

13 Jo kata

as taught by Morihito Saito sensei

Start in jo kamae, (left hanmi, jo vertical in left hand, tip on ground)

1. Choku tsuki - in left hanmi
2. Jodan gaeshi + shomenuchikomi - stepping forward to right hanmi
3. Jodan gaeshi - sliding back, still in right hanmi
4. Choku tsuki - right hanmi
5. Hasso gaeshi - turning 180 deg to right, left hanmi
6. Shomen uchi komi - stepping forward to right hanmi
7. Chudan gaeshi - turning 180 deg to left, right hanmi
8. Choku tsuki - right hanmi
9. Gedan gaeshi - slide back in right hanmi
10. Chudan gaeshi - step forward into left hanmi
11. Jodan tsuki - left hanmi
12. Tsuki kamae - slide back in left hanmi
13. Choku tsuki - left hanmi