

EJCA Jodo Club Practice Sequence

❖ Zarei

- Starting bow from sitting seiza position.

❖ Warming Up

- Turning body, tapping body, shifting
- Turning knees
- Turning head

❖ Walking Exercise

- Neriashi: slowly shifting weight from heel to toe
- Kuusoku: moving forward from knee and backward
- Chidori: moving diagonal from knee forward and back
- Hineri-goshi: turning heel, toe and hip

❖ Misogi-dachi

- Ensou: Deep breath and make big circle while exhaling (right and left)
- Tenchi:
 - Move tachi up and down slowly with cutting motion with breathing
 - Drop tach with exhaling
- Cutting up and down by turning shoulder
- Circle: cutting up and circle, then cutting up other side and circle
- Yoko-ichimonji:
 - Large horizontal cut
 - Short horizontal cut
- Katate-yokogiri :cutting up side and down with one hand
- Katsugi-dachi: cut from shoulder
- Reverse triangle cut
- Kiri-kaeshi from top (Kaitou)
- Kiri-kaeshi from below (Hiryu-ken)

❖ Kokyu-jo

- Gakute-uchi from below, side and top
- Honte-uchi from below, side and top
- Honte hikiotoshi-uchi men and all way down
- Gyakute hikiotoshi-uchi men and all way down
- Kaeshi-zuki from side and top
- Kurituke

❖ **Kihon-Dosa (basic movement)**

- Honte-uchi
- Gyakute-uchi
- Hikiotoshi-uchi
- Kaeshi-zuki
- Gyakute-zuki
- Makiotoshi
- Kurituke (right and left)
- Kurihanashi
- Taiatari
- Tuki-hazushi-uchi
- Dou-barai-uchi
- Tai-hazushi-uchi (right and left)

All basic movement starts from the tuneno-kamae to an appropriate kamae (e.g. honteni-kamae), then with the following calls: "yo-i" (ready), "hajime" (start), "yame" (stop), "motoe" (return to tuneno-kamae) and "maware migi" (turn right). The Jodo Instruction Manual describes foot movements and sequences. The basic movement can be practice with a partner (soutai-dousa).

❖ **Kata-Geiko**

- Practice of 12 jodo kata

❖ **Zarei**

- Finishin bow from siting seiza position

This practice sequence is based on the late Kenji Matsui Shihan's teaching which is used in all his Joshinkai Dojo in Japan.