

Goshaku Bo (Jo)- (4-5 Shaku Bo)

The length up to the shoulder from the ground determined this length of this Bo. Most modern Jo are too short but they remain fixed as a traditional length. Medieval Japanese would have found these perfect but not today's taller Japanese people. Many of the Jo techniques contain hidden No-Dachi forms. After training in Hikenjutsu (Bikenjutsu), return to the Jo and find what is hidden there. This was a traditional way of keeping secrets. To bury the secrets inside some other writing.

Kotsu (Essence)

1. Use the very tip / edge of the Jo when striking
2. When striking with the Jo, the arms are held out from the body from the body (almost stretching)
3. At the point of contact when striking with the Jo, both hands should be holding the end of the Jo, in much the same way as holding a sword (they are together not separate).
4. Use the length of the Jo with the hands at the end to keep out of reach of the sword.
5. Crossing the hands is permitted with the Jo.
6. Keep the knees bent.
7. When the Jo is made from the lower end of a Naginata, use the Harumaki to hook the cloths in some of the movements to control Uke. Also use the Harumaki to strike with.

Kamae (Postures)

1. IHEN NO KAMAE (Posture of change)

Rear hand is palm up, front hand is palm down. It does not matter which hand is high, and which is low.

2. GEDAN NO KAMAE (Low level posture)

Same as Bojutsu Gedan no kamae

3. CHUDAN NO KAMAE (Middle level posture)

Same as Bojutsu Chudan no kamae

4. TENCHI NO KAMAE (Heaven and Earth posture)

Same as Bojutsu tenchi no kamae

5. HIRA ICHIMONJI NO KAMAE (Flat#1 posture)

Same as Bojutsu Hira Ichimonji no kamae

6. SEIGAN NO KAMAE (Correct eye posture)

Same as Bojutsu Seigan no kamae

JoJutsu (4-5 Shaku staff)

1. JUMONJI (The cross)

Tori is in Ihen no Kamae, Uke is in Seigan no Kamae. Tori steps forward with the right foot. As he steps he pushes down with the left hand, and releases it. The right hand rotates the Jo vertically over, with the right hand catching the end to strike Uke's Kasumi. Tori shifts his left leg across to the rear of the right leg, and drops the Jo down in a crescent to strike Uke's Butsumetsu (no right step). Tori shifts the left leg across to the left, and does a switch step, and strikes to Uke's Kasumi on the other side (Tori does this from a left Gedan). Tori pulls the Jo back to Gedan on the right (hold the Jo with the hands together Thumbs in the middle touching at the very end off the Jo). With a left step forward, Tori over his head clockwise (not moving the hands to strike Uke's temple (on Tori's left). Tori's right elbow is in the air with the right hand upside down the wrists are crossed). Slide the right hand to the middle of the Jo, release with the left hand rotate the Jo over head. Step forwards with the right foot, catch with the left foot, and strike to Kasumi, or Butsumetsu.

NOTE: This is similar to Bojutsu "Goho". When you have a good flow, Uke will not be able to keep up a defence.

2. ROPPO (Gedan Nagashi) (Six ways)

Tori is in Gedan, and does a right step forwards, and does a Kasumi Uchi. Uke jumps back to avoid this strike. The strike continues past Uke, and Tori releases with the right hand. Uke stops the Jo when it rests across the top of the shoulders. Tori takes hold of the Jo in the right hand (both hands hold the Jo, one at each end). Tori releases the left hand, so that the Jo flips around for a Yoko Men Uchi to Kasumi. The left hand catches the Jo on impact. The left releases the Jo, and the right rotates the Jo to the right side of Tori. Uke comes in from Daijodan, and Tori does a Tsuki to finish.

NOTE: Tori can drop to the knee for the Tsuki.

To cushion the Jo across the shoulders drop the weight onto the left leg.

This technique can be seen on the old video "Ninja secrets of the Grandmaster"

3. KYUHO (Nine ways)

Tori is in Chudan. Tori does a right step forwards, and a Ashi Barai, to Uke's lead leg. Tori then rocks back onto the left leg, and does Age Uchi to the groin or wrists. Tori pulls the Jo back to Gedan on the left, and steps forward with the left, and does Tendo Uchi (keep the weight on the left leg after the left step). Tori steps forward with the right, and strikes with Ashi Barai to Uke's rear leg (keep the weight on the left leg). Tori releases with the left hand Paddles the Jo back to Chudan with a right step back.

NOTE: Use the paddle back to knock Uke's sword away if it is close to Tori.

4. HIRYU (Flying Dragon)

Tori is in TENCHIJIN no kamae. Tori does a right step and a Jodan Kin style strike with the Jo. Tori pulls the Jo back so he holds both ends of the Jo, and steps forward with the left

foot, and Tendo Uchi. The Jo is on the right, and Tori throws a Tendo Uchi forwards. Tori pulls the Jo back on the right, and with no step does a Do Uchi. Tori then does a switch step, and strikes up with Age Uchi (right hand in front). Tori does a switch step and strikes with Kasumi Uchi (left hand in front), another switch step, and a Ashi Barai, switch step, and Do Uchi to Uke's right side. Tori paddles the Jo to Chudan and finish.

NOTE: The paddle is the same as that from Roppo.

5. TSUKI IRI (Entering strike)

Tori is in Chudan. Tori steps forward to the right Slides the Jo through the left hand, and rotating the Jo anti clockwise, strikes in a full circle, to the back of Uke's head. Tori rotates the Jo above his head, in the right hand, and strikes Uke on the same side. Tori shifts his weight onto the left leg, and slides the Jo to Chudan on the right side. Tori switches step, and slides the hands forward, and strikes with a form of tento Uchi, pulling the 30 back to Chudan on th left side. With a right step forwards Tori brings the Jo anti clockwise across the body, to strike up to Uke's left side Kasumi. Tori rotates the Jo above the head in the right hand, and strikes to Uke's left Kasumi again. Tori lets go with the left hand and regrips below the right, and strike with the Jo on top of Uke's head.

6. UDE GAKE (Arm hooking)

Tori is in Ichimonji no Kamae, Uke is in Daijodan, and does Jodan kin. Tori shifts to the left, and lifts the Jo vertical, with the right hand at the top. Tori releases the left hand, rotates the Jo clockwise, catching the other end of the Jo in the left hand, and drops it down on top of Uke's wrists.

NOTE: Strike with the edge of the Jo to the hands. When shifting to the left, place the weight on the left leg. The hands slide to the ends of the Jo, as you release the Jo flip it over like a spring. Depending on distance, rock the weight back onto the right leg.

7. KOTE GAESHI (Hands against)

Tori is in Seigan, and does a Tsuki, by shifting the left leg forwards. Tori then pulls the Jo back on the right to Gedan. Tori rocks forward on the left leg, Tori rotates the Jo overhead, for a Kasumi Uchi.

NOTE: For the Kasumi Uchi the hands are crossed.

8. TACHI OTOSHI (Standing drop)

Tori is in Chudan. Tori slides the Jo through the hands to Tsuki. Tori then steps out to the right slightly forwards, Tori rotates / paddles the Jo in an anticlockwise motion to strike the back of the head, Tori then does a over head Do Uchi. Tori steps back with the right foot. He the steps forward and repeats this without the Tsuki. A third attack is undertaken, but instead of the overhead Do Uchi, Tori slides the right hand to the middle of the Jo (Jo is on the left), releases the left hand, the right hand rotates the Jo vertically for a Tendo Uchi.

NOTE: When doing the paddling aim for the back of the head, or if Uke moves back strike down on top of the wrists. When it is done the third time the final attack will surprise Uke, as he expects you to attack with the Do Uchi, and should leave himself open.

All the kata can be performed with other weapons, such as the Yari, Naginata and Nodachi. The form is modified to suit the attack. As Sensei has often said, it is not important to remember the kata, learn them and then forget them. Become free!