

20 Jo Suburi

Paul Robinson compiled a list to help him learn the 20 jo suburi. Paul found that an English translation for the names helped him to remember the movements. Here is his list which we hope that you find useful. The list has been enhanced to include two hyperlinks for each suburi. These point to the start position in a [video on YouTube in which Saito Sensei demonstrates the 20 suburi](#). The first link shows the suburi viewed from the front and the second the suburi viewed from the rear.

Tsuki

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| 1) Choku Tsuki - front rear | Direct (front) thrust |
| 2) Gaeshi Tsuki - front rear | Return thrust (Counter thrust) |
| 3) Ushiro Tsuki - front rear | Thrust to the rear |
| 4) Tsuki Gedan Gaeshi – front rear | Thrust with low return strike |
| 5) Tsuki Jodan Gaeshi Uchi- front rear | Thrust with high return strike |

Uchikomi

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| 6) Shomen Uchikomi - front rear | Front strike with step |
| 7) Renzoku Uchikomi - front rear | Continuous front strikes with step |
| 8) Menuchi Gedan Gaeshi - front rear | Front strike, low return strike |
| 9) Menuchi Ushiro Tsuki - front rear | Front strike, thrust to rear |
| 10) Gyaku Yokumen Ushiro Tsuki – front rear | Opposite side, head strike, thrust to rear |

Katate

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| 11) Katate Gedan Gaeshi – front rear | One handed, low to high return strike |
| 12) Katate Toma Uchi - front rear | One handed far-reaching strike |
| 13) Katate Hachi Noji Gaeshi – front rear | One handed “figure 8” strike |

Hasso Gaeshi

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| 14) Hasso Gaeshi Uchi - front rear | Eight direction return, front strike |
| 15) Hasso Gaeshi Tsuki - front rear | Eight direction return, front thrust |
| 16) Hasso Gaeshi Ushiro Tsuki – front rear | Eight direction return, thrust to the rear |
| 17) Hasso Gaeshi Ushiro Uchi – front rear | Eight direction return, strike to the rear |
| 18) Hasso Gaeshi Ushiro Barai – front rear | Eight direction return, sweep to the rear |

Nagare

- | | |
|--|-----------------------------------|
| 19) Hidari Nagare Gaeshi Uchi – front rear | Left flowing front return strike |
| 20) Migi Nagare Gaeshi Tsuki – front rear | Right flowing front return thrust |

This is a useful resource not only for beginners but also for the rest of us who can improve our understanding of the suburi by watching and learning from the master.