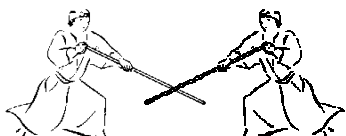


XIN QI SHEN DOJO
AIKIJU IKKYO
22 MOVEMENTS



	ENGLISH	JAPANESE	CHINESE
1.	Thrust	Tsuki	Choh
2.	Thrust	Tsuki	Choh
3.	Side Strike	Yokomen Uchi Right	Shiao
4.	Folding Downward Strike	Shomen Uchi (fold)	Pi
5.	Poke to rear	Ushiro Tsuki	Gwan Xin Cha
6.	Thrust	Tsuki	Choh
7.	Side Strike	Yokomen Uchi Right	Shiao
8.	Folding Downward strike	Shomen Uchi (fold)	Pi
9.	Parry Down	Parry Down	Gwan Xin Ban
10.	Poke	Tsuki	Cha
11.	Folding Downward strike	Shomen Uchi (fold)	Pi
12.	Thrust	Tsuki	Choh
13.	Side Strike, Thrust to rear	Yokomen Uchi R - Ushiro Tsuki	Shiao - Tui Choh
14.	Sweep to head	Sweep to head	Tiao
15.	Poke	Tsuki	Cha
16.	Block, Thrust	Flip, Tsuki	Ban, Choh
17.	Side strike, rear thrust	Yokomen Uchi R - Ushiro Tsuki	Shiao - Tui Choh
18.	Sweep feet	Low Sweep	Pien
19.	Poke	Tsuki	Cha
20.	Block, Thrust	Flip - Tsuki	Ban, Choh
21.	Sweep to head	Upward sweep to left	Tiao
22.	Block, Poke	Flip to Tsuki	Ban, Cha
	Flip,	Shomen (fold)	Pi
	Thrust	Tsuki	Choh



- Kumi Tsuki
both partners alternate tsuki.
This kumi jo can be done as a sensitivity exercise, striking drill, or a blocking drill.
- Yokomen Uchi #2
both partners practice Yokomen Uchi as a movement and striking drill.
- Yokomen Uchi / Yokomen Uchi #2-3
partner A does only yokomen uchi.
partner B does the right and left yokomken uchi (block and counter)
- Yokomen Uchi / Yokomen Uchi #2-3
both partners do the same movements
- Yokomen Uchi / Chudan Gaeshi / Ushiro Tsuki #2 , 5
partner A does yokomen uchi.
B responds with yokomen, sweeping block while doing tenkan then ushiro tsuki.
- Yokomen Uchi / Tsuki / L Yokomen Uchi #2,9,10,11
fake yokomen uchi block swinging under and start jo kata from #9
- Yokomen Uchi / Tsuki / L Yokomen Uchi / Tsuki #2,,9,10,11, 12
Same as the above except add tsuki.
B blocks as they retreat
- Yokomen Uchi / Ushiro Tsuki #13
side A does only #2 Yokomen Uchi
B does #13. Side A should see B's ki extension as B does ushiro tsuki
- Yokomen Uchi / Ushiro Tsuki / Chudan Gaeshi #13,14,15
side A does only yokomen uchi while side B does 13,14,15
- Yokomen Uchi / Ushiro Tsuki / Chudan Gaeshi #13 - 15
both sides do 13 but stepping is in place
- Yokomen Uchi/ Ushiro Tsuki / Chudan Gaeshi #13,14
both sides do 13 and 14
- Yokomen Uchi / Ushiro Tsuki / Chudan Gaeshi / Tsuki #13 - 15
A retreats as B attacks
- Yokomen Uchi / Ushiro Tsuki (sudori) / Gedan Gaeshi / Tsuki / Tsuki / Chudan Gaeshi / Tsuki / Yokomen Uchi
switch sides
A does 17 - 23
B does 13 or jodan gaeshi, 18,- 20 retreating

The Aiki jo is not stick fighting. We use the jo to learn ki extension, ki musubi, Aiki, Take musu Aiki, Ma ai, coordination, centering and calmness in activity.

Don't let yourself get caught up in techniques or the waza of countering, blocking, hitting, etc.

This is a tool we use to refine and polish ourselves and to see how our understanding of Aiki is progressing.

The following kumi jo are based upon movements of Jo Kata Ikkyo. And expected right and left sides as is the 22 movements.

Testing Form

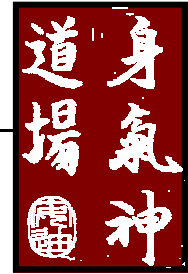
A attacks Yokomen and B responds:

- yokomen
- Yokomen / fold (contact)
- Yokomen / fold (leading)
- Yokomen / ushiro tsuki (contact)
- Yokomen / ushiro tsuki (leading)
- Yokomen / 9 & 10
- Yokomen / 21 & 22

A attacks Yokomen & fold

- Yokomen / fold
- Yokomen / 9 & 10
- Yokomen / 21 & 22

Aiki Partner Jo



A

B

0. Ai Hamni
1. Tsuki (*cha*)
2. R Yokomen Uchi (*shiao*)
3. Draw Back (*ban*), R Yokomen Uchi
4. Step back sweep R (*liao*)
5. Step back, R Yokomen Uchi (*shiao*)
6. Step, L Yoko Uchi to knee (*or head*)
7. Deflect (*lan*), Tsuki (*cha*) to face
8. Step, R Yoko Uchi to knee (*shiao*)
9. Step, Chudan Gaeshi (*liao*)
10. Step back Yokomen Uchi (*shiao*)
11. Block, Ushiro Tsuki (*moxin*)
12. Block, L Yokomen Uchi to wrist #3 side B (*lan, shiao*)

0. Ai Hamni
1. Deflect (*lan*)
2. Step back, R Yokomen Uchi (*shiao*)
3. L Yokomen Uchi (to wrist) (*shiao*)
4. Duck, R Yoko Uchi to knee (*shiao*)
5. R Yokomen Uchi to Head (or knee) (*shiao*)
6. Slap Down (*ban*), Tsuki (*choh*)
7. Roll Back (*lu*)
8. Chudan Gaeshi (*liao*)
9. Spin, Chudan Gaeshi (*liao*)
10. Counter turn, R Yokomen uchi (*shiao*)
11. Block, L Yokomen Uchi (*lan, shiao*)
12. Switching sides

Aiki Jo Ikkyo
22 movement

