

AAA Kumijo

Kumijo No.1

Attack		Defense	
1-1	Slide forward (L foot, R foot) and tsuki (mid) (LH)	1-2	R hand grabs top of jo thumb down, slide to L and strike tsuki down (LH)
2-2	Slide to rear (R foot, L foot) into guard position (LH)	2-1	Slide forward and tsuki (high) pushing with R hand (LH)
3-1	Slide forward (L foot, R foot) and tsuki (mid) (LH)	3-2	Step to R (R foot) guard (jo overhead trailing over L leg)
4-2	Hold position	4-1	Step L foot next to R foot, jodan, step forward R foot and strike shomen

Kumijo No.2

Attack		Defense	
1-1	Slide forward (L foot, R foot) and tsuki (high) (LH)	1-2	Slide to L bending L knee to lower grip with L hand. Slide R foot behind while raising jo. Use R hand on bottom to deflect tsuki
2-2	Slide to R rear (R foot, L foot) into guard position (LH)	2-1	Slide forward and tsuki (high)
3-1	Step to R (R foot, L foot) and strike to L knee (RH)	3-2	Step to R (R foot, L foot) (LH) and downward block with elbow high, feet close together, twist body towards strike
4-2	Hold position	4-1	Step forward R foot and strike shomen

Kumijo No.3

Attack		Defense	
1-1	Slide forward (L foot, R foot) and tsuki (low) (LH)	1-2	R hand grabs top of jo thumb up, slide to L and with sweeping motion block tsuki (LH)
2-2	Slide back (R foot, L foot), jo waist high, pull jo back ready to tsuki (LH)	2-1	R hand moves to bottom of jo, L hand slides closer to R hand, raise jo near R shoulder (hasso) in threatening posture
3-1	Prepare to tsuki	3-2	Move R foot to R to present target
4-1	Slide forward (L foot, R foot) and tsuki (mid) (LH)	4-2	Shift weight to R foot, draw L foot to R and strike tsuki down (LH)
5-2	Hold position	5-1	Slide forward and tsuki (mid) to back side of opponent

Kumijo No.4

Attack		Defense	
1-1	Slide forward (L foot, R foot) and tsuki (high) (LH)	1-2	R hand grabs top of jo thumb down, slide rearwards pulling jo behind neck, R knee bent, L leg straight in wide stance (LH)
2-2	Raise L foot high (above R knee), jo vertical tip pointing down in front of L shin	2-1	Release L hand and swing jo wide arc towards L ankle, followed by R foot cross-stepping L and in front of L foot, and catch jo at the end of the arc L hand thumb up (RH)
3-1	Drop L foot forward and tsuki (mid) (LH)	3-2	Without changing grip step with L foot to align with opponent and tsuki pushing with L hand (parallel high) (RH)

Kumijo No.5

Attack		Defense	
1-1	Slide forward (L foot, R foot) and tsuki (high) (LH)	1-2	Slide to L bending L knee to lower grip with L hand. Slide R foot behind while raising jo. Use R hand on bottom to deflect tsuki
2-2	Slide rearward, thrust jo to rear, releasing L hand, catching end of jo with R hand (LH)	2-1	Slide forward and tsuki (high) (LH)
3-1	Step forward and left with R foot swinging jo head high to L side, catching jo with L hand thumb up (RH)	3-2	Reverse grip L hand, step back L foot and drop to L knee, jo tip to ground, looking under R forearm
4-1	Reverse grip R hand, step forward L foot and strike yokomenuchi low to kneeling opponent (LH)	4-2	Stand up by stepping to L (L foot), R foot pivots behind (LH), maintain same grip on jo, and strike opponent's jo away (from L to R)
5-2	Hold position	5-1	Tsuki (mid) pushing with R hand (LH)

Notes:

Content is from Nakayama Sensei's original notes, edited in 2009 to match AAA bukiwaza footage

L Left

R Right

LH/RH Left/Right Hanmi

Numbering 1-2 = first movement, second person to move, 2-1 = second movement, first person to move, etc.