

# Seitei Jodo 制定杖道

## 12 Kihon & 12 Kata

### KIHON 基本

12 BASIC STRIKES

- 1 Honte Uchi** 本手打  
*Normal hand strike*
- 2 Gyakute Uchi** 逆手打  
*Reversed hand strike*
- 3 Hiki Otoshi Uchi** 引落打  
*Draw back and strike down*
- 4 Kaeshi Zuki** 返付  
*Reverse the jo and thrust*
- 5 Gyakute Zuki** 逆手付  
*Reversed hand thrust*
- 6 Maki Otoshi** 卷落  
*Envelope and drop down*
- 7 Kuri Tsuke** 繰付  
*Guide and stick to the sword*
- 8 Kuri Hanashi** 繰放  
*To guide and let go*
- 9 Tai Atari** 体当  
*Crush the body*
- 10 Tsuki Hazushi Uchi** 突外打  
*Deflect a thrust and strike*
- 11 Do Barai Uchi** 胴払打  
*Strike on a sweeping cut to torso*
- 12 Tai Hazushi Uchi** 对外打  
*Evade with the body and strike*

### SEITEI NO KATA 制定の形

12 KATA

- 1 Tsukizue** 著杖  
*Stick that reaches the target*
- 2 Suigetsu** 水月  
*Solar plexus*
- 3 Hissage** 引下  
*To lower, make drop*
- 4 Shamen** 斜面  
*Diagonal*
- 5 Sakan** 左貫  
*Penetrate from the left*
- 6 Monomi** 物見  
*Vision of things*
- 7 Kasumi** 霞  
*Haze*
- 8 Tachi Otoshi** 太刀落  
*Make the sword drop*
- 9 Rai Uchi** 雷打  
*Thunder strike*
- 10 Seigan** 清眼  
*In the eyes*
- 11 Midare Dome** 乱留  
*Turbulence control*
- 12 Ranai** 乱合  
*Harmony in chaos*