**Basic Test Requirements Weapons Exercises**

**Basic Jo Form - Solo**

Begin in Left Hanmi; jo held in left hand in thumb up grip (hiking staff grip); bottom end just in front of left foot

Flip bottom end of jo up to right hand; slide forward and tsuki, draw back, moving slightly off the line to the right, executes tip-down rising block on the left; slide forward again and tsuki, draw back, moving slightly off the line to the right, executes tip-down rising block on the left;

Step forward with right foot, bring jo around back while switching hand positions and strike with right yokomen, switch feet and strike with left yokomen (no hand change);

Release right hand from end of jo, move it up to other end and slide back and tsuki to the rear with knee strike;

Pivot on left foot and step forward with jo and strike to the knee (right hanmi);

Reverse jo by flipping with the right hand and re-grasping with left hand (right hanmi);

Sequence repeats as above on opposite side

**Basic Jo Form - Paired**

As above but partners must blend with each others movements and maintain correct spacing

**Basic Paired Striking Exercise**

A) Seigan, right hanmi

B) Front Geidan

A) Strikes shomenuchi with sliding movement (right foot)

B) Executes tip-up rising block, sliding back (right hanmi)

A) Small raise, strikes B)'s right kote (forearm)

B) Steps back into left hanmi, blocks with tip-up rising block on the right side

A) executes tip-down rising block on the left side, steps across with right foot and strikes with right yokomen

B) Steps back into right hanmi, executes tip-up rising block

A) Executes tip-down rising block on the right side, steps across with left foot and strikes with left "Do" (mid-section) strike

B) Steps back into left hanmi, executes tip-up rising block

A) Executes tip-down rising block on the left side, steps across with right foot and strikes with right "ashi" strike (knee)

B) Steps back into right hanmi, executes tip-down falling block

A) Steps forward with left foot and executes tsuki attack

B) Steps back into left hanmi and deflects sword with tip-up rising deflection

 *\* Note: In each movement which B) executes the tip of the sword is always pointing at A)'s center*

**Basic Solo Sword Form**

 *\*Note: all cuts are vertical cuts*

Right hanmi, seigan no kamae

**Step forward** (left foot) and cut , step and tsuki, turn (no foot change) and cut (left hanmi);

**Step forward** (right foot) and cut , step and tsuki, turn (no foot change) and cut (right hanmi);

**Step back** (right foot) and cut , step forward and tsuki, turn (no foot change) and cut (left hanmi);

**Step back** (left foot) and cut , step forward and tsuki, turn (no foot change) and cut (right hanmi);

**Step forward to the rear** (right foot) and cut from low to high and in one motion twist into shomen cut (left hanmi), step and tsuki, turn (no foot change) and cut (left hanmi);

**Step forward to the rear** (left foot) and cut from low to high and in one motion twist into shomen cut (right hanmi), step and tsuki, turn (no foot change) and cut (right hanmi);

**Tenkan** and cut from low to high and in one motion twist into shomen cut (left hanmi), step and tsuki, turn (no foot change) and cut (left hanmi);

**Tenkan** and cut from low to high and in one motion twist into shomen cut (right hanmi), step and tsuki, turn (no foot change) and cut (right hanmi);

**Forward to the right** (left foot) while blocking with tip-down rising block (on right side) and cut, step and tsuki, turn (no foot change) and cut (left hanmi);

**Basic Solo Sword Form**

**Forward to the left** (right foot) while blocking with tip-down rising block (on left side) and cut, step and tsuki, turn (no foot change) and cut (right hanmi);

**Step back around to face right** (right foot) while blocking with tip-down rising block (on left side) and cut, step and tsuki, turn (no foot change) and cut (left hanmi);

**Step back around to face left** (left foot) while blocking with tip-down rising block (on right side) and cut, step and tsuki, turn (no foot change) and cut (right hanmi);

**Left foot crosses right into twisted position facing left**, while sword tip deflects to the left, step and tsuki, turn (no foot change) and cut (left hanmi);

**Right foot crosses left into twisted position facing right**, while sword tip deflects to the right, step and tsuki, turn (no foot change) and cut (right hanmi);

**End in Seigan**