

Name/Date:

Instructor:

16 Hours of Practice (suggested minimum)

- Aiki Jo Awase #1
- Aiki Jo Awase #2
- Aiki Jo Awase #3
- Aiki Jo Awase #4
- Aiki Jo Awase #5
- Aiki Jo Awase #6
- Aiki Jo Awase #7
- Aiki Jo Awase #8

Jo Exercises Shizentai

- Backwards Jo Spinning
 - High, medium, low (Left and Right handed)
 - Both hands together
 - Two-handed transition
 - Butterfly transition
- Forward Jo Spinning
 - Transition behind the back
- Advanced Jo Spinning
 - Irimi 2 / Tenkan 1, forward to backward spinning transition