

# **AIKI-Ken & Jo Transmission Scroll**

---

**4**

# AIKIJO 31 - PARTNER PRACTICE

The person doing the 31 kata is the defender (uke). Your partner is referred to as the attacker (uchitachi).

## 1 - 3

1. **Attacker:** Straight thrust  
**Defender:** Rotation thrust  
**Attacker:** Parry immediately
2. **Attacker:** Thrust  
**Defender:** Parry
3. **Defender:** Block your partner's jo and thrust to the side.

## 4 - 6

4. **Attacker:** Thrust  
**Defender:** Parry
5. **Defender:** Do an upper rotation strike (Jodan Kaeshi tsuki)  
**Attacker:** Rotate the jo over the head and parry
6. **Attacker:** Do an opposite side of head strike  
**Defender:** Move to the left and do an opposite side of the head strike

## 9 - 11

9. **Defender:** In the left stance, look to the rear (start in the position of the 8th move)  
**Attacker:** Sweep to the rear  
**Defender:** Is positioned in back of the attacker in right ken stance.

**Attacker:** The right foot draws way back; ends up in jodan stance (jo over the head as in the 2nd suburi)

10. **Attacker:** Right foot advances forward with the intention of striking.

**Defender:** Blend with this and strike the arm from the lower right.

11. **Defender:** Rotate the jo over the head and do an opposite side of head strike.

## 13 - 17

13. **Defender:** Straight thrust

**Attacker:** Parry

14. **Attacker:** Parry

**Defender:** Block

15. **Defender:** Jodan over the head rotation strike

**Attacker:** Rotate over the head and parry

16. **Defender:** Immediately draw the jo back

17. **Attacker:** Opposite side of the head strike

**Defender:** Strike the right leg

## 18 - 22

18. **Attacker:** In right stance, thrust to side

**Defender:** Rotate the jo and block

19. **Defender:** Low level thrust

**Attacker:** Block from the right

20. **Defender:** Drop down to the left knee, striking the left leg

**Attacker:** Draw the left leg back, rotate the jo over the head and block

21. **Defender:** Draw the jo back

22. **Attacker:** Have the intention to strike.

**Attacker:** Advance with the left leg and thrust to the chest.

## 22 - 27

22. **Defender:** Thrust to the chest  
**Attacker:** Draw the right foot back, avoiding the thrust, ending up in jodan stance (as in 2nd suburi, with jo over the head)
23. **Attacker:** Thrust to the chest from the jodan position  
**Defender:** Rotate the jo and block
24. **Defender:** Straight thrust  
**Attacker:** Parry from the right
25. **Defender:** Thrust again  
**Attacker:** Rotate the jo from the right and block
26. **Defender:** Draw the jo back
27. **Attacker:** Straight thrust  
**Defender:** Strike the left leg

## 27 - 31

27. **Defender:** Strike the left leg  
**Attacker:** Draw the left leg back and block
28. **Defender:** Thrust to the chest  
**Attacker:** Block up from the lower left
29. **Attacker:** End up in hasso stance (draw the jo up straight from your right shoulder)  
**Defender:** End up in left stance
30. **Defender:** Left straight thrust  
**Attacker:** Block and parry from the upper right at a diagonal down
31. **Attacker:** Left straight thrust  
**Defender:** Move to the left and do an opposite side of the head strike.

## **AIKI JO 13 KATA**

1. Straight thrust
2. Do a short end rotation over the head strike, ending up in right side stance
3. Block above the head
4. Left side thrust
5. Do a hasso rotation ending up facing the rear in hasso stance
6. Advance with the right foot do a straight strike to the head
7. Sweep jo to the rear, ending up in right stance
8. Left straight thrust
9. Draw the jo back
10. Block from the left. You are in left side stance with your right hand low.
11. Thrust from the posture in 10.
12. Turn the jo over and block
13. Straight thrust.

## AIKI JO 13 - PARTNER PRACTICE

### 1 - 3

1. **Attacker:** Straight thrust

**Defender:** Immediate straight thrust

2. **Attacker:** Straight thrust

**Defender:** Immediately step forward and do short end rotation over the head strike, ending up in right side stance

3. **Attacker:** Straight thrust

**Defender:** Roll jo and block above the head

### 4 - 6

Turn 90° to the left, right leg forward.

4. **Defender:** Thrust

5. **Attacker:** Thrust

**Defender:** Hasso-gaeshi stepping forward to the side

6. **Attacker:** Straight thrust

**Defender:** Step to the right - strike shomenuchi

### 7 - 9

Start with back turned to opponent

7. **Attacker:** Straight thrust between shoulder blades

**Defender:** Turn to left and sweep jo circularly to rear

8. **Defender:** Thrust. Right leg forward

9. **Defender:** Gedan-gaeshi sliding jo to rear

## 7 - 13

As above for 7 - 9, then

10. **Attacker:** Straight thrust

**Defender:** Parry attacker's jo with over-side swing as step forward

11. **Defender:** Reverse hand thrust to chest (cf 31-jo #28)

12. **Attacker:** Straight thrust

**Defender:** Step right foot of line knock down jo (cf 31-jo #18)

13. **Defender:** Straight thrust, left foot forward.

## 1 - 13