

# JO

## Kata

### READY POSITION 1

Hold jo behind your right arm. End of jo touches the floor. Hands comfortably at your side.

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### YOI

Swing bottom end of jo up and catch with your left arm in front of your face.

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Bring back right foot into cat stance. Downward strike.

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### COMING FORWARD

#### **TWIRL SEQUENCE (right)**

Bring feet together (back right foot moves forward).

Twirl Right. Twirl Left. (Each twirl consists of a downward strike with the back end of the jo)

Overhead strike (from right shoulder) into right front stance.

Circle Disarm (jo is on left hip) (clockwise).

#### **TWIRL SEQUENCE (left)**

Bring feet together (back left foot moves forward).

Twirl Left. Twirl Right.

Overhead strike (from left shoulder) into left front stance.

Circle Disarm (jo is on right hip) (counter clockwise)

#### **PART OF TWIRL SEQUENCE (right)**

Bring feet together (back right foot moves forward).

Twirl Right. Twirl Left.

Cross arms in front of chest.

#### **BLOCK & KICK (left)**

Left foot back into right front stance, outside vertical block (left side) (right hand up)

Front snap kick with front right foot.

Thrust. (left side of body)

Downward diagonal strike with back tip of jo.

Bring feet together (back left foot moves forward).

Cross hands above head.

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### GOING BACK

Turn 180° around by moving right foot. You are now facing the other way in left front stance.

#### **BLOCK & KICK (right)**

Right foot back into left front stance, outside vertical block (right side) (left hand up)

Front snap kick with front left foot.

Thrust. (right side of body)

Downward diagonal strike with back tip of jo.

Twirl jo on left side of body.

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FACING ORIGINAL LEFT

**HORIZONTAL STRIKES**

Turn to your right and employ a hard horizontal two-hand down block.

Horizontal strike with left tip.

Horizontal strike with right tip.

Body block in mountain stance (right elbow up)

Two-hand down block.

Horizontal strike with right tip.

Horizontal strike with left tip.

Body block in mountain stance (left elbow up)

Two-hand down block.

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Left foot moves left (feet shoulder width apart). Vertical block (right side of body) (left arm up).  
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FACING ORIGINAL FRONT

Turn 90° to your right, moving left foot into horse stance. Two-hand down block.

Left foot moves left (feet shoulder width apart). Bring jo over head. Slide right hand to the right.

Left front stance:

**JO SWINGS**

Jo swing to head.

Jo swing to ribs.

Jo swing to knees.

Catch in left hand.

Lean back (as if drawing a bow and arrow)

Swing back tip of jo up and around right side of body into YAME.

