

KEN SHIN KAI - 20 JO SUBURI

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1 First Suburi - Choku Tsuki

Basic thrusting movement.

Commence in basic left posture, hidari hanmi, with the Jo resting vertically on the mat immediately in front of your left foot. Hold the Jo with your left hand. Reach down with your right hand to grasp the Jo near its base. Your left hand should lift the Jo as you do this. Slide your right hand down to the end as you bring the Jo to a horizontal position (Tsuki No Kamae). Slide the Jo through your left hand back and then forwards, swinging your right hand up to the front of your centre. Slide both feet forwards as you lower your posture during the forward thrust.

2 Second Suburi - Kaeshi Tsuki

Counter to a thrust from an opponent.

Commence in basic left posture as for the first Jo suburi. 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.

3 Third Suburi - Ushiro Tsuki

Thrust against an opponent who is behind.

Commence in basic left posture as for the first Jo suburi. Grasp the top of the Jo with your right hand (thumb pointing upwards). Lift the Jo placing it along the underside of your left forearm while sliding your left foot back beside your right. Step back with your left foot, thrusting the Jo straight to your rear and turning your body to your left as you do this.

4 Fourth Suburi - Tsuki Gedan Gaeshi

Two combination movement (low).

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. Swing back with your right hand to perform Choku Tsuki (first Jo suburi), sliding your feet forwards. Slide your left hand towards the front of the Jo, and step backwards and to the right, remaining in left posture as you push the Jo back past your right side through the right hand. Turn your hips to the left, stepping forwards with your right foot, and bring the Jo around at knee level to strike at your opponents lower legs. Your right hand should be behind the Jo pushing it round to make contact.

5 Fifth Suburi - Tsuki Jodan Gaeshi

Two combination movement (mid).

Commence in hidari Tsuki No Kamae. Swing back with your right hand to perform Choku Tsuki (first Jo suburi), sliding your feet forwards. Move backwards and to the right, still in hidari hanmi, bringing the Jo up to protect your head. 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.

6 Sixth Suburi - Shomen Uchi Komi

Commence in right posture holding the Jo in front of you with your left hand at the base of the Jo and your right hand a quarter of the way up. Step back with your right foot, raising the Jo above your head, pointing it towards the ceiling and angled slightly back. As you step forwards with your right foot, bring your hands down and forwards, striking with the Jo to your opponents centre.

7 Seventh Suburi - Renzoku Uchi Komi

Commence in right posture and perform Shomen Uchi Komi (sixth Jo suburi). Having performed the strike in right posture, move your weight forwards on to your right foot and bring 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 and make Hidari Shomen Uchi to complete the suburi.

8 Eighth Suburi - Men Uchi Gedan Gaeshi

Commence in right posture and perform Shomen Uchi Komi (sixth Jo suburi). When the strike is completed, extend your right hand to the end of the Jo, sweep it back to your left side and move back and to your left. Step forwards with your left foot. Bring the Jo round in a strike to your opponent's knee, keeping your left hand behind the Jo to give power to the strike.

9 Ninth Suburi - Men Uchi Ushiro Tsuki

Commence in right posture and perform Shomen Uchi Komi (sixth Jo suburi). When the strike is completed, extend your right hand to the end of the Jo, turn your hips into left posture and perform a thrust to the rear as in Ushiro Tsuki (third Jo suburi).

10 Tenth Suburi - Gyaku Yokomen Ushiro Tsuki

Commence in right posture as if you had just completed Shomen Uchi Komi (sixth Jo suburi), bring 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 and perform Hidari Shomen Uchi. Slide your left hand to the end of the Jo, turning your hips further into left posture and perform Ushiro Tsuki (third Jo suburi) to your right side at chest level.

11 Eleventh Suburi - Katate Gedan Gaeshi

Features one-hand grip and uses wrist movement for successful completion.

Commence in Hidari Tsuki No Kamae, sliding your left hand to the end of the Jo. Push the Jo back through your right hand, bringing your body back and to the right as in the fourth Jo suburi. Both hands should now be at the forward end of the Jo. Take a long step forward with your right foot, sweeping the Jo forwards across an opponent's face, holding it with your right hand only and catching it with your left hand over your head on the left side after the sweep is complete, finishing in a defensive position.

12 Twelfth Suburi - Toma Katate Uchi

Used to extend the Jo forwards to reach a considerable distance past normal fighting range.

Commence in Hidari Tsuki No Kamae and draw the Jo back over your head to your left with your right hand, resting the forward end of the Jo on your left forefinger/thumb cleft. Draw your weight back onto your right foot. As you start to swing the Jo around with your right wrist, commence stepping forwards with your right foot, swinging the Jo at your opponent's head and around to be caught by your left hand down by your left hip.

13 Thirteenth Suburi - Katate Hachi No Ji Gaeshi

Uses a double wrist action to loosen your wrist.

Commence in left posture. Hold the Jo in your right hand on your right side, the end resting on the mat. Turn your wrist forwards, raising the Jo, while stepping forwards with the right foot, sweep the Jo across an opponent's face. catch the Jo high on your left side in your open left hand. Swing your hips back to the right, changing posture into Hidari Hanmi while stepping back with your right foot as you push the Jo across to your right with your left hand. Spin it around your right wrist, catching the short end in your left hand, beside your head on your right side.

14 Fourteenth Suburi - Hasso Gaeshi Uchi

Incorporates Hasso technique.

Commence in Ken No Kamae, sliding your right foot back as you extend your left hand forwards and upwards, letting your right hand slide a little further towards the centre of the Jo. As you step back with your right foot, push sharply down with your left hand on the Jo to swing it down and up to your rear. Grasp the bottom end with your left hand as it comes to a vertical position at the right side of your head in hasso no kamae. Start to step forwards with your right foot as you bring the Jo up to your head changing the grip with your right hand, and complete your step forwards as you strike with Shomen Uchi in right posture.

15 Fifteenth Suburi - Hasso Gaeshi Tsuki

Incorporates Hasso technique.

Commence as in the fourteenth Jo suburi twirling the Jo to assume Hasso No Kamae. From this point, extend your left foot forwards, bringing the Jo down to perform a straight thrust to your front. Slide your right hand forwards and perform Hasso Gaeshi once more, bringing your left foot back a little to finish in Hasso No Kamae.

16 Sixteenth Suburi - Hasso Gaeshi Ushiro Tsuki

Incorporates Hasso technique.

Commence as in the fourteenth Jo suburi twirling the Jo to assume Hasso No Kamae. From the vertical, drop the top of the Jo forwards, extending your left hand to its end and thrusting the Jo to your right rear (Migi Ushiro Tsuki). Finish with your hips facing to the right.

17 Seventeenth Suburi - Hasso Gaeshi Ushiro Uchi

Incorporates Hasso technique.

Commence as in the fourteenth Jo suburi twirling the Jo to assume Hasso No Kamae. Turn your hips further to your right and strike down and around to your rear with a round sweeping blow, keeping your feet in the same position as they were in Hasso No Kamae.

18 Eighteenth Suburi - Hasso Gaeshi Ushiro Harai

Incorporates Hasso technique.

Commence as in the fourteenth Jo suburi twirling the Jo to assume Hasso No Kamae. Turn your whole body to the rear, sweeping your right foot back and round whilst swinging the Jo in a sweeping strike at an opponent who is standing behind.

19 Nineteenth Suburi - Hidari Nagare Gaeshi Uchi

Incorporates a flowing combination of strikes.

Commence in Ken No Kamae, stepping back with your right foot to perform Shomen Uchi Komi (sixth Jo suburi). As the strike is made turn to your left, bringing the Jo around as you extend your left hand forwards to catch it. From here, take the Jo back over your head. You should now be facing the rear as you perform right Shomen Uchi strike to an opponent who is now standing in front of you.

20 Twentieth Suburi - Migi Nagare Gaeshi Tsuki

Incorporates a flowing combination of strikes.

Commence in Ken No Kamae, stepping forwards to perform Hidari Shomen Uchi. As you complete the strike, step back and round with your right foot, turning to your rear to block across your head. Lower your hands into Hidari Tsuki No Kamae and perform Hidari Choku Tsuki to deal with an opponent behind you.