

Cheltenham & Bloomsbury Aikido

Notes for Students

Jo: 9-Count Kata

Acknowledgements: Following the teaching of Sensei Mike Smith, Go Shin Kai Principal. The teaching lineage is through Sensei Mr William Smith, MBE and T.K. Chiba Sensei.

References: Morihiro Saito, 20 Jo Suburi in Aikido Vol.1, Sword, Stick, Body Arts, 1973. https://www.youtube.com/watch?v=O9U04EU_Qp8

RH: Right Hanmi. LH: Left Hanmi.

Jo: 9-Count Kata (K)	Counter-Kata (CK)
Start: LH Hidari hanmi. Jo held vertically by L hand, resting on ground in front.	Start: LH Hidari hanmi, L hand forwards, as with Kata.
1K.ATTACK Choku tsuki, chudan, front (L) foot irimi (i.e. tsugiashi). LH. <i>NB. Sequence Start -1K is Saito's Jo Suburi No. 1 "Chokku Tsuki"</i>	
	1CK.DEFEND Move off-line to R side, covering head and body to protect from chudan tsuki. LH. <i>Both knees bent, low posture, feet close with L foot in front.</i>
2K.DEFEND Move off-line to R, covering head and body to protect from chudan tsuki. LH. <i>Both knees bent, low posture, feet close with L foot in front.</i>	2CK.ATTACK Chudan tsuki, moving off-line to L, L foot tsugiashi. LH.
3K.ATTACK Chudan tsuki, moving off-line to L, L foot tsugiashi. LH.	
	3CK. DEFEND Move off-line to R side, covering head and body to protect from chudan tsuki. LH. <i>Both knees bent, low posture, feet close with L foot in front.</i>
4K. DEFEND Move off-line to R, covering head and body to protect from chudan tsuki. LH. <i>Both knees bent, low posture, feet close with L foot in front.</i>	4CK. ATTACK Chudan tsuki, moving off-line to L, L foot tsugiashi. LH.



<p>5K.ATTACK Jodan gaeshi (shomen) – jo slides through R hand as L hand grips jo and moves up to meet the R hand, covering the head; pivot jo in R hand, around the L side; move L hand to grip front end of jo; cut down shomen entering directly with back (R) foot irimi. <i>NB R foot and R arm are now at the front. RH.</i> <i>NB. Sequence 3K-5K is Saito's Jo Suburi No. 5 "Tsuki Jodan Gaeshi"</i></p>	
	<p>5CK. DEFEND Keeping jo in chudan position, change grip on jo by moving R hand to the front. Step back with front (L) foot. RH. <i>NB. Switch hands first. Step back as opponent commits to shomen attack.</i></p>
<p>6K.ATTACK Kirigaeshi (shomen), entering directly with back foot irimi <i>Shift weight forward, bending front (R) knee, while raising jo to head keeping end of jo pointing towards opponent. Covering the head pivot jo around the R and cut down shomen. LH, reverse grip.</i> <i>NB L foot and R arm are now at the front.</i> <i>NB. Sequence from the shomen in 5K to 6K is Saito's Jo Suburi No. 7 "Renzoku Uchikomi"</i></p>	
	<p>6CK. DEFEND Keeping jo in chudan position, step back with front (R) foot. LH, reverse grip. <i>NB L foot and R arm are now at the front.</i></p>
<p>7K.DEFEND Stepping to R side (opponent's jo passes on L) <i>knees bent, feet close with L foot in front</i> let go of jo with L hand. Retain R hand grip moving jo to RHS, pivoting to lower front end of jo until jo is vertical. LH. ATTACK L hand grips top end of jo, thumb down. Release R hand grip, retaining contact of R tegatana with jo. Raise jo in shomen strike (i.e. centrally over your head), stepping forward with R foot, cutting down shomen. RH. <i>NB R foot and R arm are now at the front, R hand gripping in reverse position, over top of jo, with tegatana side forwards.</i></p>	<p>"6.5"CK. ATTACK Chudan tsuki, stepping in with back (R) foot. RH.</p>
	<p>7CK. DEFEND Release L hand grip, circle jo under opponent's descending shomen, stepping back with R foot. L hand takes grip of jo at front. LH. <i>K's jo is in contact on R of CK's jo. L foot and L arm are now at the front.</i></p>



<p>8K.DEFEND Moving to L side (opponent's (CK's) jo passes on R), in R hanmi, drawing jo to L back without changing grip. RH.</p>	<p>8CK. ATTACK Chudan tsuki, tsugi ashi on L foot. LH.</p>
<p>9K. ATTACK Back foot irimi shomen, without changing grip. LH. <i>NB L foot and L arm are now at the front. L hand gripping thumb to back</i></p>	<p>FINISH <i>To avoid the finishing blow, lean back or, if the attack is advancing strongly, step back or take back ukemi if necessary.</i></p>
<p>Release R hand grip. Pivot jo in L hand and replace R hand onto end of jo. LH. IN SOLO PRACTICE. Repeat Kata continuing to go forward if there is room in Dojo. If not, from position at end of 9, tenkan while covering head. Then pivot jo, bringing it down to finish in choku tsuki grip position. LH.</p>	

Notes

The jo is a versatile weapon: some strikes that are made with the bo, the sword and the spear can also be effectively deployed with a jo.

Points for paired practice

- **Advanced** Make sure your attack is capable of reaching the “opponent”: the latter must use the appropriate movements to get out of the way. For **beginners and those unfamiliar with the movements:** in the interests of safety it is helpful to maintain a greater distance and to practise slowly.
- When practising with slow movements, don't take advantage of the slow movement to track your “opponent”. This would necessitate additional countering movements by the “opponent” and thus a departure from the standard form of the kata. Keep the attack to its original line.

