

## JYO TRAINING GUIDE

## EXERCISES

- 1) Basic Handling
  - a. Stretches
  - b. Spins
  - c. Hand positions (Junte and Gyakute)
- 2) Attacks
  - a. Kesa
  - b. Tsuki
  - c. Shomen

## TECHNIQUES

- 1) 36 Basics and variations (right and left hamni)
  - a. 12 Kesa 1st and 2nd encounter
  - b. 12 Tsuki 1st and 2nd encounter
  - c. 12 Shomen 1st and 2nd encounter
- 2) Kumi Jyo (Jyo vs. Jyo)
  - a. Sansho #1
    - i. Part 1 with ending variations
    - ii. Part 2
    - iii. Part 3 with ending variations
  - b. Sansho #2
- 3) Kumi Gata (Jyo vs. Bokken)
  - a. Sansho #3
    - i. Variations
  - b. 36 Jyo basics against Bokken
- 4) Jyo Waza variations (Kokyo nage with Jyo)
- 5) Jyo Dori variations (Empty hand vs. Jyo)

## PRINCIPLES

1. Execution
2. Extension
3. Focus
4. Distance