



Jo-Kata

Greeting: **Bow**

HIDARI-HANMI, Stand your Jo vertically on the ground, holding it with your left hand in front of your left foot.

Announcement: **Jo-Kata**

1. KAESHI-TSUKI: straight thrust forward.
2. Bring the JO over your head and hold it horizontally
3. YOKOMEN-UCHI: Swing your JO above your head, turning clockwise, down to the left (grip the JO, right foot forward).
4. Grasp your JO with your right hand and rotate it 180° (stop the rotation with your left hand).
5. USHIRO-CHUDAN-TSUKI: Slide your right hand to the tip of your JO and thrust it straight backwards.
6. GEDAN-GAESHI: Lead your JO to strike your opponent's knee (step forward with your left foot).
7. With a slight step backwards, hold your JO vertically on your right side.
8. With your left hand, turn your JO around to the front and hold it under your right armpit, with the right hand grasping the JO below (the JO point is to your front and below).
9. Bring your left hand forward, grasp your JO from above and take a step forward, leading your JO to strike your opponent's knee to your right.
10. SHOMEN-UCHI after turning to the left by 180°, grasp the JO with your right hand, with your right foot forward.
11. Turn your JO 180° with your right hand (as in number 4), looking back at an angle to your left.
12. Look forward again, thrusting your JO straight to the front.
13. With your right hand, let your JO circle sideways, twice to your front (like a figure eight).
14. Upon completion of the movement, grasp the end of your JO with your left hand and turn left 180° on your right leg and thrust your JO forward.

JO-KATA-SHINKI



15. Take a large step to the rear with your right foot, while holding your JO vertically on your right side (as in number 7 with your right hand up).
16. Turn your JO in front of you while holding it with your right armpit and your right hand (similar to number 8).
17. Move the front of the JO to a vertical position with your right hand, holding the JO with your left hand.
18. USHIRO-CHUDAN-TSUKI: Horizontal thrust to the rear on your right.
19. Turn to the left 180° with an oblique stroke upwards (place your right foot forward).
20. Step back with your right foot and hold your JO horizontally in front of your head.
21. JODAN-UKE-MEN-UCHI: Short horizontal jab with your left hand.
22. Blow to the left front and bottom (bring your JO over your head, right foot forward).
23. Guide your JO tip back and place it on the ground.
24. Horizontal ATEMI with your right hand.
25. Let your left hand slide downwards, then grab the upper part of your JO with your right hand.
26. Take a step forward with your left foot, sweep forward and up at an angle.
27. Hold the JO above your head (as in number 2).
28. Only move the JO with your right hand, reaching far to the left, turn 360° on your left leg and catch your JO with your left hand.
29. Horizontal thrust forward.
30. Turn the JO on its right side, counterclockwise 3¼ times and hold it vertically (at the end, the left hand is below).
31. Bring your right hand up, grasp your JO and bring it to the ground.

Bow

Shizentai