

30 Jo Suburi - Numbers 21 through 30:

The starting position in #'s 21 to 30 is the same as #1 Choku Tsuki A

21. (2) Choku Tsuki B Bring the jo up into the right hand and tsuki to the solar plexus. With Choku Tsuki B you end with the left foot fwd and everything faces fwd pushing off your right foot as you would with shizen tai posture. This is #1 in side A of the 35 count kumijo.
22. (15) Kyoku Tsuki This is like Choku Tsuki A except that you throw more curve into the movement of the jo. It's like trying to tsuki around a small tree. This is #3 in side A of the 35 count kumijo.
23. (14) Tsuki Age Bring the jo up into your right hand then slide your rt foot back so that your right knee is almost but not touching the ground. Tsuki up toward the opponent's chin. This is #4 in side A of the 35 count kumijo.
24. (23) Gyaku Shomen Uchi Bring the jo up into your right hand then slide your rt foot back and slide the jo back so you are now holding the forward end of the jo. Bring the jo up above your head and strike with gyaku shomen uchi. At the end of your strike, your thumbs are toward one another with the right hand on top. This is # 9 in side A of the 35 count kumi jo.
25. (8) Furuye Tsuki A Bring the jo up into your right hand then step slightly back and to the side with your rt foot swing the jo up and to the opponent's left hip as you step back with the left foot. The movement of furuye tsuki is similar to bowling.
26. (9) Furuye Tsuki B This is the same as Furuye Tsuki A except you step fwd into the strike. This is # 26 in side A of the 35 count kumi jo.
27. (6) Toma Tsuki Bring the jo up into your right hand then step forward with your right foot bringing your feet together. Bend your knees and extend the jo out with both hands at the end of the jo. This is # 27 in side A of the 35 count kumi jo.
28. (5) Oi Tsuki Bring the jo up into your right hand then step forward with your right foot and letting go w/your left hand which goes to your left hip. The right hand does a long tsuki to just under the opponent's nose. This is # 29 in side A of the 35 count kumi jo.
29. (24) Renzoku Gyakute Shomen Uchi Do # 24 then slide the jo back on your left side. Bring the jo up above your head and strike gyaku shomen uchi a second time. At the end of your strike, your thumbs are toward one another with the left hand on top.
30. (12) Zugo Mune Tsuki Bring the jo up into your right hand and then up above your head. Don't change your grip and tsuki down into your opponent's sternum.