

ROANOKE BUDO KAI
Weapons Instructions

13 Step Jo Kata

Hidari hanmi

1. Right tsuki
2. Overhead block then yokomenuchi (step to right)
3. Overhead block (step to left)
4. Left tsuki
5. Pivoting block (change directions)
6. Shomenuchi
7. J hook block (change directions)
8. Left tsuki (move quickly to #9)
9. Hide jo
10. Block (diagonal)
11. Tsuki to throat
12. Block (flip jo, diagonal slash)
13. Right tsuki

Hidari hanmi

22 Step Jo Kata

Hidari hanmi

1. Right tsuki, overhead block
2. Right tsuki, overhead bock
3. Yokomenuchi
4. Reverse yokomenuchi
5. Pivot, strike to the knee
6. Right tsuki, overhead block
7. Yokomenuchi
8. Reverse yokomenuchi
9. Pivot shomenuchi
10. Left tsuki
11. Reverse yokomenuchi
12. Right tsuki, overhead bock
13. Yokomenuchi (no step), hide jo
14. Strike to knees
15. Strike to throat
16. Right tsuki, overhead block
17. Yokomenuchi (step), strike behind to knees
18. Strike to knees
19. Strike to knees
20. Right tsuki
21. Groin shot
22. Left tsuki

Hidari hanmi

REMINDERS:

- movements begin and end at your center
- maintain a hanmi position
- focus on your target/ have intention
- to block with a bokken, the back of the blade should face forward (away from you)
- to tsuki with a bokken, the blade should be turned toward your intended target

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Weapons Instructions

20 Jo Suburi

Tsuki Series

1. Choku tsuki - Direct (front) thrust
2. Kaeshi tsuki - Return (spiral) thrust
3. Ushiro tsuki - Thrust to the rear
4. Tsuki gedan gaeshi - Thrust with low return strike
5. Tsuki jodan gaeshi uchi - Thrust with high return strike

Uchikomi Series

1. Shomen uchikomi - Front strike, with stepping back
2. Renzoku uchikomi - Continuous front strikes
3. Menuchi gedan gaeshi - Front strike, low return strike
4. Menuchi ushiro tsuki - Front strike, thrust to the rear
5. Gyaku yokomen ushiro tsuki - Reverse side head strike, thrust to the rear

Katate Series

1. Katate gedan gaeshi - One handed strike, low to high
2. Katate toma uchi - One handed far-reaching strike
3. Katate hachi no ji gaeshi - One handed figure "eight" strike

Hasso Gaeshi Series

1. Hasso gaeshi uchi - Eight direction return, front strike
2. Hasso gaeshi tsuki - Eight direction return, front thrust
3. Hasso gaeshi ushiro tsuki - Eight direction return, thrust to the rear
4. Hasso gaeshi ushiro uchi - Eight direction return, strike to the rear
5. Hasso gaeshi ushiro harai - Eight direction return, sweep to the rear

Nagare Series

1. Hidari nagare gaeshi uchi (usually left side only) - Flowing to the left, front strike
2. Migi nagare gaeshi tsuki (usually right side only) - Flowing to the right, front thrust

Bokken Suburi

Migi hanmi

1. Shomenuchi (bring right foot even with left then strike as taking one step forward)
2. Shomenuchi (bring right foot behind left then strike as taking one step forward)
3. Shomenuchi (feet movement is same as #2; prepare for shomenuchi by bringing bokken over head and down right side to rest at hip; take a breath then strike as you exhale)
4. Shomenuchi moving forward (start in migi hanmi; strike with each step forward; turn on 4th step)
5. Shomenuchi with alternate block (same as #4 except you add a block – same side as striking so you strike/ block with each step)
6. Shomenuchi with alternate tsuki (same as #4 except you add a tsuki – same side as striking so you strike/ tsuki with each step)
7. Shomenuchi with left side tsuki (shomenuchi when stepping with right foot – left tsuki when stepping with left foot)

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- to tsuki with a bokken, the blade should be turned toward your intended target