

31 Kata No Kumijo

The following description is that of the 31 Jo Kumi Jo kata, taught by Saito Sensei.

These words were written by Sensei Paul McGlone, Traditional Aikido Iwama Ryu GB.
To quote Sensei McGlone.

"The following pages have been compiled...to provide a basic guide...these pages should NOT be regarded as an unalterable 'bible', as they have in the past and no doubt will in the future be revised.."

K stands for person doing the Kata
AK for person doing the Anti-Kata (initially attacking)
The Count is shown in square brackets [1 to 31]

K: basic posture as first jo suburi
AK: tsuki no kamae then make chokuzuki

K: kaeshi zuki [1]
AK: deflect and make chokuzuki

K: step to right with overhead defence [2] then turn jo over on circular movement to knock partner's jo down and to the left, then enter with chokuzuki in hidari hanmi [3]
AK: steps to right, catching uke's jo and covering own upper body, then turning jo over in circular movement to sweep uke's jo down and to the right, then enters with chokuzuki

K: moves to right, raising jo to catch uchi's jo and cover own upper body, [4] then enter migi shomen uchi komi [5]
AK: steps back with defensive shomen uchi in migi hanmi

K: makes hidari shomen uchi komi [6]
AK: steps back with defensive shomen uchi in hidari hanmi

K: turns to rear to make shomen uchi [7]
AK: pauses

K: makes hidari shomen uchi komi [8]
AK: enters to migi hanmi preparing to raise jo for shomen uchi

K: turns to rear to make ushiro barai [9]
AK: steps back into hidari hanmi raising jo sharply, avoiding uke's sweep, then start to make shomen uchi

K: moves out to left, raising jo sharply under uchi's arms to halt attack [10]
AK: stops shomen uchi partially executed

K: enters to make gyakyu yokomen uchi [11]
AK: steps back into hidari hanmi and blends with and parries jo

K: hand change, and settle into tsuki no kamae [12]
AK: hand change, and settle into tsuki no kamae

K: makes chokuzuki [13]
AK: steps to left, deflecting uke's jo to right, then makes chokuzuki

K: moves to right in hidari hanmi, raising jo to catch uchi's jo and cover own upper body, [14] then enter migi shomen uchi komi [15]
AK: steps back into migi hanmi cutting shomen uchi in defence

K: immediately slide jo back to left hand side [16] and step forward making hidari gedan gaeshi [17]
AK: step back into hidari hanmi moving left hand to front half of jo and using front end to defend knee, then make chokuzuki

K: step to right in hidari hanmi and turn jo end over end to strike uchi's jo away to left [18] then make gedan tsuki to uchi's knee [19]
AK: step back in hidari hanmi raising jo in basic defence

K: step forward with yokomen uchi komi to uchi's knee, dropping onto own right knee, [20]
AK: step back into migi hanmi, cutting against uke's jo as defence.

K: slide jo back to left hand side [21]
AK: raise jo for shomen uchi and step forward to strike uke's exposed head

K: draw jo across the body with right hand, sliding jo through left hand, at the same time rising up and stepping forwards with left foot, then making tsuki to uchi's chest [22]
AK: step to left with left foot, avoiding uke's thrust, then sliding right hand up to top end of jo, enter with left foot, thrusting jo over top of uke's jo to uke's chest

K: step to right in hidari hanmi and turn jo end over end to strike uchi's jo away to left [23] then enter in hidari hanmi making chokuzuki [24]
AK: allow jo to follow circle created by uke's strike and step straight back, maintaining hidari hanmi and dropping centre, blocking uke's jo away to right.

K: again enter in hidari hanmi making chokuzuki [25]

- AK: step to right in hidari hanmi and turn jo end over end to strike uchi's jo away to left, then start to make chokuzuki
- K: slide jo back to right hand side, [26] and step forwards into migi hanmi making gedan gaeshi [27]
- AK: draw jo back to right side of body then step back into migi hanmi making gedan gaeshi as defence
- K: draw jo back with left hand, raising jo to chest height, then make tsuki to uchi's chest [28]
- AK: draw jo backwards through right hand until the right hand is about a foot from the end. Step back into hidari hanmi sweeping jo up and across to right, striking uke's jo, then as jo approaches right shoulder, left hand drops to grip lower end, so that you assume hasso no kamae.
- K: move right hand up and to the. Left, to blend with strike, then release jo with left hand allowing jo to rotate, and catching free end with left hand above head [29] enter with migi hanmi choku tsuki [30]
- AK: strike uke's jo with a parrying blow turning your right hip forwards as you do so, then step into migi hanmi and make chokuzuki.
- K: absorb power of uchi's cut, then raise jo as in 5th ken suburi, entering with hidari hanmi to left of uchi's jo, avoiding his thrust, and immediately cutting gyakyu yokomen uchi [31]