

Muso Ryu Basic 13 Jo

- 1. Honte Uchi** - Start in Neutral stance , Jo at side in right hand. Step forward to Right Hanmi - move Jo forward , grab back end with left hand. Hold like sword, pull back and strike Yokomenuchi while stepping in.
- 2. Gyakute Uchi** - Start in Neutral stance, Jo at side in right hand. Grab front tip with left hand and step in, resulting in reverse hand right grip forward. Reverse top (front) hand grip, same action as Honte Uchi. Turn hand back to Honte Uchi grip on finish.
- 3. Hiki Otoshi Uchi** - Slide Jo back and reverse grip at tip. Lean shoulder in to tip. Step in left grab front end with left hand. Left hand touches front left shoulder. Reverse back hand, strike sword down and poke face.
- 4. Kaeshi Tsuki** - "Twist and Poke", Start Honte Uchi, reverse ends of Jo by twisting hips in place. Step in and poke, finish at face.
- 5. Gyakute Tsuki** - "Step in - Block - Poke - Step in - Yokomenuchi" , Honte Uchi and pull sword back directly over (protecting) head, without a hand change. Poke and return with a step. Yokomenuchi and step.
- 6. Maki Otoshi** - "Scoop up - block down" "UA" Honte Uchi Swing arms up to block shomenuchi strike. Slide in on downward block. Finish at face.
- 7. Kuri Tsuki** - "Block up - Push down" Start with Jo at side in 'neutral' foot position. Slide to left, take Gyakute Uchi grip and slide right foot to right hanmi. Swing arms up to block between ukes grip, slide in and block down. Finish by pinning uke's wrist - then go to neutral stance.

9. **Tai Atari** - "Block up- Shove Back Hard". Block same as Kuri Hanashi, slide in bringing Jo vertical, slide again to shove back.
10. **Tsuki Hazushi** - Start in Neutral stance, both hands holding Jo over head parallel with torso, perpendicular to tsuki. Step back with left foot to right hanmi, pull Jo over head. Push left end forward to block (45 angle). Right hand up, left (bottom) hand palm up - blocking tsuki. Flip Jo over to strike down -switching hands - left hand to rear right to front. Poke and slide back to neutral stance.. Raise Jo above head.
11. **Do Harai Uchi** - Start in right hanmi, draw Jo back - hold at 2 ends. Step back with right foot to left hanmi sliding left hand to center of Jo in front of you. Both palms should be up. Pull Jo back so you hold at both ends. Strike down by twisting hips and stepping in to end in Right hanmi, Right honte uchi. Raise to face.
12. **Migi Tai Hazushi Ughi** - "Salute". Start Honte Uchi right hanmi, pull Jo back so you hold Jo diagonally in front of your body. Right hand over right thigh. Step back with your left foot so that your feet are heel to heel. Salute with left arm/hand over head, placing Jo vertical to ground in front of arm. Step back with left as you strike down. Raise to face.
13. **Hidari Tai Hazushi Ughi** - Left sided version of Migai Tai Hazushi Ughi