

AIKI-Ken & Jo Transmission Scroll

2

AIKI JO SUBURI

Tsuki (Thrust section)

1. **Choku Tsuki** (Straight thrust)
Thrust to the chest.
2. **Kaeshi Tsuki** (Rotating thrust)
Rotate the jo and thrust.
3. **Ushiro Tsuki** (Rear thrust)
After placing the jo under the left elbow, thrust to the rear.
Rotate hips but body faces front.
4. **Tsuki Gedan Gaeshi** (Thrust and low level rotation)
Thrust straight in, draw the jo back step in with right foot strike the leg.
5. **Tsuki Jodan Gaeshi Uchi** (Thrust and high level rotation)
From a straight thrust rotate the jo over your head and strike the side of the head.

Uchi Komi (Strike section)

6. **Shomen Uchi Komi** (Straight strike to the head)
Do as in the 2nd Ken Suburi. Step back with right leg, raise jo above head then step forward and strike.
7. **Renzoku Uchi Komi** (Continuous strike)
Step back with right leg, raise jo above head then step forward and strike. Continue as in the 5th Ken Suburi.

8. **Menuchi Gedan Gaeshi** (Straight head strike and low level rotation)
Do as in the 2nd Ken Suburi. Step back with right leg, raise jo above head. After striking the head, draw the jo back and strike the leg.
9. **Menuchi Ushiro Tsuki** (Straight head strike and rear thrust)
Do as in the 2nd Ken Suburi. Step back with right leg, raise jo above head. After striking the head, thrust to the rear.
10. **Gyaku Yokomen Ushiro Tsuki** (Opposite side of head and strike rear thrust)
Do opposite side of head-strike - ending up in left-side stance. After placing the jo under the right elbow, thrust to the rear.

Katate (One-hand section)

11. **Katate Gedan Gaeshi** (One-hand low level rotation)
Draw the jo back with one hand. Strike up from below in a diagonal manner.
12. **Katate Toma Uchi** (Far distance strike)
Open to the side, take a big step forward, and from above the shoulders strike down to the side of the head with one hand.
13. **Katate Hachi no Ji Gaeshi** (One-hand, figure eight rotation)
With one hand, rotate in the figure eight movement, ending up in the Hasso stance.

Hasso Gaeshi (Rotation section)

14. **Hasso Gaeshi Uchi** (Rotation strike)
Holding the jo as in the ken stance, shift your hand position as you draw the right leg back and from the hasso position do a straight strike forward to the head.
15. **Hasso Gaeshi Tsuki** (Rotation thrust)
Same as above. From the hasso position, thrust and return to the hasso position with your left hand gripping the bottom of the jo.
16. **Hasso Gaeshi Ushiro Tsuki** (Rotation rear thrust)
Same as above. From the hasso position, thrust to the rear.
17. **Hasso Gaeshi Ushiro Uchi** (Rotation rear strike)
Same as above. From the hasso position, strike to the rear.
18. **Hasso Gaeshi Ushiro Barai** (Rotation and rear sweep)
Same as above. Step way back with your right foot and sweep to the rear.

Nagare Gaeshi (Flowing rotation section)

19. **Hidari Nagare Gaeshi Uchi** (Left flowing rotation strike)
Starting in the ken stance, draw the right foot back, strike the side of the head from the top of your head. Let go with the left hand, passing the jo to the left, again grabbing with the left hand and strike to the rear.
20. **Migi Nagare Gaeshi Tsuki** (Right flowing rotation thrust)
From the right ken stance, the left foot advances forward and you do an opposite side strike to the head. Shifting the position of the right hand, draw the right foot back and turn the jo to the right and thrust to the rear.

AIKI JO 31 KATA

1	Rotating thrust	<i>Kaeshi tsuki</i>	L
2	Draw back and block		R
3	Thrust		L
4	Rotate Jo over the head	<i>Jodan gaeshi</i>	R
5	Strike to side of the head	Yokomen uchi	R
6	Rotate the Jo over the head and do opposite side head strike		L
7	Turn and strike to the rear		R
8	Advance with left foot and do an opposite side head strike		L
9	Sweep to the rear	<i>Ushiro barai</i>	C
10	Strike upward from the lower right		R
11	Rotate the Jo over the head and do opposite side head strike		L
12	Return to stance		C
13	Straight thrust		L
14	Rotate over the head	<i>Jodan gaeshi</i>	R
15	Side of the head strike	<i>Yokomen uchi</i>	R
16	Draw the Jo back		R

17	Strike the leg	<i>Gedan gaeshi</i>	L
18	Return Jo to tsuki position		L
19	Thrust to knee level		L
20	Kneel on the left knee and strike the leg		C
21	Draw the Jo back		C
22	Advance forward with the left leg and thrust at the chest		L
23	Return Jo to tsuki position		C
24	Straight thrust	<i>Choku tsuki</i>	L
25	Additional thrust	<i>Choku tsuki</i>	L
26	Draw the jo back	<i>Gedan gaeshi</i>	C
27	Strike the leg		R
28	Thrust to the chest		R
29	Return Jo to tsuki position		C
30	Straight thrust		R
31	Rotate the jo over the head and do opposite side head strike		L

Notes

1. Movements: 15 & 16, 20 & 21, 25 & 26
are performed as combined movements in a single count.
2. Check placement of feet as indicated above:
C on the centre line
R off line to right side
L off line to left side
3. Where appropriate, Suburi movements are in Italics.