

## 31 Count Jo Kata

*Iwama Style*

described by Mark Jackson, updated 27Dec06 - Jeremy Ahouse

Begin in left *hanmi* (**L**) holding the *jo* vertically on the floor with the left hand.

1. Perform *kaeshi tsuki* (2<sup>nd</sup> *suburi*). (**L**)
2. Slide back to your right rear, raising the *jo* over your head into upper guard position (*jodan no kamae*). (**L**)
3. Slide forward again, dropping the *jo* down to horizontal and perform *kaeshi tsuki*. (**L**)
4. Slide back to your right rear, raising the *jo* over your head into *jodan no kamae*. (**L**)
5. Slide your right hand in to your left hand, let go with your left hand and rotate the *jo* over your head counter clockwise so the butt of the *jo* is facing forward. Grab the butt of the *jo* with your left hand, step forward with your right foot, and perform *shomen uchi*. (**R**)
6. Step forward and to your left with your left foot, rotate the *jo* over your head clockwise and perform *shomen uchi*. Your left foot is forward but your right hand is forward on the *jo*. (**L**)
7. Pivot 180 degrees without stepping and perform *shomen uchi*. (**R**)
8. Step forward and to the left with your left foot, rotate the *jo* over your head clockwise and perform *shomen uchi*. (**L**)
9. Turn back to the front, pulling your right foot behind you in a *tenkan*-like movement. As you turn, cut diagonally across your opponent's body until your left arm makes a straight line with the *jo*. This is similar to the 18<sup>th</sup> *suburi*. The *jo* should not go behind your body. You are now in left *hanmi* with the *jo* pointing to the right. (**L**)
10. Take a fairly large step forward and to the left with your left foot and bring your right foot up next to your left foot. As you step, raise the *jo* over your head as if you are striking the underside of your opponent's wrist as he strikes down on your head. The tip of the *jo* is pointing to your right. The *jo* is fairly horizontal. (--)
11. Take a small step forward with your left foot and perform *shomen uchi* by rotating the *jo* over your head clockwise. (**L**)
12. Take your left hand off of the *jo*, place it in front of your right hand and slide your right hand back to the butt of the *jo*. As you perform the hand change, slide back to your left rear. You are now in left guard position (*hidari kamae*). (**L**)
13. Perform *choku tsuki* (1<sup>st</sup> *suburi*). (**L**)
14. Slide back to your right rear, raising the *jo* over your head into *jodan no kamae*. (**L**)
15. Perform *shomen uchi* as in number 5. (**R**)
16. Slide back to your left rear, reach your right hand to the tip of the *jo*, push the *jo* back through your left hand until your right hand is against your chest and your left hand is next to your left hip. This is *gedan no kamae*. Number 16 should be performed as one movement with number 15. (**R**)
17. Step forward with the left foot, pushing your left hand forward to perform a circular strike at knee level (*gedan gaeshi*). Pull your right foot back slightly. Both of your hands should be in front of your body. Arms are bent at the elbows. (**L**)
18. Let go with your right hand and reach past your left hand from underneath the *jo*. Flip the *jo* over so that your left hand is in front. This vertical movement knocks down a thrust that is coming toward your chest. (**L**)
19. Slide forward slightly and perform a low *tsuki* at knee level. (**L**)

20. Raise the *jo* over your head with the tip still pointing forward. Slide your right hand in to your left, let go with your left hand and rotate the *jo* over your head counter clockwise so the butt of the *jo* is facing forward (as in #5 and #15). Grab the butt of the *jo* with your left hand, step forward with your right foot and step back with your left foot. Perform a *yokomen uchi* strike at knee level, dropping down onto your left knee. (R)
21. Reach your right hand to the tip of the *jo*, push the *jo* back through your left hand until your right hand is against your chest and your left hand is next to your left hip. This is *gedan no kamae*. Number 21 should be performed as one movement with number 20. (R)
22. Stand up from the kneeling position, stepping forward with your left foot. Raise the *jo* to horizontal so your right hand is near your right ear. Slide forward and perform a reverse thrust (*gyakute tsuki*). (L)
23. Let go with your right hand and flip the *jo* vertically, sliding back slightly, as in number 18. (L)
24. Perform *choku tsuki*. (L)
25. Perform *choku tsuki*. (L)
26. Reach to the tip of the *jo* with your left hand and push the *jo* back through your right hand until you are in *gedan no kamae* on your right side. The same as number 16 but this time on the right. (L)
27. Step forward with the right foot and perform *gedan gaeshi*. The same as number 17. (R)
28. Raise the *jo* to horizontal and perform *gyakute tsuki* with your left hand starting out near your left ear. (R)
29. Let go with your left hand and flip the *jo* vertically, as in numbers 18 and 23. (R)
30. Perform *choku tsuki*. (R)
31. Raise the *jo* overhead with the tip pointing forward. Rotate the *jo* over your head clockwise, step forward and slightly to the left with your left foot and perform *shomen uchi*. You should be in left *hanmi* with your right hand forward on the *jo*. There is no hand change for this final strike. (L)

Your advancing movements and your retreating movements should balance out so that you end up at roughly the same spot on the floor where you started.

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## Glossary

*choku tsuki* - direct strike with the *jo*, 1st *suburi*

*chudan* - middle or chest level, see *jodan* and *gedan*

*chudan no kamae* - guard position with a weapon at stomach height

*chudan tsuki* - strike at solar plexus or stomach

*gedan* - stomach, low level see *jodan* and *chudan*

*gedan gaeshi* - circular strike at knee level

*gedan no kamae* - guard position with a weapon at knee height, forward hand at chest height, other hand at hip

*gyakute tsuki* - a reverse thrust, a strike with opposite arm and leg forward, contrast *oi tsuki*

*hanmi* - stance

*hidari* - left

*jodan* - high or head level

*jodan no kamae* - guard with weapon over head

*kaeshi* - outward turn

*kaeshi tsuki* - reverse strike with *jo*, 2nd *suburi*

*kamae* - ready stance

*migi* - right

*oi tsuki* - strike with same arm and foot forward, also called *jon tsuki*

*shomen uchi* - cut to the head

*suburi* - basic exercises with sword or staff