

20 Jo Suburi – Names and Translations

The Jo Suburi consists of five sets of moves (“No Bu”), each of which has two to five individual Suburi. It is important to eventually learn the Japanese names of the Suburi as well as understand what the names mean. The Suburi are the building blocks of Jo Kata and partner practices. They were developed by Saito Morihiro Shihan from the Founder’s bukiwaza teachings as a way to convey the fundamental bokken movements.

<p>Tsuki No Bu</p> <ol style="list-style-type: none"> 1. Choku Tsuki 2. Gaeshi Tsuki 3. Ushiro Tsuki 4. Tsuki Gedan Gaeshi 5. Tsuki Jodan Gaeshi (Uchi) <p>Shomen No Bu</p> <ol style="list-style-type: none"> 6. Shomen Uchi Komi 7. Renzoku Uchi Komi 8. Shomen Uchi Gedan Gaeshi 9. Shomen Uchi Ushiro Tsuki 10. Gyaku Yokomen Ushiro Tsuki <p>Katate No Bu</p> <ol style="list-style-type: none"> 11. Katate Gedan Gaeshi 12. Katate Toma Uchi 13. Katate Hachi Noji Gaeshi <p>Hasso No Bu</p> <ol style="list-style-type: none"> 14. Hasso Gaeshi Uchi 15. Hasso Gaeshi Tsuki 16. Hasso Gaeshi Ushiro Tsuki 17. Hasso Gaeshi Ushiro Uchi 18. Hasso Gaeshi Ushiro Harai <p>Nagare No Bu</p> <ol style="list-style-type: none"> 19. Hidari Nagare Gaeshi Uchi 20. Migi Nagare Gaeshi Tsuki 	<p>Thrusting Series</p> <ol style="list-style-type: none"> 1. Straight Thrust 2. Turn and Thrust 3. Rear Thrust 4. Thrust Downward Turn 5. Thrust Upward Turn and Strike <p>Front Strike Series</p> <ol style="list-style-type: none"> 6. Front Strike 7. Continuous Front Strike 8. Front Strike Downward Turn 9. Front Strike Rear Thrust 10. Opposite Side Strike Rear Thrust <p>Wrist Series</p> <ol style="list-style-type: none"> 11. Wrist Downward Turn 12. Wrist Bridging Strike 13. Wrist Figure Eight Turn <p>Figure Eight Blend Series</p> <ol style="list-style-type: none"> 14. Figure Eight Turn and Strike 15. Figure Eight Turn and Thrust 16. Figure Eight Turn Rear Thrust 17. Figure Eight Turn Rear Strike 18. Figure Eight Turn Rear Sweep <p>Flowing Series</p> <ol style="list-style-type: none"> 19. Left Turn Flowing Strike 20. Right Turn Flowing Thrust
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