

30 Jo Suburi - Numbers 11 through 20:

11. (29) Katate Gedan Gaeshi Starting position as in #1. Bring jo up to right had and slide back. Duck down while sliding jo back into a one handed grip in rt hand. Swing jo around and up with right hand attacking the head. Catch it with your left hand as it swing back above your head. This is # 29 & 30 of the B side in the 35 count kumi jo.
12. (7) Toma Katate Uchi Starting position as in #1. Bring the jo up to your right hand and then above your head to block. Let go with your left hand and swing the jo around and down at opponents hands. The jo finishes at your left side catching it in your left hand with the thumb up toward your right hand. This is # 10 of the B side in the 35 count kumi jo.
13. (30) Katate Ashi No Ji Gaeshi Start with your left foot fwd and the jo in your right hand about 3 inches from the top. The jo is vertical and resting on the ground. Swing the jo fwd and around to your left. Use the left hand to propel the jo back around to your right. Keep the right hand grip throughout. Footwork: step in to feet together, step back left, step in feet together Step back right. Your feet end up in the starting position. The jo ends up at your right shoulder with the end up in both hands with your thumbs toward each other.
- #14 through 18 start with the jo facing your opponent. Your right foot and right hand are forward. Hasso Gaeshi spins the jo in your right hand with a little help from the left hand as you step back w/your rt foot. After the spin, grab the jo w/your left hand so your thumbs are toward one another. The rt thumb faces down and the left thumb up. The jo is on your right side at shoulder height.
14. (31) Hasso Gaeshi Uchi Hasso Gaeshi to shomen uchi from above your head. The right hand grip can change for the shomen uchi or stay for gyaku shomen uchi.
15. (32) Hasso Gaeshi Tsuki Hasso Gaeshi to Choku Tsuki A. toward the front.
16. (33) Hasso Gaeshi Ushiro Tsuki Hasso Gaeshi to ushiro tsuki on the right side. After you grab with your left hand, keep the jo spinning changing the rt hand grip so the jo is against your right forearm. Change your left hand to the front end of the jo with the thumb at the end. Slide back into ushiro tsuki.
17. (34) Hasso Gaeshi Ushiro Uchi Hasso Gaeshi to a strike of the knee behind you. After hasso gaeshi pivot right and strike at the knee behind you. The feet do not move.
18. (35) Hasso Gaeshi Ushiro Harai Hasso Gaeshi w/a tenkan and a strike all the way around to the front. Thr turn is to the right and the strike is at knee height.
19. (36) Hidari Nagare Gaeshi Uchi Do # 6 then turn to the left bringing the fwd end of the jo down and to the back with both hands. The left hand can let go to guide the tip. The feet do not move. Facing to the back, bring the jo above your head and step in with your right foot for a shomen uchi strike.
20. (37) Higi Nagare Gaeshi Tsuki Do #10 then turn right & tenkan to face back and bring the jo above your head as a block. Then do #1 Choku Tsuki A.