



JO JUTSU



Bujinkan France : Arnaud Cousergue Shihan



The Jo is a stick that measures traditionally between 126 and 129 centimetres.

But, as we have said in the chapter about the Hanbô, in the Westerners' case the Jo should reach the level of the armpits.

The Jo is the most used stick in the entire history of the world, as a walking stick, having different forms.

As a cane it could hide a blade at its core or a chain with a weight attached to it; it became then a Shikomi Zue.

The techniques explained here come from Kukishin Ryû and these techniques are a mix of the Bo Jutsu, Hanbô Jutsu and Biken Jutsu techniques of Kukishin Ryû.

This weapon is an intermediary one, its dimensions placing it among the weapons mentioned above, which is why all the techniques can be applied to it.



KOTSU

1. Use the end of the **Jo** when you hit.
2. In the hits with the **Jo**, the arms are held far from the body (almost extended).
3. At the point of contact, when you hit with the **Jo**, the **Jo** must be held with both hands at one end, the same way you hold the sword (the hands are not separated).
4. Use the length of the **Jo**, with both hands at one end of the **Jo**, to prevent the opponent's sword from touching you.
5. You can cross the hands with the **Jo**.
6. Keep the knees bent.
7. When the **Jo** is made from the lower part of a **Naginata**, use the **Harumaki** to hook **Uke's** clothes in order to control him. Also use the **Harumaki** to strike.





KAMAE

52. IHEN NO KAMAE

The backward hand is placed high on the weapon, palm outwards, the forward hand is placed low, palm downwards. It doesn't matter which hand is held high or low. It is an intermediary position.





53. ICHIMONJI NO KAMAE

Same for **Bô Jutsu**.





54. GEDAN NO KAMAE

Same for **Bô Jutsu**.





55. CHÛDAN NO KAMAE

Same for **Bô Jutsu**.





56. TENCHI NO KAMAE

Same for **Bô Jutsu**.





57. HIRA ICHIMONJI NO KAMAE

Same for **Bô Jutsu** et **Hanbô**.





58. TATE JO

Same for **Tate no Kamae** of **Hanbô Jutsu**.





59. SEIGAN NO KAMAE

Same for **Bô Jutsu**.





SHODEN NO KATA

60. JUMONJI

- 1) **Tori** is in Ihen no Kamae.
- 2) **Tori** puts his right foot forward and hits the **Kasumi** (**Katate Furi** style, same as with the **Hanbô**).
- 3) **Tori** brings the **Jo** to his left and grabs it with his left hand.
- 4) **Tori** moves forward in **Aruki** with the left leg in front of the right one, and turns around doing **Dô Uchi** at **Busumetsu**.
- 5) **Tori** steps back and assumes **Gedan no Kamae**, on the left side, then takes his left hand off the weapon, swings the **Jo** in the air and hits the **Kasumi**.
- 6) **Tori** moves his right leg back and assumes **Gedan no Kamae**.
- 7) Without changing the position of his hands, **Tori** swings the **Jo** above his head and hits the **Kasumi**.
- 8) **Tori** then slides his right hand to the middle of the **Jo**.
- 9) **Tori** takes his left hand off the weapon while putting his right foot forward, letting the **Jo** swing in his right hand (counter clockwise).
- 10) Then hits the **Kasumi** or **Butsumetsu** by grabbing the **Jo** with his left hand.



1



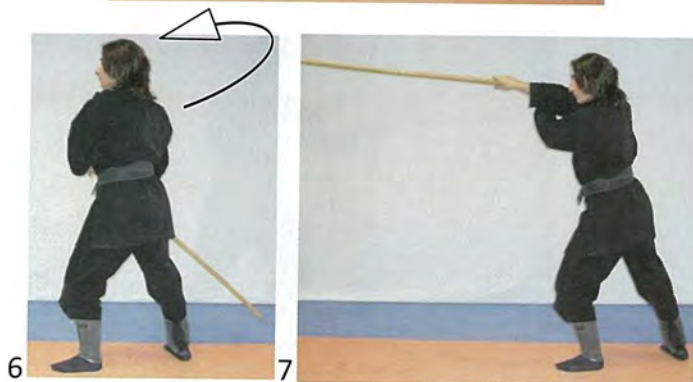
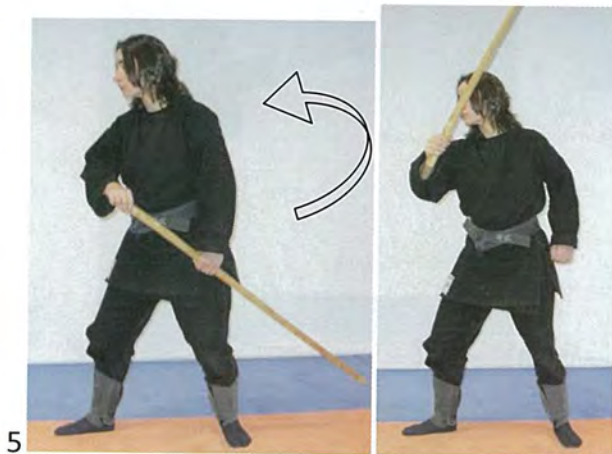
2



3,4



4

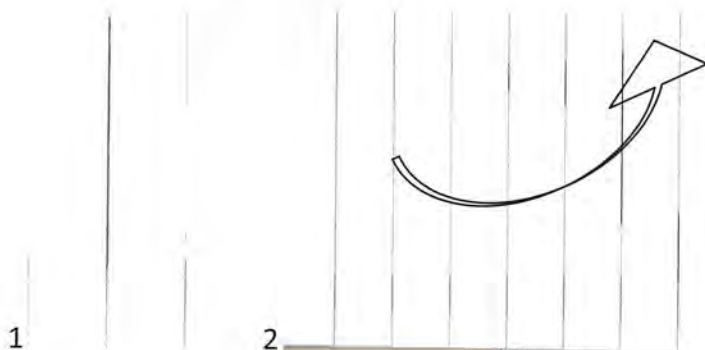






61. ROPPÔ (Gedan Nagashi)

- 1) **Tori** is in **Gedan no Kamae**.
- 2) **Tori** puts his right foot forward and hits the **Kasumi Uchi**.
- 3) **Uke** jumps back, **Tori** continues the attack taking his right hand off the weapon and stops the **Jo** when it gets behind on his shoulders (at the back of the neck).
- 4) **Tori** grabs the **Jo** with the right hand and takes the left hand off in order to hit the **Kasumi**.
- 5) **Tori** grabs the **Jo** with the left hand (to control the hit).
- 6) **Tori** takes the left hand off the weapon to swing the **Jo** to the right with his right hand (the rotation is downwards).
- 7) After grabbing the **Jo** with his left hand, **Tori** finishes by doing a **Tsuki**.





3



4



5





62. KYÛHÔ

- 1) **Tori** is in **Chûdan no Kamae**.
- 2) **Tori** puts his right foot forward and does **Ashi Barai** on **Uke**'s forward leg.
- 3) **Tori** shifts his weight to his left leg and does **Age Uchi**.
- 4) At the end of **Age Uchi**, **Tori** assumes **Gedan no Kamae**.
- 5) **Tori** puts his left foot forward to do **Tentô Uchi**.
- 6) **Tori** puts his right leg forward doing **Ashi Barai**, keeping his weight on the left leg.
- 7) **Tori** takes his left hand off the weapon to move his right leg back, and finishes assuming **Chûdan no kamae**.



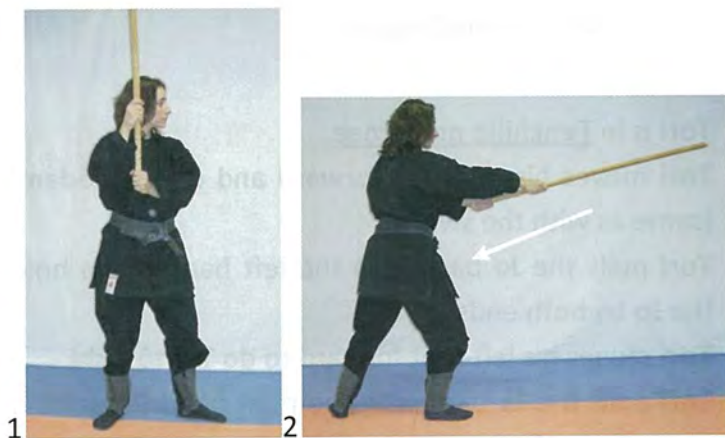






63. HIRYÛ (Flying Dragon)

- 1) **Tori** is in Tenchijin no Kamae.
- 2) **Tori** moves his right leg forward and does a **Jôdan Kiri** (same as with the sword).
- 3) **Tori** pulls the **Jo** back with the left hand (he is holding the **Jo** by both ends).
- 4) **Tori** moves his left foot forward to do **Tentô Uchi**.
- 5) **Tori** pulls the **Jo** back with the right hand (he is holding the **Jo** by both ends).
- 6) **Tori** takes his right hand off the weapon to do **Tentô Uchi** with one hand.
- 7) **Tori** pulls the **Jo** back with his right hand to do **Dô Uchi** without moving.
- 8) Then **Tori** does a double **Age Uchi** switching legs (the right hand stays in front).
- 9) **Tori** moves forward to hit the **Kasumi Uchi**.
- 10) **Tori** moves forward, strikes **Ashi Barai**.
- 11) **Tori** moves forward, hits **Dô Uchi**.
- 12) **Tori** steps back assuming **Chûdan no Kamae**.





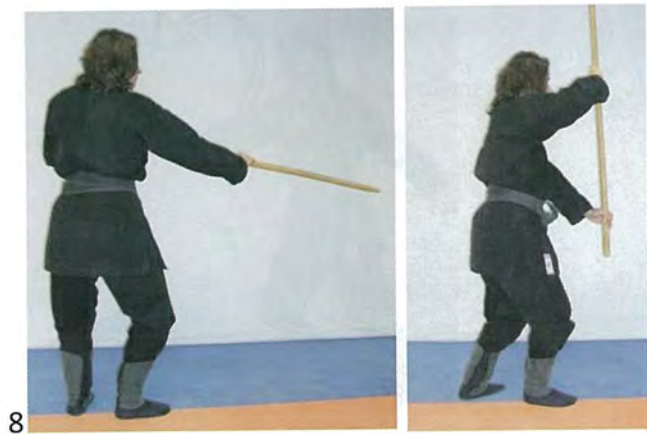
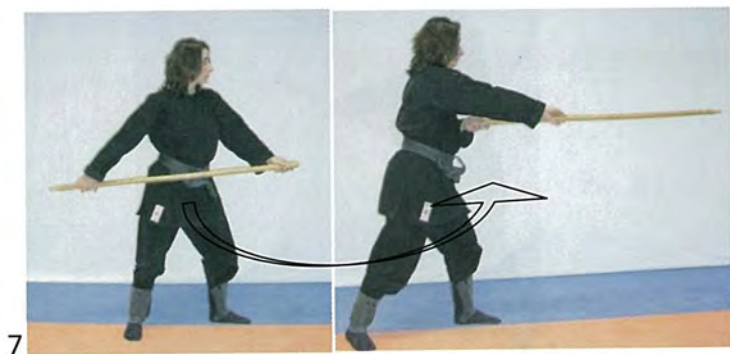
4



5



6

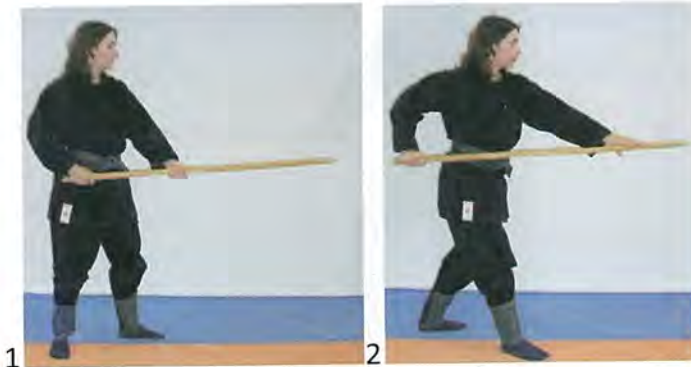


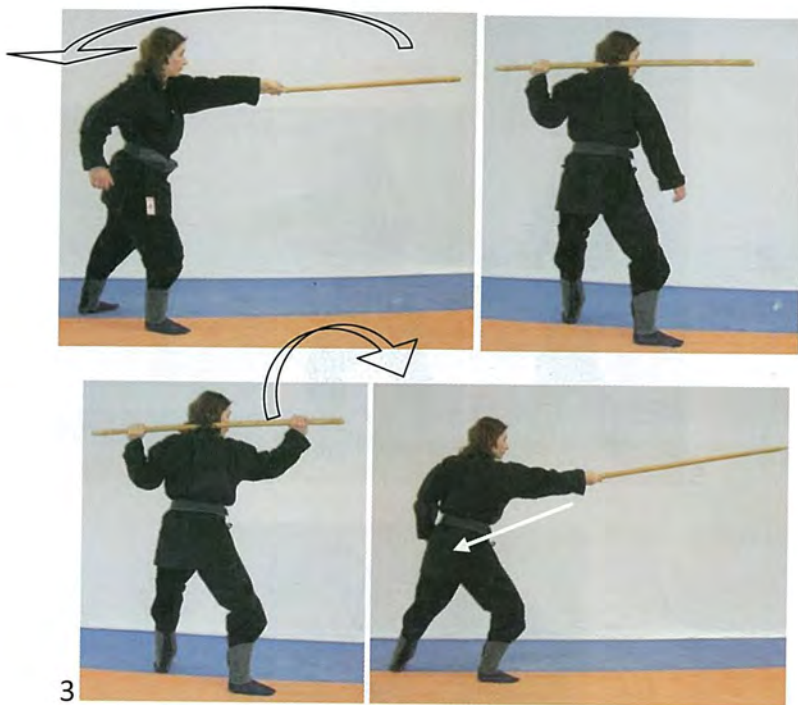




64. TSUKI IRI

- 1) **Tori** is in **Chûdan no Kamae**.
- 2) **Tori** puts his right foot forward while moving his left hand toward the end of the **Jo**, then takes his right hand off the weapon and takes a large swing with the left hand and puts the **Jo** behind on his shoulders (at the back of the neck, like in **ROPPÔ**).
- 3) **Tori** grabs the weapon with his right hand to hit the **Kasumi**.
- 4) **Tori** moves his right leg back to return to **Chûdan no Kamae**.
- 5) **Tori** steps forward doing a **Tentô Uchi**.
- 6) **Tori** assumes **Chûdan no Kamae**.
- 7) **Tori** takes his left hand off the weapon to hit the **Kasumi**, and strikes again.
- 8) **Tori** hits **Tentô** (swings the **Jo** to his right) with one hand.

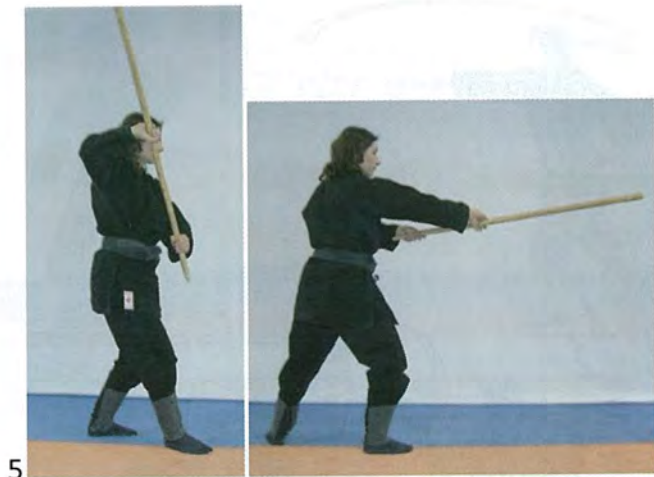


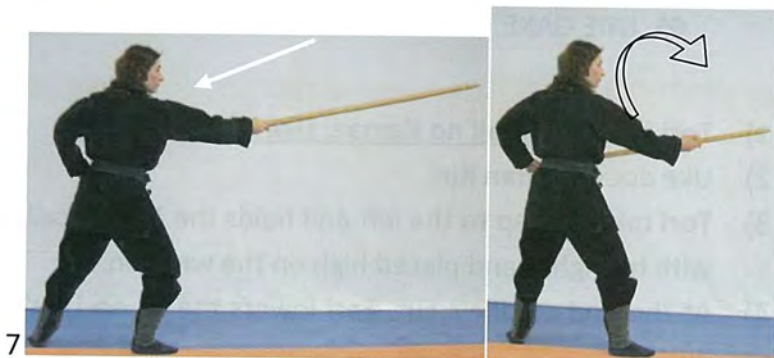


3



4







65. UDE GAKE

- 1) **Tori** is in Ichimonji no Kamae, **Uke** is in Daijôdan.
- 2) Uke does a **Jôdan Kiri**.
- 3) **Tori** takes a step to the left and holds the **Jo** vertically with his right hand placed high on the weapon.
- 4) At the end of **Uke's** cut, **Tori** lowers the **Jo** on **Uke's** wrists.

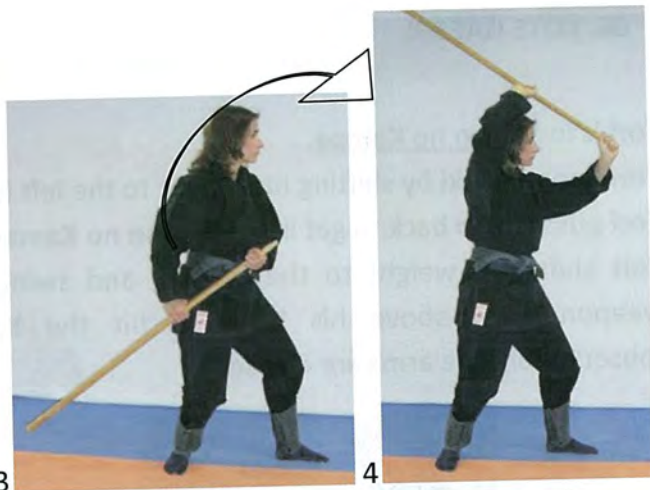




66. KOTE GAESHI

- 1) **Tori** is in **Seigan no Kamae**.
- 2) **Tori** does a **Tsuki** by shifting his weight to the left leg.
- 3) **Tori** pulls the **Jo** back to get in the **Gedan no Kamae**.
- 4) **Tori** shifts his weight to the left leg and swings the weapon once above his head to hit the **Kasumi** (observation: the arms are crossed).







67. TACHI OTOSHI

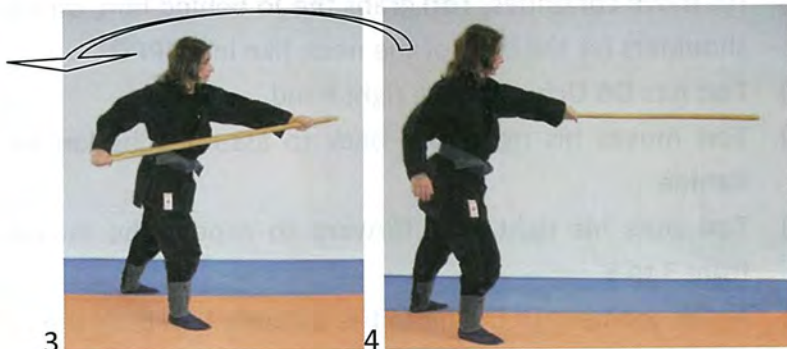
- 1) **Tori** is in **Chûdan no Kamae**.
- 2) **Tori** slides the **Jo** to do a **Tsuki**.
- 3) **Tori** takes a slight step to the right, pulling the **Jo** back with his right hand.
- 4) **Tori** takes his right hand off the weapon to strike the **Kasumi** with the left hand.
- 5) His move continues, **Tori** grabs the **Jo** behind him, on his shoulders (at the back of the neck, like in **ROPPÔ**).
- 6) **Tori** hits **Dô Uchi** with the right hand.
- 7) **Tori** moves his right foot back to assume **Chûdan no Kamae**.
- 8) **Tori** puts his right foot forward to repeat the moves from 3 to 5.
- 9) At the moment of the hit to the **Kasumi**, **Tori** pulls the **Jo** back to hit **Tentô Uchi**.



1



2



3

4



5





9

