

JO

Blocks & Strikes

READY POSITIONS

Ready Position 1: Jo held vertically in right hand on right side of body, tip by floor in front of toes

Ready Position 2: Jo held parallel to floor at waist level, both palms facing down

Ready Position 3: Jo held parallel to floor at waist level, right hand palm up, left hand down

Ready Position 4: As in fighting stance

BLOCKS

1. Down Block(2 ways) (2-hand - horiz.) (like a sweep - vert.)
2. Upward Block.....(2 ways) (above the head) (wrist strike)
3. Inside Block.....(1 way)
4. Outside Block.....(2 ways) (to the side) (like a head strike)

5. Body Block in Mountain Stance
6. Circle Disarm (as in kata)

STRIKES

1. Thrust
2. Overhead Strike
3. Diagonal Head Strike
4. Sliding Downward Thrust (or "4-to-the-Floor)
5. Horizontal Strike
6. Sweep (front & back end)
7. Bridge-of-the-nose Strike (with middle of jo)
8. Jo Swing (as in kata)

