

## 20 Jo Suburi

For all suburi, hold the jo firmly, especially at impact. Plant the feet to deliver power, with the back heel on the ground. Extend, but do not over-extend. Generally, targets can be high (jodan - head), middle (chudan - chest) or low (gedan - knee), though “men” (as in shomen uchi) means head.

The rest/on-guard position is with the same hand as foot forward, with the hand about a quarter of its length from the top of the jo.

### 5 Tsuki Techniques

1. Choku tsuki – pick up butt and thrust to front with original top of jo.
2. Kaeshi tsuki – take hold of tip with the other hand and thrust circularly forward, striking with the butt.
3. Ushiho tsuki – lay jo back along forearm, look back over the shoulder, and thrust back, turning the hips and feet.
4. Tsuki gedan gaeshi – thrust (choku tsuki), slide jo back behind body, step and turn body to strike at the knee.
5. Tsuki jodan gaeshi uchi – thrust (choku tsuki), raise hands in watershed block to deflect high thrust or strike, change hands and strike to uke's head.

### 5 Shomen Techniques

1. Shomen uchi komi – vertical overhead strike to head. Open and close grip for added power.
2. Renzoku uchi komi – shomen uchi, step, gyaku yokomen (side of head) uchi, turn, repeat to rear.
3. Menuchi gedan gaeshi – shomen uchi, slide jo behind body and step and turn body to strike.
4. Menuchi ushiho tsuki – shomen uchi, followed by ushiho tsuki.
5. Gyaku yokomen ushiho tsuki – gyaku yokomen, followed by ushiho tsuki to other side from previous technique.

### 3 Katate Techniques

1. Katate gedan gaeshi – Start from tsuki kamai. Step back, feet together, knees bent to side. Put jo behind body and low, hands together at end of jo. Step forward with back foot and swing diagonally upwards with one hand. Catch overhead with other hand.
2. Toma katate uchi – Step back into overhead block, leaving front foot in original position. Bend back knee. Step forward for long one-handed yokomen uchi, finishing by catching the jo low with the other hand.
3. Katate hachi no ji gaeshi – Grip jo a quarter length from end. Step forward and back with figure of eight strike. Generate the power from your hips.

### 5 Hasso Techniques

1. Hasso gaeshi uchi – Hasso defense (spinning block) followed by shomen uchi with top of jo.
2. Hasso gaeshi tsuki – Hasso defense followed by thrust to front with bottom end of jo.
3. Hasso gaeshi ushiho tsuki – Hasso defense followed by thrust to rear (turn hips) with bottom end of jo.
4. Hasso gaeshi ushiho uchi – Hasso defense followed by low strike to rear (turn hips but do not step).
5. Hasso gaeshi ushiho harai – Hasso defense followed by a sweep around the circle (step).

### 2 Nagari (Flowing) Techniques

1. Hidari nagari gaeshi uchi – Right hand stance. Shomen uchi. Swing the jo to the left and rear into a deflection followed by a step to rear and strike. Right hand retains same hold.
2. Migi nagari gaeshi tsuki – Right hand stance. Step forwards with left foot and gyaku yokomen uchi. Push jo down and to rear while stepping to front. Defend. Thrust. Right hand retains same hold.