



## 20 JO SUBURI

### **TSUKI NO BU** ⇨ *Thrusting Series*

1. **Choku Tsuki** ⇨ *Straight thrust*
2. **Gaeshi Tsuki** ⇨ *Counter thrust*
3. **Ushiro Tsuki** ⇨ *Rear thrust*
4. **Tsuki Gedan Gaeshi** ⇨ *Thrust, low counter*
5. **Tsuki Jodan Gaeshi** ⇨ *Thrust, high counter*

### **SHOMEN NO BU** ⇨ *Front Strike Series*

6. **Shomen Uchi Komi** ⇨ *Front of head strike, stepping forward*
7. **Renzoku Uchi Komi** ⇨ *Continuous front of head strike, stepping forward*
8. **Shomen Uchi Gedan Gaeshi** ⇨ *Front of head strike, low counter*
9. **Shomen Uchi Ushiro Tsuki** ⇨ *Front of head strike, rear thrust*
10. **Gyaku Yokomen Ushiro Tsuki** ⇨ *Reverse side of head strike, rear thrust*

### **KATATE NO BU** ⇨ *One-handed Series*

11. **Katate Gedan Gaeshi** ⇨ *One-handed low counter*
12. **Katate Toma Uchi** ⇨ *One-handed distant strike*
13. **Katate Hachi Noji Gaeshi** ⇨ *One-handed figure eight counter*

### **HASSO NO BU** ⇨ *Figure Eight Series*

14. **Hasso Gaeshi Uchi** ⇨ *Figure eight counter, strike*
15. **Hasso Gaeshi Tsuki** ⇨ *Figure eight counter, thrust*
16. **Hasso Gaeshi Ushiro Tsuki** ⇨ *Figure eight counter, rear thrust*
17. **Hasso Gaeshi Ushiro Uchi** ⇨ *Figure eight counter, rear strike*
18. **Hasso Gaeshi Ushiro Harai** ⇨ *Figure eight counter, rear sweep*

### **NAGARE NO BU** ⇨ *Flowing Series*

19. **Hidari Nagare Gaeshi Uchi** ⇨ *Left flowing counter strike*
  20. **Migi Nagare Gaeshi Tsuki** ⇨ *Right flowing counter thrust*
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