










KEN SHIN KAI – 31 JO KATA

							
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Start - 1:	Left posture. Raise Jo in a circular thrust to the left.
1-2:	Change to back posture bringing Jo up in a rising block.
2-3:	Swing Jo into a forward thrust.
3-4:	Change to back posture bringing Jo up in a rising block and rotate Jo in a circular motion above the head.
4-5:	Strike to opponents left side with a right circular blow.
5-6:	Strike to opponents right side with a left circular blow.
6-7:	Change from left forward posture into right posture by a Tai Sabaki to your right side and make a downward strike to your opponents head.
7-8:	From right posture Tai Sabaki to your right into left posture and strike at your opponents right side with a downward circular blow.
8-9:	Continue the strike through towards the opponents shins and end up in left posture with Jo pointing to the rear.
9-10:	Step through with right leg raising Jo to a Jodan block.
10-11:	Swing Jo down right side of body in a complete circle and strike Shomen.
11-12:	Change to back stance and withdraw Jo.
12-13:	Strike Tsuki towards opponents chest.
14-15:	Raising Jo above head rotate 180 degrees and strike Shomen.
15-16:	Backwards strike to opponents knees.
16-17:	Swing Jo at waist height to strike opponents legs.
17-18:	Rotate Jo to a back guard position.
18-19:	Strike forward to opponents knees.
19-20:	Raise Jo and pivot above head to strike Shomen.
20-21:	Dropping onto left knee strike back towards opponents shins.
21-22:	Transfer Jo to right hand side of body, keeping in right posture.
22-23:	Thrust forward at chest height, step through with left foot. Rotate Jo, then slide left foot back.
23-24:	Slide left foot forward and thrust at chest height.
24-25:	Pull Jo back and thrust at head height.
26:	Sweep Jo to rear.
26-27:	Step through with right foot, sweeping Jo to strike at knee.
27-28:	Swing Jo up, thrust forward at head height.
28-29:	Rotate Jo in front of body.
29-30:	Slide right foot back and lunge forward with thrust at chest height.
30-31:	Rotate Jo down right hand side of body. Step forward with left foot (keep same hand grip). Strike Shomen with Kiai.
	Return to start position with Zanshin.