

13-Step Jo 2-Person Drill

Link: youtube.com/watch?v=7gXgJgynS4Y

Link: youtube.com/watch?v=q7gZzBsRJoY

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NOTES:

- With empty handed techniques, all strikes are blocks and vice versa. So too with this series of moves; a block to a weapon may also be a strike to the attacker's body. You might modify the technique depending whether it is a strike or block, one reason katas may be performed differently.
- The best defense is not being in the strike zone.
- Directions are given from the defender's position.
- Note the 'shadow' moves during transitions for protection.

STEP 1: The attacker thrusts towards the start position. The defender steps to the left and performs step 1 (strikes the body).

STEP 2: The attacker now thrust towards the new, left side position. The defender's left foot steps laterally to the right (across the line of attack) and performs step 2 (strikes the body). The defender may perform a 'hidden, shadow' move during transition by raising the back of the Jo and moving the Jo up and towards the left OR to the right so as to knock the attacker's Jo to the side as you prepare for the counter strike.

STEP 3: The attacker thrusts towards the new, right side position. The defender's right foot steps laterally to the left across the line of attack as the Jo blocks the attacker's Jo to the left (blocks the Jo). And...

STEP 4: The defender thrusts to end this attack (strikes the body).

STEP 5: The attacker approaches from behind with a thrust. The defender performs the turn around with the forward end pointed either downward or upward to block the thrust, depending upon the attack (block the Jo OR this could be a head strike). And...

STEP 6: The defender performs a shoulder strike to end this attack (strike to body).

STEP 7: Attacker thrust from behind defender. Defender turn with either a tip up or down Jo position, depending upon the direction of the attacker's thrust, and blocks attacker's Jo (blocks the Jo OR could be a head strike).

STEP 8: Defender counters with a thrust (strike to body).

STEP 9: Defender detects an attacker from behind and thrust backwards (strike body-knee OR frightens attacker).

STEP 10: Front attacker thrusts. Defender counters with a tip up or down block to the attacker's Jo knocking it to the right (blocks the Jo OR strikes head or hand).

STEP 11: Defender counters with a strike to the face (strike to body).

STEP 12: Attacker repeats thrust. Defender down blocks the attacker's Jo (blocks the Jo OR strike to body-head or hands).

STEP 13: Defender thrust to end attack.