

Name/Date:

Instructor:

**8 Hours of Practice (suggested minimum)**

- Principles of weapons practice:  
“My practice is built upon the foundation of respectful behavior.  
I commit to training with a serious, clear and focused mind.  
I will protect the safety of others at all times.”
- Rei no Shi Sei (Bowling Posture)
- Chu Moku no Shi Sei (Attention posture)
- Moto no Kamae (Original Stance)
- Te Mae Muki Tsuki no Kamae (Forward facing hands thrusting stance)
- Te Uchi Muki Tsuki no Kamae (Inward facing hands thrusting stance)
- Te Ushiro Muki Tsuki no Kamae (Backward facing hands thrusting stance)
- Men Uchi no Kamae (Front striking stance)
- Jodan men uchi no Kamae (Upper front striking stance)
- Ten Ko no Kamae (Heaven pointing stance)
- Te Mae Muki Kakushi no Kamae (Forward facing hands hidden stance)
- Te Ushiro Muki Kakushi no Kamae (Backward facing hands hidden stance)

## Jo Exercises Shizentai

- Jo Flipping (Hold jo with one hand palm up and one hand palm down. Hands slide to opposite ends of Jo while Jo flips over)
- Forward Jo Spinning
  - High, medium, low with left, and then right hand
  - Both hands together
  - Two-handed transition
  - Butterfly transition

**Ichi Dan Kai**