



# Aiki-Jo Suburi

<b>Tsuki Series</b>		
1	Choku tsuki	Direct (front) thrust
2	Kaeshi tsuki	Spiral thrust
3	Ushiro tsuki	Thrust to the rear
4	Tsuki gedan gaeshi	Thrust, low leg strike
5	Tsuki jodan gaeshi	Thrust, high head strike
<b>Uchikomi Series</b>		
6	Shomen uchikomi	Front stike (with stepping back)
7	Renzoku uchikomi	Continuous front strikes
8	Menuchi gedan gaeshi	Head strike, low leg strike
9	Menuchi ushiro tsuki	Head strike, thrust to the rear
10	Gyaku yokomen ushiro tsuki	Reverse strike to the side of the head, thrust to the rear
<b>Katate Series</b>		
11	Katate gedan gaeshi	One handed strike, low to high
12	Katate toma uchi	One handed far-reaching strike
13	Katate hachi no ji gaeshi	One handed figure "eight" strike
<b>Hasso Series</b>		
14	Hasso gaeshi uchi	Eight direction return, front strike
15	Hasso gaeshi tsuku	Eight direction return, front thrust
16	Hasso gaeshi ushiro tsuki	Eight direction return, thrust to the rear
17	Hasso gaeshi ushiro uchi	Eight direction return, strike to the rear
18	Hasso gaeshi ushiro harai	Eight direction return, sweep to the rear
<b>Nagare Series</b>		
19	Hidari nagare gaeshi uchi	Flowing to the left, front strike
20	Migi nagare gaeshi tsuki	Flowing to the right, front thrust
21	Hidari nagare gaeshi uchi / Migi nagare gaeshi tsuki	Flowing to the left, front strike / Flowing to the right, front thrust