



BASIC METHOD OF AIKI JO - SUBURI

Tsuki (Thrust)

- 1ST SUBURI - CHOKU - TSUKI (Direct thrust)
- 2ND SUBURI - KAESHI - TSUKI (Counter thrust)
- 3RD SUBURI - USHIRO - TSUKI (Rear thrust)
- 4TH SUBURI - TSUKI GEDAN - GAESHI (Thrust, low counter)
- 5TH SUBURI - TSUKI JODAN - GAESHI (Thrust, high counter strike)

Uchi (Strike)

- 6TH SUBURI - SHOMEN UCHIKOMI (Front-of-head stepping strike)
- 7TH SUBURI - RENZOKU UCHIKOMI (Repeating stepping strike)
- 8TH SUBURI - MEN - UCHI GEDAN - GAESHI (Head strike, low counter)
- 9TH SUBURI - MEN - UCHI USHIRO - TSUKI (Head strike, rear thrust)
- 10TH SUBURI - GYAKU YOKOMEN USHIRO - TSUKI (Reverse side-of-head strike, rear thrust)

Katate (One hand)

- 11TH SUBURI - KATATE GEDAN GAESHI (One-handed low counter)
- 12TH SUBURI - TOMA KATATE - UCHI (One-handed distant-interval strike)
- 13TH SUBURI - KATATE HACHI - NO - JI - GAESHI (One-handed "figure-eight" counter)

Hasso (Figure eight)

- 14TH SUBURI - HASSO - GAESHI - UCHI (Figure-eight counter, strike)
- 15TH SUBURI - HASSO - GAESHI - TSUKI (Figure-eight counter, thrust)
- 16TH SUBURI - HASSO - GAESHI USHIRO - TSUKI (Figure-eight counter, rear thrust)
- 17TH SUBURI - HASSO - GAESHI USHIRO - UCHI (Figure-eight counter, rear strike)
- 18TH SUBURI - HASSO - GAESHI USHIRO - HARAI (Figure-eight counter, rear sweep)

Nagare (Flow)

- 19TH SUBURI - HIDARI NAGARE - GAESHI - UCHI (Left Flowing counter strike)
- 20TH SUBURI - MIGI NAGARE - GAESHI - TSUKI (Right flowing counter thrust)