

JODO TERMS AND TECHNIQUES

Jodo (joe-doe) means the 'Way of the Stick' using the four foot staff. This art is four hundred years old and uses the simplest of all weapons in a most innovative self-defense system. Its practice was adopted by the Tokyo Police Force in the Meiji Period to defend against and disarm rogue Samurai, and it is still in use today to control riots. There are 12 basic techniques and 12 formal exercises defending against an attacker armed with a wooden samurai sword.

These are the Japanese terms used in the Dojo (practice hall) and their English translation.

- 1. REI:** (Etiquette)
Zarei Sitting bow
Ritsurei Standing bow

- 2. SHISEI: (Posture)**
Ritsu Jo Stand at attention posture
Sage Jo Carrying posture at attention

- 3. KAMAE: JO** (Preparatory posture for Staff)
Tsune No Kamae Basic natural stance with feet below the hips
Honte No Kamae Basic posture with jo held with the far end at eye level
Gyakute No Kamae Reverse hand posture
Hikiotoshi No Kamae Side posture

- 4. KIHON:** (12 Basic techniques)
Honte Uchi Basic strike (Right / Left)
Gyakute Uchi Reverse strike (Right / Left)
Hikiotoshi Uchi Side strike (Right / Left)
Kaeshizuki Thrust (Right / Left)
Gyakutezuki Reverse Thrust
Makiotoshi Winding Sweep
Kuritsuke Sword Trap
Kurihanashi Sword Spin
Taiatari Sword Avoid and Push
Tsukihazushi Uchi Sword Strike and Thrust
Dobarai Uchi Side Block, Sweep Down, and Thrust
Taihazushi Uchi Avoid and Strike (Right / Left)

- 5. KAMAE: BOKKEN** (Preparatory postures for the sword)
Seigan No Kamae Bokken pointed at the eyes
Jodan No Kamae Bokken held above the head
Hasso No Kamae Bokken at the right side of the head, sword guard at jaw level
Waki-gamae Bokken hidden and trailing behind

6. JODO SEITEI NO KATA: (12 Standardized formal techniques)

Tsukizue	Reaching Stick
Tsuigetsu	Sternum Thrust
Hissage	Withdrawing Stick
Shamen	Side of Head Strike
Sakan	Left Thrust with Sword
Monomi	Lookout Technique
Kasumi	Poor Sight Technique
Tachiotoshi	Sword Strike Away
Raiuchi	Thunderbolt Strike
Seigan	Aiming at the Eyes
Midaredome	Stopping Chaos
Ranai	Chaos to Harmony

7. TERMS USED IN TRAINING

Sogo no rei	Bow to each other
Shidachi	User of the Jo and receiving the attack
Uchidachi	User of the Bokken, often the senior since the uchidachi controls the timing
Moto e	Move back to your line, on line
Mawari Migi	Turn around to the right
Hajime	Start
Yame	Stop
Zanshin	Be vigilant
Metsuke	gaise – eyes on the opponent
Kiai	Shout: “Ei” for Strikes, “O” for Thrusts
Shi Uchi Kotai	Command to exchange weapons
Tachi Wa Osame	Command to resheath the Bokken
Sogo No Rei	Shidachi points the jo to the floor, touching the shoulder from behind
Rei	Bow

Numbers

Ichi	One
Ni	Two
San	Three
Shee	Four
Go	Five
Rokku	Six
Seichi	Seven
Hachi	Eight
Kuu	Nine
Juu	Ten