

Aiki No Jo (the staff of Aiki) - SYLLABUS

Jo Kamae (standing position with the staff):

- Migi (right)
- Hidari (left)
- Tsuki No Kamae (thrust position)
- Ken No Kamae (cutting position)

Jo Suburi Nijuppon (20 movements with Jo):

Tsuki Gohon:

1. Choku Tsuki
2. Kaeshi Tsuki
3. Ushiro Tsuki
4. Tsuki Gedan Gaeshi
5. Tsuki Jodan Gaeshi Uchi

Uchikomi Gohon:

6. Shomen Uchi Komi
7. Renzoku Uchi Komi
8. Menuchi Gedan Gaeshi
9. Menuchi Ushiro Tsuki
10. Gyaku Yokomen Ushiro Tsuki

Katate Sanbon:

11. Katate Gedan Gaeshi
12. Katate Toma Uchi
13. Katate Hachinoji Kaeshi

Hasso Kaeshi Gohon:

14. Hasso Gaeshi Uchi
15. Hasso Gaeshi Tsuki
16. Hasso Gaeshi Ushiro Tsuki
17. Hasso Gaeshi Ushiro Uchi
18. Hasso Gaeshi Ushiro Barai

Nagare Kaeshi Nihon:

19. Hidari Nagare Gaeshi Uchi
20. Migi Nagare Gaeshi Tsuki

Jo Barai Nanahon (7 parries with the staff)

Happo no tsuki (thrusting in 8 directions)

Kumijo Juppon (10 kumi jo)

Jo Kata:

San Ju Ichi No Jo Kata (31)

Ju San No Jo Kata (13)

San Ju Ichi No Kumi Jo (kata 31 against an attacker)

Ju San No Jo awase (kata 13 against an attacker)

Jo no Riai

Jo tori (against one or several partners)

Jo waza