

# Chiba Sensei's 36 Jo Basics

## Tsuki

1. Chokutsuki
2. Kaeshitsuki
3. Haraitsuki
4. Makiotoshi
5. Kaeshiuchiotoshi 1
6. Kaeshiuchiotoshi 2
7. Makiuchiotoshi 1, 2
8. Kesauchi Jodan,  
Chudan, Gedan
9. Otoshitsuki 1
10. Otoshitsuki 2
11. Kaitenuchiotoshi 1, 2
12. Katateuchi

## Kesa

1. Kesa Uchi 1
2. Kesa Uchi 2
3. Makiotoshi 1, 2
4. Katateuchiotoshi
5. Junteuchiotoshi
6. Kaeshiuchiotoshi 1, 2
7. Kaitenuchiotoshi 1
8. Kaitenuchiotoshi 2
9. Otoshitsuki 1
10. Otoshitsuki 2
11. Otoshitsuki 3
12. Otoshitsuki 4 (gedan)

## Shomen

1. Nagashi Uchi
2. Kaeshi Harai  
Uchiotoshi
3. Kaeshitsuki
4. Makiotoshi 1
5. Makiotoshi 2
6. Jumonji Suriotoshi 1
7. Jumonji Suriotoshi 2
8. Otoshitsuki 1
9. Otoshitsuki 2
10. Otoshitsuki 3
11. Kaitenuchiotoshi 1, 2
12. Kesauchi