

Name/Date:

Instructor:

20 Hours of Practice (suggested minimum)**Saito's 20 Jo Suburi**

Tsuki Series

1. **Choku tsuki** – Direct (front) thrust
2. **Kaeshi tsuki** – Return (spiral) thrust
3. **Ushiro tsuki** – Thrust to the rear
4. **Tsuki gedan gaeshi** – Thrust with low return strike
5. **Tsuki jodan gaeshi uchi** – Thrust with high return strike

Uchikomi Series

6. **Shomen uchikomi** – Front strike, with stepping back
7. **Renzoku uchikomi** – Continuous front strikes
8. **Menuchi gedan gaeshi** – Front strike, low return strike
9. **Menuchi ushiro tsuki** – Front strike, thrust to the rear
10. **Gyaku yokomen ushiro tsuki** – Reverse side head strike, thrust to the rear

Katate Series

11. **Katate gedan gaeshi** – One handed strike, low to high
12. **Katate toma uchi** – One handed far-reaching strike
13. **Katate hachi no ji gaeshi** – One handed figure “eight” strike

Hasso Gaeshi Series

14. **Hasso gaeshi uchi** – Eight direction return, front strike
15. **Hasso gaeshi tsuki** – Eight direction return, front thrust
16. **Hasso gaeshi ushiro tsuki** – Eight direction return, thrust to the rear
17. **Hasso gaeshi ushiro uchi** – Eight direction return, strike to the rear
18. **Hasso gaeshi ushiro harai** – Eight direction return, sweep to the rear

Nagare Series

19. **Hidari nagare gaeshi uchi** – Flowing to the left, front strike
20. **Migi nagare gaeshi tsuki** – Flowing to the right, front thrust

13 Jo Kata**22 Jo Kata****31 Jo Kata**