

THIRTY - SIX JYO BASICS ONE LINER EXPLANATIONS

"▽J▽" = JUNTE GRIP HANDGRIP ON WEAPON, [FOR DEFENDER], BOTH THUMBS POINT DOWN TO BOTTOM END.

"△G△" = GYAKUTE GRIP HAND GRIP ON WEAPON, [FOR DEFENDER], BOTH THUMBS POINT TOWARDS EACH OTHER

FROM KESAUCHI ATTACKS (SIDE OF HEAD STRIKE):

1. Kesa #1 [no step, return strike, lean way back] ▽J▽
2. Kesa #2 [with step, return strike, lean back] ▽J▽
3. Makiotoshi #1 [rt ft, lf ft, roll down, pull to Tsuki] ▽J▽
4. Makiotoshi #2 [rt ft; lf ft, body thrust, straight in] ▽J▽
5. Kaeteuchiotoshi [Step back, change feet, change hands, big shomen drop, pull to Tsuki] ▽J▽
6. Junteuchiotoshi [rt ft; lf ft, "J" hook, down to tsuki] ▽J▽
7. Kaeshiuchioshi #1 [rt ft; lf ft, bottom up, down hard, pull to tsuki] △G△
8. Kaeshiuchiotoshi #2 [rt ft; lf ft, top down] △G△
9. Kaitenuchiotoshi #1 [rt ft; lf ft, bottom up, turn end for end, pull to tsuki] △G△
10. Kaitenuchiotoshi #2 [lift change hands, step back top down hard, turn end, pull to Tsuki] △G△
11. Otoshizuki #1 ["J" hook, stay overhead, lean back, body thrust, down to center, overhead thrust] ▽J▽
12. Otoshizuki #2 [turn body block, slide in, pop Jo away, lean back to overhead, thrust] △G△
13. Otoshizuki #3 [lf ft goes 1st, other end hits, to overhead, enter hard, overhead thrust] △G△
14. Otoshizuki #4 [Low ankle hit, shift rt, lift/slide up to hit hand, lean, overhead thrust] ▽J▽

FROM TSUKI ATTACKS (STRAIGHT THRUST TO 'NAVEL' AREA ATTACK):

1. Chokuzuki [return strike to navel, shift off line to left] ▽J▽
2. Kaeshizuki [return strike to navel, change grip, bottom up to hit, shift to left] △G△
3. Haraizuki [back rt ft steps around lf ft, shift to left, lift to hit hand, pull to Tsuki] ▽J▽
4. Makiotoshi #1 [shift to rt low parry, roll down, pull to Tsuki] ▽J▽
5. Makiotoshi #2 [shift to rt, low parry, thrust straight in to center of body] ▽J▽
6. Kaeshiuchiotoshi #1 [shift rt, bottom up, down flat, pull to Tsuki] △G△
7. Kaeshiuchiotoshi #2 [shift rt, top down, hand change, pull to Tsuki] △G△
8. Makiuchiotoshi #1 [slip/turn body to lf, jyo over & down, pull to Tsuki in left stance] ▽J▽
9. Makiuchiotoshi #2 [slip/turn body to lf jyo over & down, cross hands pull to Tsuki in right stance] ▽J▽
10. Kesauchi [3 levels, with step, round house to side of Head-Mid-Low] ▽J▽
11. Otoshizuki #1 [lift to hit hand, on up to lean back, to overhead thrust] ▽J▽
12. Otoshizuki #2 [lf ft 1st, shift to right, other end hits, lean back, to overhead thrust] ▽J▽
13. Kaitenuchiotoshi #1 [shift rt, bottom up, turn end for end, pull Tsuki] △G△
14. Kaitenuchiotoshi #2 [shift lf, bottom up turn end for end, pull to Tsuki] △G△
15. Katateuchi [rt hand grip only, around head to hit side of head; attacker must BLOCK!] ▽J▽

FROM SHOMEN ATTACKS (OVERHEAD; STRIKE DOWN THE CENTER):

1. Shomen nagaishiuchi [return strike, shift to right] △G△
2. Kaeshi Harai uchiotoshi [shift lf, block lf, slide down, to hit down, thrust to body] △G△
3. Kaeshizuki [return strike to navel level, shift to left] △G△ THrust STRIKE
4. Makiotoshi #1 [shift rt parry, rolling drop, pull to Tsuki] ▽J▽
5. Makiotoshi #2 [shift rt, parry, slide down to thrust, straight to center of body] ▽J▽
6. Jumonji Surotoshi #1 [block upward, shift to right, flip left down to hit hand, re-grab with rt hand pull to tsuki] △G△
7. Jumonji Surotoshi #2 [no steps, block upward, slide down to left, thrust to body] △G△
8. Otoshizuki #1 [parry/lift to hit hands, shift right pull up to lean back, overhead head thrust] ▽J▽
9. Otoshizuki #2 [lf moves 1st other end hits, lean back, to overhead thrust] △G△
10. Otoshizuki #3 [no step block upward, slide down to left, overhead thrust] △G△
11. Kaitenuchiotoshi #1 [shift rt, bottom up, turn end for end, pull Tsuki] △G△
12. Kaitenuchiotoshi #2 [shift lf, bottom up, turn end for end, pull to Tsuki] △G△
13. Keasuchi [high return strike, roundhouse to side of head, with step] ▽J▽

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