



Fig. 218 Begin in sankakutai.



Fig. 219 Thrust underhand to your opponent's chest and . . .



Fig. 220 Quickly deflect a counter-thrust by pushing it to your left.



Fig. 221 Drop out of the deflection and again thrust underhand to his chest.

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## Kata No Nijuni

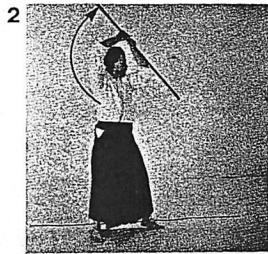


Fig. 222 Parry another counter-thrust to your left and roll into a hand-change.



Fig. 223 Begin to advance with your right foot as you complete the hand-change and . . .

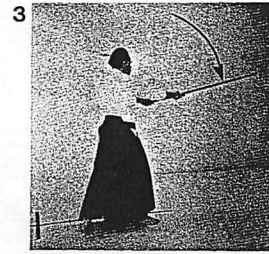


Fig. 224 Execute a right yokomen strike.



Fig. 225 Roll the jo around and . . .

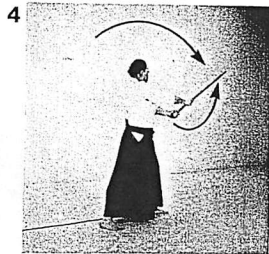


Fig. 226 Attack with a left yokomen strike.



Fig. 227 Change the position of your left hand and . . .



Fig. 228 Thrust behind yourself at a second opponent's knee.



Fig. 229 Draw the jo out, pivot 180 degrees to your right, and . . .



FRONT VIEW

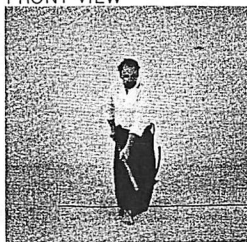


Fig. 230 Deflect his jo down and to your right.

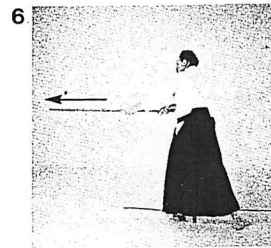


Fig. 231 Walk forward with your left foot and thrust underhand to his chest.

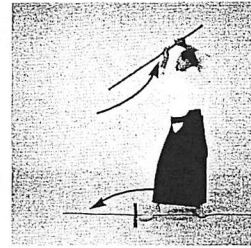


Fig. 232 Parry his counterthrust and . . . and . . .



Fig. 233 Roll into a right yokomen strike.



Fig. 234 Walk forward with your left foot and roll into . . .

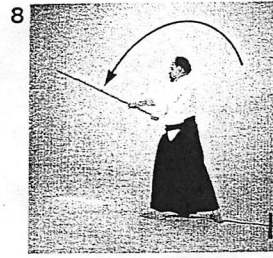


Fig. 235 A left yokomen strike.



Fig. 236 Pivot 180 degrees to your right while maintaining the chudan posture and . . .



Fig. 237 Knock his jo out of your line of attack. (This is a *harai*, or a beating stroke.)

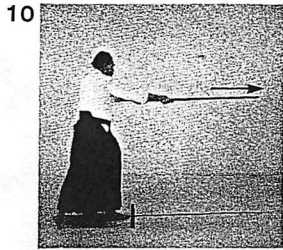


Fig. 238 Jab at his chest and . . .



Fig. 239 Roll into . . .

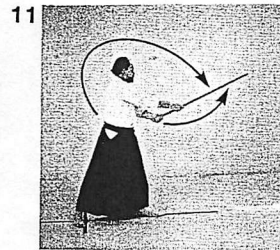


Fig. 240 A left yokomen strike.

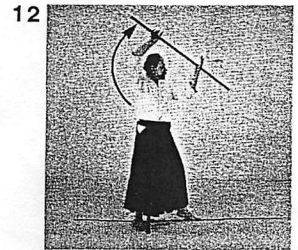


Fig. 241 Change the position of your left hand and deflect his jo to your left.



Fig. 242 Throw your jo out and over with your right hand to throw his jo off.

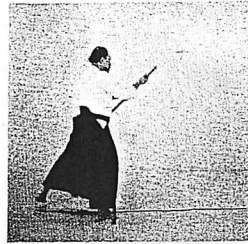


Fig. 243 Regrip and . . .

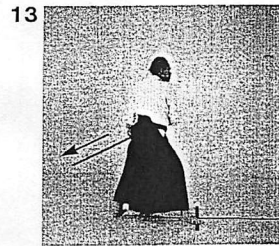


Fig. 244 Thrust to the rear.

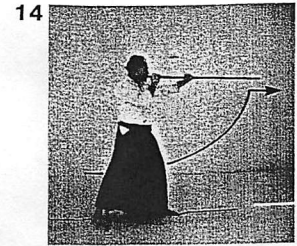


Fig. 245 Then thrust backhand at his face.



Fig. 246 Release your right hand, let the end drop, and . . .



Fig. 247 Turn the jo end-over-end.

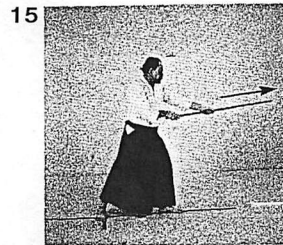


Fig. 248 Thrust underhand to his chest and . . .

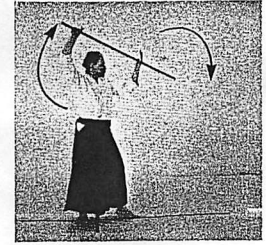


Fig. 249 Withdraw into a deflection. Throw your jo out and over with your right hand, regrip, and drop into . . .

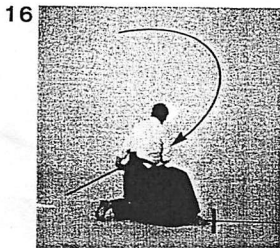


Fig. 250 A kneeling rear thrust. (This is a straight thrust and not a circular reap.)



Fig. 251 Rise, advance your left foot, and . . .

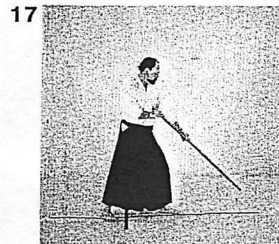


Fig. 252 Sweep to your opponent's ankle.



Fig. 253 Jab backhand to the top of his foot.



Fig. 254 Release your right hand, turn the jo end-over-end, . . .



Fig. 255 Regrip, and . . .

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Fig. 256 Thrust underhand to his knee.



Fig. 257 Retreat and withdraw the jo in preparation for a . . .

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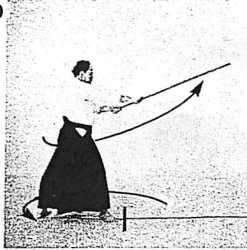


Fig. 258 Retreating overhand sweep to his head. (Cap the end of the jo with your left palm at the end of the withdrawal.)



Fig. 259 Release your left hand and let the end drop.



Fig. 260 Turn the jo end-over-end, and . . .

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Fig. 261 Thrust underhand to his chest.

### TRADITIONAL LONG FORMS



Fig. 262 Roll into a . . .

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Fig. 263 Left yokomen strike. This ends the kata.



Fig. 264 To repeat the kata from the beginning, hand-change and withdraw into a deflection.