



## Jo-Suburi 1

	<b>Execution</b>	<b>Kamae</b>
<i>Framework</i>	Greeting: <b>Bow</b> Announcement: <b>Jo-Suburi-ichi</b>	<i>Shizentai</i>
	1. Choku-chudan-tsuki	<i>Hidari-kamae</i>
	2. Kaeshi-chudan-tsuki	-  -
	3. Ushiro-chudan-tsuki	-  -
	4. Hasso-gaeshi Mae-jodan-tsuki	<i>Migi-chudan-no-kamae</i>
	5. Hasso-gaeshi Ushiro-jodan-tsuki	-  -
	6. Choku-chudan-tsuki	<i>Migi-kamae</i>
	7. Kaeshi-chudan-tsuki	-  -
	8. Ushiro-chudan-tsuki	-  -
	9. Hasso-gaeshi Mae-jodan-tsuki	<i>Hidari-chudan-no-kamae</i>
	10. Hasso-gaeshi Ushiro-jodan-tsuki	-  -
<i>Framework</i>	<b>Bow</b>	<i>Shizentai</i>

Note: Perform each movement three times.

# JO-Suburi-SHINKI



## Jo-Suburi 1 (with execution instructions)

Framework

*Greeting: Bow*

*Shizentai*

*(Jo in the left hand under your armpit)*

*Announcement: Jo-Suburi-ichi*

1. **Choku-chudan-tsuki**  
Hidari-kamae  
(Left leg is forward. The jo is placed to your front and held with your left hand.)  
*Straight, horizontal thrust.*  
*Lift the lower end of the jo up and receive it with your right hand. Perform a straight, horizontal thrust forward with both thumbs pointing forward. The left foot steps forward and the right foot moves forward slightly. When you move to the rear, start with your right foot.*  
*Upon completion, assume a confident upright posture.*
  2. **Kaeshi-chudan-tsuki**  
Hidari-kamae  
*Turning thrust.*  
*"Kaesu" means "turning". With the right hand, grasp the upper part of the jo from the left, and while you "change" the jo to the right, execute a thrust. The thumbs point toward each other.*
  3. **Ushiro-chudan-tsuki**  
Hidari-kamae  
*Straight, horizontal thrust to the left rear.*  
*Grasp the upper portion of the jo with your right hand, from the right, and raise the lower part of the jo to your rear (both thumbs are pointing forward). Move your left foot to the rear while thrusting.*
  4. **Hasso-gaeshi**  
**Mae-jodan-tsuki**  
Migi-chudan-no-kamae  
(Posture as with a sword)  
***Hasso-gaeshi:** The right hand slides up the front quarter, the left hand provides the Jo momentum to the front so that it swings back to the right in the form of a figure 8, and release your left hand. Move your right leg to the rear. At that moment, when the end of the Jo is pointing vertically upwards, your left hand grabs the tip of the Jo at chest height. The thumbs are now pointing towards each other. Change the grip of the right hand (both thumbs are now pointing upwards).*  
***Mae-jodan-tsuki:** The right hand slides to the upper end of the Jo. Execute a horizontal thrust forward at chin level, both thumbs point away from the direction of the thrust. Then you turn the Jo by moving the left hand towards you and the right hand moves the Jo up and forward. During this movement, move the Jo forward as you take a step forward, so that the end of the Jo returns to Chudan no Kamae.*
  5. **Hasso-gaeshi**  
**Ushiro-jodan-tsuki**  
Migi-chudan-no-kamae  
***Hasso-gaeshi** (as with number 4, above)*  
***Ushiro-jodan-tsuki:** Tilt the Jo forward, while sliding your hand to the end of the forward part of the Jo. Once straight, thrust horizontally to the rear at chest level, both thumbs are pointing away from the direction of the thrust. Then you lead the Jo straight forward without turning it (horizontally). The left hand slides from the front to the rear end of the Jo. Step forward with your right foot, at the same time this returns you to Chudan no Kamae.*
1. - 5. *Repeat, swapping your left with your right!*

Framework

**Bow**

*Shizentai*



## Jo-Suburi 2

	<b>Ausführung</b>	<b>Kamae</b>
<i>Framework</i>	<i>Greeting: <b>Bow</b></i> <i>Announcement: <b>Jo-Suburi-ni</b></i>	<i>Shizentai</i>
	1. Mae-tsuki-uchi-age	<i>Hidari-kamae</i>
	2. Mae-tsuki-gedan-gaeshi	-  -
	3. Renzoku-yokomen-uchi	-  -
	4. Jodan-uke-men-uchi	-  -
	5. Katate-toma-uchi	-  -
	6. Mae-tsuki-uchi-age	<i>Migi-kamae</i>
	7. Mae-tsuki-gedan-gaeshi	-  -
	8. Renzoku-yokomen-uchi	-  -
	9. Jodan-uke-men-uchi	-  -
	10. Katate-toma-uchi	-  -
<i>Framework</i>	<b>Bow</b>	<i>Shizentai</i>

Remarks: Perform each movement twice.



## Jo-Suburi 2 (with instructions for execution)

Greeting: **Bow**

*Shizentai*

*(Jo in the left hand under the armpit)*

Announcement: **Jo-Suburi-ni**

1. **Mae-tsuki-uchi-age**  
Hidari-kamae
  - **Jo Grasp 1:** While the right hand grabs the upper end of the Jo from the left, the left hand grasps so that both thumbs point upward to the front. Direct the Jo horizontally forward.
  - **Mae-tsuki**, then move back diagonally to the right, holding the Jo over your head as protection. The point of the Jo continues to point forward.
  - Take a step forward with your right foot. The end of the Jo in the right hand move in an upward semicircle. (**Uchi-age** = rising strike to the chin.)
  - Place your right foot to the rear and resume your starting position.
2. **Mae-tsuki-gedan-gaeshi**  
Hidari-kamae
  - **Jo Grasp 1**
  - **Mae-tsuki**, then *ushiro-gedan-tsuki*, shuffling diagonally to your right rear.
  - One step forward to the right. The end of the Jo in the right hand move in an inward open semicircle (*gedan-gaeshi*: strike the opponent's knee).
  - Place your right foot back and return to the starting position.
3. **Renzoku-yokomen-uchi**  
Hidari-kamae
  - **Jo Grasp 1**
  - Feign *Mae-tsuki*, but the lead the Jo further upwards. At head level, swap your hands while the Jo tip circles around your body to the left. Step forward and execute **Migi-Yokomen-uchi**.
  - Step forward with the left foot and execute **Hidari-Yokomen-uchi**. No change to the grip this time (as with the sword, the left hand is always at the "end of the handle").
  - Stepping backward in two steps, hold the Jo vertically in front of the body as protection (*uke*) against a horizontal blow. Lower the Jo.
4. **Jodan-uke-men-uchi**  
Hidari-kamae
  - **Jo Grasp 2:** This time, the left hand does not reach around, but is guided downwards, while the right hand grasps the upper part of the Jo from the left.
  - **Jodan-uke:** Step forward with the right foot while lifting the Jo horizontally forward of your head and immediately hit the left temple of *uke* with the right side of your Jo and the step with your left foot and hit the right temple of *uke*.
  - Step back with two steps. The Jo is led back with a rowing movement and held vertically in front of your body as protection (*uke*) against a horizontal blow. Lower the Jo to the ground. To do this, change the grip with the upper left hand so that both thumbs point upwards. When you lower the (right) hand, it stabilizes the movement downward.
5. **Katate-toma-uchi**  
Hidari-kamae
  - **Jo Grasp 2** (as with 4)
  - **Far reaching strike with one hand:** Draw back, diagonally to the right. The right hand pulls the Jo back up and leads it in a wide circular stroke from the top right to the bottom left. Take a step to the right.
  - The left hand catches the Jo at the hip near the right hand.
  - Pull your right foot back. Move the Jo forward. To do this, slide your left hand to the last quarter of the Jo.
  - Place the Jo straight down and return to the starting position. To do this, first change the grip with your left hand.

1. - 5. Repeat, this time with *Migi-kamae* – swap right and left!

**Bow**

*Shizentai*