

Ryusui-Ryu Martial Art Schools

Jo Suburi (Basic Exercises)

All forms start in Heisoku Dachi with the Jo in your right hand, pointing to the ground. Bow and raise the jo as you straighten; then step forward and assume either Migi (Right) or Hidari (left) Kamae. Each form is 2 steps executing on alternate sides. On completion of the 2 moves return to Heisoku Dachi, bow and step back to your original starting position.

Note: If you are performing several forms in sequence you only need to bow at the beginning and end of the sequence.

5 Thrusting Forms (Tsuki):

All starting in Hidari Kamae.

1. Choku Tsuki
2. Kaeshi Tsuki
3. Ushiro Tsuki
4. Tsuki Gedan Gaeshi
5. Tsuki Jodan Gaeshi

5 Striking Forms (Uchi):

All starting in Migi Kamae; take a step back into Jodan Kamae to start.

6. Shomen Uchikomi
7. Renzoku Uchikomi
8. Menuchi Gedan Gaeshi
9. Menuchi Ushiro Tsuki
10. Gyaku Yokomen Ushiro Tsuki

3 Katate Forms (1 Handed):

All starting in Hidari Kamae. You should step into the striking movement on each one. Forms 11 & 13 you should Chamber the Jo to your side then strike. In Form 12 Draw back with Jo held overhead. The strike is Jodan.

11. Katate Gedan Gaeshi
12. Toma Katate Uchi
13. Katate Hachi no Ji Gaeshi

5 Hasso Forms (Hasso no Kamae):

Name derives from the Hasso Kamae position found in Japanese fencing arts. All starting in Migi Kamae. These are circular movements into Hasso kamae followed by a strike or thrust. Strike on the spot then step back into Hasso kamae, nekoashi dachi, with the lead leg.

In form 14, 17 & 18 change to hidari kamae for the second part of the suburi.

14. Hasso Gaeshi Uchi
15. Hasso Gaeshi Tsuki
16. Hasso Gaeshi Ushiro Tsuki
17. Hasso Gaeshi Ushiro Uchi
18. Hasso Gaeshi Ushiro Harai

2 Nagare Gaeshi Forms (Flowing Movement):

These two forms involve striking to the front; then rear in one flowing movement. Both starting in Migi Kamae; stepping back into Jodan Kamae then forward to strike shomen-uchi to start. These forms are an exercise for improving body movement.

19. Nagare Gaeshi Uchi
20. Nagare Gaeshi Tsuki