

30 Jo Suburi - Numbers 1 through 10:

1. (1)* **Choku Tsuki A** Start w/end of jo in left hand & the other end on the mat & left ft fwd. Bring low end of jo up to rt hand so hands are holding ends of the jo. Slide both feet fwd as you tsuki to solar plexus. End w/ rt hand in front of your center and the middle of your rt ft behind left heel.
2. (3) **Kaeshi Tsuki** Same start as #1. Slide left hand down 12 inches & grab top end of jo in your right hand, with thumb and index finger down. Bring jo to your right side and tsuki as in #1 except left hand has little finger fwd.
3. (4) **Ushiro Tsuki** Same start as #1. Slide left hand down 12 inches & grab top end of jo in your rt hand, with thumb & index finger up. As you turn your hips left and step back w/your left foot into a horse stance, bring jo along your left forearm to the height of your solar plexus and tsuki toward the back with jo parallel to ground. Your hands don't slide on jo.
4. (17) **Tsuki Gedan Gaeshi** Do Choku Tsuki A (#1) then slide both feet back and slide your hands to the front end of the jo with the same grip & shoulder width apart. The jo is at hip height on your right side & the open end to the back. Step in w/your right foot and bring jo around to protect your knees.
5. (18) **Tsuki Jodan Gaeshi** Do Choku Tsuki A (#1) then bring the jo above your head to block. Use left hand to flip/turn the jo up holding on with your right hand. Step in with your right foot and strike shomen uchi. (to the head)

For #6 - 10 start with the jo straight out in front of you. One end of the jo is in your left hand close to your center and your right hand is 3 to 6 inches from your left hand. The front end of the jo is at solar plexus height. Your right foot is forward.
6. (21) **Shomen Uchi Komi** Step back w/your right foot & bring the jo up above your head so you can look ahead between your forearms. Step forward w/your right foot and strike shomen uchi. End up in the starting position.
7. (22) **Renzoku Uchi Komi** Do Shomen Uchi Komi and then step in w/your left foot as you bring your hands up your center line bringing the front end of the jo around your right shoulder. Strike shomen uchi a second time.
8. (25) **Menuchi Gedan Gaeshi** Similar to #4. Do # 6, slide the jo back to your left side and step forward with your left foot & bring the jo around to your right to protect your knees.
9. (26) **Menuchi Ushiro Tsuki** Similar to #3. Do #6, turn to your left and ushiro tsuki. This time the jo will slide in your hands.
10. (28) **Gyaku Shomen Ushiro Tsuki** Starting position as #6 but goes directly to the 2nd part of #7. Bring your hands up your center line and step in with your left foot striking shomen uchi. Then turn to your right and step back w/your rt. foot for ushiro tsuki. Your left hand goes to the other end of the jo & your hands slide for the ushiro tsuki.

* Number in () refers to the number on Berthiaume Sensei's Jo Volume 1