

# 20 Jo Suburi

## Tsuki no bu [ 突き の 部 – Thrusting movements ]

- 1 **Choku tsuki** [ 直突き - Direct thrust]
- 2 **Gaeshi tsuki** [ 返し突き - Counter thrust]
- 3 **Ushiro tsuki** [ 後ろ突き - Rear thrust]
- 4 **Tsuki gedan gashi** [ 突き下段返し – Thrust with low counter]
- 5 **Tsuki jodan gaeshi (uchi)** [ 突き上段返し(打ち) – Thrust with high counter (strike)]

## Shomen no bu [ 正面 の 部 - Frontal movements ]

- 6 **Shomen Uchi Komi** [ 正面打ち混み - Front strike]
- 7 **Renzoku Uchi Komi** [ 連続打ち混み – Continuous front strike]
- 8 **Shomen Uchi Gedan Gaeshi** [ 正面打ち下段返し - Front strike with low counter strike]
- 9 **Shomen Uchi Ushiro Gaeshi** [ 正面打ち後ろ返し - Front strike, rear thrust](aka Menuchi Ushiro Tsuki)
- 10 **Gyaku Yokomen Ushiro Tsuki** [ 逆横面後ろ突き - Reverse side-of-the-head strike, rear thrust]

## Katate no bu [ 片手 の 部 – One handed movements ]

- 11 **Katate Gedan Gaeshi** [ 片手下段返し – One handed low counter]
- 12 **Katate Toma Uchi** [ 片手遠間打ち] - Long distance strike.
- 13 **Katate Hachi Noji Gaeshi** [ 片手八の字 返し] - Figure 8 counter.

## Hassho no bu [ 八相 の 部 – Figure Eight movements ]

- 14 **Hassho Gaeshi Uchi** [ 八相返し打ち - Figure Eight counter strike]
- 15 **Hassho Gaeshi Tsuki** [ 八相返し突き - Figure Eight counter thrust]
- 16 **Hassho Gaeshi Ushiro Tsuki** [ 八相返し後ろ突き - Figure Eight counter, rear thrust]
- 17 **Hassho Gaeshi Ushiro Uchi** [ 八相返し後ろ打ち – Figure Eight counter, rear strike]
- 18 **Hassho Gaeshi Ushiro Harai** [ 八相返し後ろ – Figure Eight counter, rear sweep] (\*harai aka barai)

## Nagare no bu [ 流れ の 部 – Flowing movements ]

- 19 **Hidari Nagare Gaeshi Uchi** [ 左流れ返し打ち - Flowing to the left, counter strike]
- 20 **Migi Nagare Gaeshi Tsuki** [ 右流れ返し突き - Flowing to the right, counter thrust]

sources:

main source: [aikidoyukishudokan.com](http://aikidoyukishudokan.com)

additional translation notes from google translate and [asu.org](http://asu.org) “Glossary of Aikido Terms”