

Links Jo kata

As taught by Williams Sensei, Feb 2007

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Jo kata to combine many jo suburi into a single kata to practice. Description is to help refresh memory rather than replace formal instruction

- dai jodan – weapon above head
- jodan – at chest height
- chudan – normal ready position
- gedan – about knee height
- sha-noh – gedan but behind body

Weapons attacks

- Shomen – vertical overhead cut
- Yokomen – between head and shoulder cut
- Barai – between shoulder and hip
- Shanoh – from below hip height up
- Overhand– knuckles are up on the jo

Weapons positions are

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Count	Description	Body/Direction
1	Over hand Tsuki	NORTH
2	Yokomen R overhand	NORTH
3	Yokomen L overhand	NORTH
4	Spin jo, ushiro tsuki	NORTH
5	Yokomen L (in 1/3 rds)	NORTH
6	Yokomen R (in 1/3 rds)	SOUTH
7	Shomen L	SOUTH
8	Ushiro tsuki	SOUTH
9	Spin jo, ushiro tsuki	NORTH
10	Yokomen L	SOUTH
11	Gyaku yokomen	SOUTH
12	Sword trap (from rear attack a.k. Jo 1 step 9)	NORTH
13	Strike jodan	NORTH
14	Step back yokomen R gedan	NORTH
15	Udefuri yokomen L gedan	SOUTH
16	Strike jodan	SOUTH
17	Flat Yokomen R 90deg to left	EAST
18	Daijodan, turn 270deg clockwise, kesa cut to front sha noh position finish	NORTH
19	Shan oh to temple	NORTH
20	Tsuki to jodan	NORTH
21	Shomen L (right foot forward)	NORTH
22	Strike to rear, ushiro yokomen gedan	SOUTH
23	Tsuki left	SOUTH
24	Step - Ushiro yokomen gedan	NORTH
25	Step back strike jodan (chin chop)	NORTH
26	Spin jo tsuki	NORTH
27	Lift jo to centre line tsuki	NORTH