

# JO

## Blocks & Strikes

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### READY POSITIONS

**Ready Position 1:** Jo held vertically in right hand on right side of body, tip by floor in front of toes

**Ready Position 2:** Jo held parallel to floor at waist level, both palms facing down

**Ready Position 3:** Jo held parallel to floor at waist level, right hand palm up, left hand down

**Ready Position 4:** As in fighting stance

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### BLOCKS

1. Down Block .....(2 ways) (2-hand - horiz.) (like a sweep - vert.)
2. Upward Block.....(2 ways) (above the head) (wrist strike)
3. Inside Block.....(1 way)
4. Outside Block.....(2 ways) (to the side) (like a head strike)
  
5. Body Block in Mountain Stance
6. Circle Disarm (as in kata)

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### STRIKES

1. Thrust
2. Overhead Strike
3. Diagonal Head Strike
4. Sliding Downward Thrust (or "4-to-the-Floor)
5. Horizontal Strike
6. Sweep (front & back end)
7. Bridge-of-the-nose Strike (with middle of jo)
8. Jo Swing (as in kata)

