

KEN SHIN KAI - 10 KUMI JO

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No. 1

| | UKE | | SHITE / TORI |
|---|--|---|---|
| | Commence in hidari Tsuki No Kamae, with the Jo horizontally in your left hand with your right hand at its base, your feet in left posture. | | Commence in basic left posture, hidari hanmi, with the Jo resting vertically on the mat immediately in front of your left foot. |
| 1 | Swing back with your right hand to perform Choku Tsuki (first Jo suburi), sliding your feet forwards. | | |
| | | 2 | Grasp the top of the Jo with your right hand (thumb pointing downwards). Bring the Jo up in a circular motion as you move to your left with your left foot, bringing your right foot around to remain in hidari hanmi. As you move, thrust the Jo forwards to your opponents centre, your left hand on top of the Jo. Kaeshi Tsuki (second Jo suburi). |
| 3 | Parry Shites Jo down towards the right. Small parry, just enough to bring your Jo on top of Shites Jo. | | |
| 4 | Perform Tsuki to Shites upper body. | | |
| | | 5 | Move backwards and to the right, still in hidari hanmi, bringing the Jo up to protect your head. (You should lift Ukes Jo with this defensive movement). Slide your right hand up to your left and rotate the Jo over your head, in your right hand, to a striking position in preparation for Shomen Uchi strike (right wrist twists, left hand grasps base of Jo). The strike is performed by swinging the Jo in an arc over your head and down onto your opponent as you step forwards with your right foot. Migi Shomen Uchi. |
| 6 | Step back with the left leg and reverse the Jo by pulling the Jo back until the leading end rests in the palm or your left hand, and rotate Jo anti-clockwise to perform a deflection towards the left. The Jo should block Shites Jo at a right angle and should deflect at such an angle that does not cause Shites Jo to slide downwards and make contact with Uke. | | |
| | | 7 | From Migi Shomen Uchi, Shite moves to perform Hidari Shomen Uchi, as in Rensoku Uchi Komi (seventh Jo suburi). The first part is performed quickly, by moving the weight forwards on your right foot and bringing your hands up to the front of, and just above, your head with the Jo pointing to your right. Step forwards with your left foot, turning your hips into left posture. Bring the Jo round to extend behind you. This move must be performed quickly with emphasis placed upon the simultaneous move to the left and rotation of the Jo in preparation for hidari Shomen Uchi. |
| 8 | As Shites Jo is withdrawn, perform Tsuki (starting from a high position), to Shites upper body. | | |
| | | 9 | Perform hidari Shomen Uchi. |

No. 2

| | UKE | | SHITE / TORI |
|---|---|---|---|
| | Commence in hidari Tsuki No Kamae, with the Jo horizontally in your left hand with your right hand at its base, your feet in left posture. | | Commence in basic left posture, hidari hanmi, with the Jo resting vertically on the mat immediately in front of your left foot. |
| 1 | Swing back with your right hand to perform Choku Tsuki (first Jo suburi), sliding your feet forwards. The aim should be towards the throat, but for safety aim just above the sternum. | | |
| | | 2 | Slide the right foot back, diagonally to the left, and at the same time raise the rear of the Jo so that you can grasp the bottom end of the Jo with your right hand and parry Ukes Tsuki towards the right. Remaining in Hidari Hanmi Kamae. |
| | | 3 | Slide the feet forward and perform Tsuki to Ukes upper body. Remaining in Hidari Hanmi Kamae. |
| 4 | Uke steps forward diagonally to the right, raising the Jo so that it is angled downwards towards the left to deflect Shites Tsuki. Ukes feet are almost parallel at this point (left foot slightly back). | | |
| 5 | Uke brings the left foot around to the rear and performs a Migi Shomen Uchi to Shite's left knee, finishing in Migi Hanmi Kamae. | | |
| | | 6 | Shite twists the body around to the left (drawing back slightly), and sweeps the Jo around, in order to block Uke's Jo from striking the left knee. |
| 7 | Perform Tsuki to Shite's upper body. | | |
| | | 8 | Move the body around to the left and perform Tsuki to Uke's side (just under uke's right arm). Remaining in hidari hanmi kamae. |

No. 3

| | UKE | | SHITE / TORI |
|---|--|---|---|
| | Commence in hidari Tsuki No Kamae, with the Jo horizontally in your left hand with your right hand at its base, your feet in left posture. | | Commence in basic left posture, hidari hanmi, with the Jo resting vertically on the mat immediately in front of your left foot. |
| 1 | Swing back with your right hand to perform Gedan Tsuki, sliding your feet forwards. The aim should be towards the knee. | | |
| | | 2 | Grasp the top of the Jo with your right hand (thumb pointing upwards) and tenkan the back leg away to the left, blocking Uke's Jo and finishing at an angle of 90 degrees from Uke, in Hidari Hanme Kamae. |
| 3 | Perform Tsuki to Shite's open side (left). | | |
| | | 4 | Take the right back to the starting position whilst at the same time letting go of the top of the Jo with the right hand and grasping the Jo near the base. Strike downwards with the Jo to deflect Uke's strike. |
| | | 5 | Perform Tsuki to Uke's open side (left). |
| 6 | Twist the body and hips slightly to the left in order to parry Shite's tsuki to the left. Finishing in hidari hanmi kamae. | | |
| | | 7 | Do not resist Uke's parry, but allow the Jo to rotate clockwise, under Uke's Jo and perform Tsuki to Uke's upper body. Finishing in hidari hanmi kamae. |

No. 4

| | UKE | | SHITE / TORI |
|---|---|---|---|
| | Commence in hidari Tsuki No Kamae, with the Jo horizontally in your left hand with your right hand at its base, your feet in left posture. | | Commence in basic left posture, hidari hanmi, with the Jo resting vertically on the mat immediately in front of your left foot. |
| 1 | Swing back with your right hand to perform Choku Tsuki (first Jo suburi), sliding your feet forwards. | | |
| | | 2 | Draw back a large distance, remaining on the same posture to avoid Uke's Tsuki, at the same time grasp the top of the Jo with your right hand (thumb pointing downwards). Raise the Jo over your head, resting on the back of your neck with the Jo following the line of your left arm. Stepping forward with the right leg, perform Toma Uchi (from twelfth Jo suburi). Execute the Toma Uchi by passing the Jo over the shoulder and aiming in a downwards arc to strike the side of Uke's head. Catch the Jo in a low position with the palm up and the thumb pointing towards the rear (to avoid injury to the thumb). |
| 3 | Draw back a large distance, remaining on the same posture to avoid Shite's Uchi, raising the Jo into a defensive position towards the left, with the hands as close to each end of the Jo as possible. The top of the Jo should be high above Ukes head extending downwards to the left, finishing at chest height. The angle should be sufficient to deflect Shite's Uchi at a point near the left temple, if necessary. | | |
| 4 | Swing back with your right hand to perform Choku Tsuki (first Jo suburi), sliding your feet forwards. | | |
| | | 5 | Take a large step to the left with the right leg, past Uke's Tsuki and bring the left leg around in order to provide enough clearance from Uke's Tsuki. Whilst stepping around Uke's Tsuki raise the Jo bringing the left hand towards the base of the Jo and perform a downwards Tsuki towards Uke's chest. |

No. 5

| | UKE | | SHITE / TORI |
|---|---|---|--|
| | Commence in hidari Tsuki No Kamae, with the Jo horizontally in your left hand with your right hand at its base, your feet in left posture. | | Commence in basic left posture, hidari hanmi, with the Jo resting vertically on the mat immediately in front of your left foot. |
| 1 | Swing back with your right hand to perform Choku Tsuki (first Jo suburi), sliding your feet forwards. The aim should be towards the throat, but for safety aim just above the sternum. | | |
| | | 2 | Slide the right foot back, diagonally to the left, and at the same time raise the rear of the Jo so that you can grasp the bottom end of the Jo with your right hand and parry Uke's Tsuki towards the right. Remaining in Hidari Hanmi Kamae. |
| | | 3 | Slide the feet forward and perform Tsuki to Uke's upper body. Remaining in Hidari Hanmi Kamae. |
| 4 | To avoid Shite's tsuki, Uke performs Jo Suburi # 11 (Katate Gedan Gaeshi), making sure that at the end the hand that catches the Jo has the palm facing away. | | |
| | | 5 | Shite steps back with the left foot to avoid Uke's strike, dropping the left knee to the floor. At the same time the Jo should be brought over to the left hand side, and held to the left side, pointing diagonally forward. Shite's left hand should be in line with the hip with the thumb pointing upwards. Shite's right hand should be in line with the chest with the thumb pointing downwards. |
| 6 | Uke steps forward and rotates the Jo over and down aiming a strike at Shite's head. The hand positions should not be changed, both thumbs should be pointing towards the base of the Jo on completion of the strike. The Jo should be brought down strongly towards Shite's head. | | |
| | | 7 | Shite moves into Tachi and changes feet bringing the left foot forward and taking the right foot back. At the same time as the right foot is taken back, Shite rotates the Jo over and parry's Uke's strike downwards, a little towards the right. |
| | | 8 | Shite performs a Tsuki to Uke's sternum, remaining in left posture. |

No. 6

| | UKE | | SHITE / TORI |
|---|--|---|--|
| | Commence in hidari Tsuki No Kamae, with the Jo horizontally in your left hand with your right hand at its base, your feet in left posture. | | Commence in basic left posture, hidari hanmi, with the Jo resting vertically on the mat immediately in front of your left foot. |
| 1 | Swing back with your right hand to perform Choku Tsuki (first Jo suburi), sliding your feet forwards. The aim should be towards the throat, but for safety aim just above the sternum. | | |
| | | 2 | Move slightly towards the left, and at the same time raise the rear of the Jo so that you can grasp the bottom end of the Jo with your right hand and parry Uke's Tsuki towards the right. Remaining in Hidari Hanmi Kamae. |
| 3 | Swing the Jo in an arc over your head and down onto your opponent as you step forwards with your right foot. Migi Shomen Uchi. | | |
| | | 4 | As Uke raises both arms in readiness for Migi Shomen Uchi, move forward slightly (remaining on Hidari Hanmi Kamae), and raise the Jo up (parallel to the floor), with the left hand palm up, and the right hand palm down. The Jo should make contact with Ukes left arm just below the elbow, to prevent Uke from continuing the downward strike. |
| | | 5 | Perform Tai Sabaki to move to Ukes right hand side finishing at an angle approximately 90 degrees. As you perform Tai Sabaki rotate the Jo around in an anti-clockwise movement, bringing the end (right hand) of the Jo downwards and on top of Ukes Jo (between Ukes hands), as Uke completes the Migi Shomen Uchi strike. |
| | | 6 | Using the Jo apply slight pressure downwards to Ukes Jo. Then raise the Jo, rotating it quickly in a clockwise movement, whilst keeping the Jo positioned between Ukes Jo and right wrist with enough force to throw Uke, remaining on Migi Hanmi Kamae. |
| | | 7 | Let go of your Jo with your left hand and take the bottom of the Jo in order to perform Migi Shomen Uchi strike at Uke's head. |

No. 7

| | UKE | | SHITE / TORI |
|---|---|---|--|
| | Commence in hidari Tsuki No Kamae, with the Jo horizontally in your left hand with your right hand at its base, your feet in left posture. | | Commence in basic left posture, hidari hanmi, with the Jo resting vertically on the mat immediately in front of your left foot. |
| 1 | Swing the Jo in an arc over your head and down towards your opponents left knee as you step forwards with your right foot. Migi Shomen Uchi. | | |
| | | 2 | Step back with the left leg, moving it out of range of Ukes strike. Place your right hand onto the Jo below the left hand (about one third from the bottom of the Jo), and bring the Jo into a defensive position in front of the right leg, moving into Migi Hanmi Kamae. |
| 3 | Swing back with your left hand to perform Choku Tsuki (first Jo suburi), sliding your feet forwards. The aim should be towards the throat, but for safety aim just above the sternum. | | |
| | | 4 | Move forward slightly to the right of Ukes tsuki (remaining on Migi Hanmi Kamae), and parry Ukes Jo to the left. |
| 5 | Swing the Jo in an arc over your head and down onto your opponent as you step forwards with your left foot. Hidari Shomen Uchi. | | |
| | | 6 | As Uke raises both arms in readiness for Hidari Shomen Uchi, step forward with the left foot (moving into Hidari Hanmi Kamae), and raise the Jo up (parallel to the floor), with the left hand palm up, and the right hand palm down. The Jo should make contact with both of Ukes arms just below the elbow, to prevent Uke from continuing the downward strike. Push strongly throwing Uke backwards to the floor. |
| | | 7 | Swing back with your right hand to perform Choku Tsuki (first Jo suburi), sliding your feet forwards. The aim should be towards Ukes head. |

No. 8

| | UKE | | SHITE / TORI |
|---|--|---|--|
| | Commence in hidari Tsuki No Kamae, with the Jo horizontally in your left hand with your right hand at its base, your feet in left posture. | | Commence in hidari Tsuki No Kamae, with the Jo horizontally in your left hand with your right hand at its base, your feet in left posture. |
| 1 | Swing the Jo in an arc over your head and down onto your opponent as you step forwards with your right foot. Migi Shomen Uchi. | | |
| | | 2 | As Uke raises both arms in readiness for Migi Shomen Uchi, perform Choku Tsuki to Ukes throat, whilst remaining on Hidari Hanmi Kamae. |
| | | 3 | Move slightly to the right out of line with Ukes Shomen Uchi and raise the Jo into a defensive position over the head. As Uke completes the Shomen Uchi strike perform a downwards Choku Tsuki to Ukes sternum. |
| | | 4 | Hook the Jo under Ukes right wrist and then rotate the Jo quickly in a clockwise movement, whilst keeping the Jo positioned between Ukes Jo and right wrist with enough force to throw Uke, remaining on Hidari Hanmi Kamae. |
| | | 5 | Swing back with your right hand to perform Choku Tsuki (first Jo suburi), sliding your feet forwards. The aim should be towards Ukes head. |

No. 9

| | UKE | | SHITE / TORI |
|---|--|---|--|
| | Commence in hidari Tsuki No Kamae, with the Jo horizontally in your left hand with your right hand at its base, your feet in left posture. | | Commence in hidari Tsuki No Kamae, with the Jo horizontally in your left hand with your right hand at its base, your feet in left posture. |
| 1 | Swing back with your right hand to perform Choku Tsuki (first Jo suburi), sliding your feet forwards. The aim should be towards the throat, but for safety aim just above the sternum. | | |
| | | 2 | Move slightly towards the left, and at the same time parry Ukes Tsuki towards the right, applying slight downwards pressure to Ukes Jo. Remaining in Hidari Hanmi Kamae. |
| 3 | Swing the Jo in an arc over your head and down onto your opponent as you step forwards with your right foot. Migi Shomen Uchi. | | |
| | | 4 | Bring the bottom end of Jo upwards as you step forward with the right foot, bringing the Jo upwards into a position parallel with the ground and with the end at Ukes throat. Uke should be stopped at a position that their Jo is parallel to the ground |
| | | 5 | Move the Jo into a position between Ukes right ear and his elbow. Place downward pressure on the elbow whilst raising the other end of the Jo slightly, whilst at the same time taking the rear (left foot) around behind. Continue the spiral and downwards with tenkan, until Uke is taken to the floor. |
| | | 6 | Perform Migi Shomen Uchi at Ukes head. |

No. 10

| | UKE | | SHITE / TORI |
|---|--|---|--|
| | Commence in hidari Tsuki No Kamae, with the Jo horizontally in your left hand with your right hand at its base, your feet in left posture. | | Commence in Migi Hanmi Kamae (Ken Position). |
| 1 | Swing back with your right hand to perform Choku Tsuki (first Jo suburi), sliding your feet forwards. The aim should be towards the throat, but for safety aim just above the sternum. | | |
| | | 2 | Perform a Hasso Gaeshi by stepping forward with left leg and rotating the Jo over in the first part of Hasso blocking Ukes Tsuki. Continue Hasso movement to finish in Hasso position but with the top thumb pointing downwards (Hidari Hanmi Kamae). |
| 3 | Swing the Jo in an arc over your head and down onto your opponent as you step forwards with your right foot. Migi Shomen Uchi. | | |
| | | 4 | Bring the Jo down towards Ukes Jo blocking the Uchi in a X type position, as you step forwards with your right foot, top thumb pointing downwards. Migi Yokomen Uchi. |
| 5 | Swing the Jo in an arc over your head and down onto your opponent as you step forward with your left foot. Hidari Shomen Uchi. | | |
| | | 6 | Slide the right hand down to the left hand. Let go of the Jo with the bottom (left) hand. Drop the end of the Jo downwards and rotate 360 degrees, taking the Jo with the left hand, thumb down, as it passes the head, whilst stepping forwards to the left, around Ukes strike into Hidari Hanmi Kamae. The Jo should aim for the centre of Uke's head and then be placed against the left hand side of Ukes neck, and against Ukes top wrist. |
| | | 7 | Push the bottom end of the Jo away (against Ukes wrist) and pull the top end of the Jo towards Ukes neck until Uke is taken to the floor, turning the body slightly towards Ukes fall. Let go of the Jo with the bottom (left) hand. Drop the end of the Jo downwards and rotate 180 degrees over the head and down onto Uke as you step forward with your right foot. Migi Shomen Uchi. |