



BATH AIKIDO SOCIETY

Furo Ryu Aikido

20 JO SUBURI

JO SUBURI				
Tsuki (Thrusts)	Uchi (Strikes)	Katate (One-Handed)	Hasso (Figure Eights)	Flowing
1. Choku Tsuki 2. Gaeshi Tsuki 3. Ushiro Tsuki 4. Tsuki Gedan Gaeshi 5. Tsuki Jodan Gaeshi Uchi	6. Shomen Uchi Komi 7. Renzuku Uchi Komi 8. Men Uchi Gedan Gaeshi 9. Men Uchi Ushiro Tsuki 10. Gyaku Yokomen Ushiro Tsuki	11. Katate Gedan Gaeshi 12. Katate Toma Uchi 13. Katate Hachi No Ji Gaeshi	14. Hasso Gaeshi Uchi 15. Hasso Gaeshi Tsuki 16. Hasso Gaeshi Ushiro Tsuki 17. Hasso Gaeshi Ushiro Uchi 18. Hasso Gaeshi Ushiro Barai	19. Hidari Nagare Gaeshi Uchi 20. Migi Nagare Gaeshi Tsuki

TERMINOLOGY

Japanese	English
Gaeshi	Turn
Gedan	Lower
Hachi	Eight
Hasso	Figure Eight
Hidari	Left
Jodan	Upper
Migi	Right
Katate	One-handed
Uchi	Strike
Ushiro	Behind
Tsuki	Thrust