

SUBURI (JO AND BOKKEN)

There are two sets of suburi (solo practices with the jo or bokken). These movements form the basis for the rest of the weapons practices: kumi jo, kumitachi, ken tai jo etc.) The jo suburi have names. The bokken suburi don't.

There are three basic stances:

Ready position:

^ **Ken kamae**: the beginning stance for **all bok(ken) practices**. Also known as shomen kamae when holding the jo in the same position.

* **Tsuki kamae**: the beginning stance for holding the jo.

% Special position for #13

7 JO SUBURI ^	
#	Called
1st	Ichi no suburi
2nd	Ni no suburi
3rd	San no suburi
4th	Yon no suburi
5th	Go no suburi
6th	Roku no suburi
7th	Shichi no suburi

20 JO SUBURI			
#	Name/Stance	#	Name/Stance
1 #	Choku tsuki	11 *	Katate gedan gaeshi
2 #	Kaeshi tsuki	12 *	Katate toma uchi
3 #	Ushiro tsuki	13 %	Katate hachi noji gaeshi
4 *	Tsuki gedan gaeshi	14 *	Hasso gaeshi uchi
5 *	Tsuki jodan gaeshi uchi	15 *	Hasso gaeshi tsuki
6 ^	Shomen uchi komi	16 *	Hasso gaeshi ushiro tsuki
7 ^	Renzoku uchi komi	17 *	Hasso gaeshi ushiro uchi
8 ^	Shomen uchi gedan gaeshi	18 *	Hasso gaeshi ushiro barai
9 ^	Shomen uchi ushiro tsuki	19 ^	Hidari nagare gaeshi uchi
10 ^	Gyaku yokomen ushiro tsuki	20 ^	Migi nagare gaeshi tsuki