Formal bowing methods – while kneeling
3. Reigi / Etiquette – including weapons handling
4. Aiki-*Jo* suburi 1 – 21 / Basic Aiki-*jo* staff movements
5. *Jodo* suburi 1 – 5 / Basic *Jodo* movements
6. Aiki-*Jo* makiwara tanren / Makiwara training methods
7. Tenkan waza / Body spiraling exercises
8. 31-no-*Jo* kata / 31 movement kata with *Jo*
9. 13-no-*Jo* kata / 13 movement kata with *Jo*
10. 6-no-*Jo* exercise / Six count *jo* kata
11. Tenkan waza / Spiralling exercises

Partnered Practice:

1. Aiki-*Jo* Suburi-Awase / Basic blending movements
2. Aiki-*Jo* Awase / Basic blending exercises
3. Kumi-*Jo* 1 – 10 / Basic kata plus variations (including ukemi with *jo*)
4. 31 Kumi-*Jo* awase / 31-no-*Jo* kata blending exercise
5. 13 Kumi-*Jo* awase / 13-no-*Jo* kata blending exercise
6. 6-no-*Jo* awase / Six count *jo* kata blending exercise
7. *Jo* Nage / Throwing uke with *Jo*
8. *Jo*/Tai Jutsu No Riai / Staff-body strategy / relationships
9. *Jo*-dori / Basic staff-taking techniques
10. *Jiyu-waza* / Randori / Free style takemusu drill-sparring against single or multiple armed attackers

** Grading syllabus techniques in green