

The 20 Jo Suburi

Thrusts (突き *tsuki*)

1. Direct thrust (直突き *choku tsuki*)
2. Counter thrust (返し突き *gaeshi tsuki*)
3. Rear thrust (後ろ突き *ushiro tsuki*)
4. Thrust, low counter (突き下段返し *tsuki gedan gaeshi*)
5. Thrust, high counter (突き上段返し *tsuki jōdan gaeshi*)

Strikes (打ち *uchi*)

6. Front-of-the-head strike (正面打ち込み *shōmen uchi komi*)
7. Continuous strike (連続打ち込み *renzoku uchi komi*)
8. Head strike, low counter (面打ち下段返し *menuchi gedan gaeshi*)
9. Head strike, rear thrust (面打ち後ろ突き *menuchi ushiro-tsuki*)
10. Reverse side-of-the-head strike, rear thrust (逆横面後ろ突き *gyaku-yokomen ushiro-tsuki*)

One-handed (片手 *katate*) movements

11. One-handed low counter (片手下段返し *katate gedan gaeshi*)
12. One-handed long distance strike (片手遠間打ち *katate tōma-uchi*)
13. One-handed "figure-eight"-shaped counter (片手八の字返し *katate hachi-no-ji gaeshi*)

"Figure-eight" (八相 *hassō*) movements

14. "Figure-eight" counter, strike (八相返し打ち *hassō-gaeshi uchi*)
15. "Figure-eight" counter, thrust (八相返し突き *hassō-gaeshi tsuki*)
16. "Figure-eight" counter, rear thrust (八相返し後ろ突き *hassō-gaeshi ushiro tsuki*)
17. "Figure-eight" counter, rear strike (八相返し後ろ打ち *hassō-gaeshi ushiro uchi*)
18. "Figure-eight" counter, rear sweep (八相返し後ろ払い *hassō-gaeshi ushiro barai*)

Flowing (流れ *nagare*) movements

19. Left flowing counter strike (左流れ返し打ち *hidari nagare-gaeshi uchi*)
20. Right flowing counter thrust (右流れ返し突き *migi nagare-gaeshi tsuki*)

The 7 Bokken Suburi

1. Straight vertical cut.
2. Step back, step forward, straight vertical cut.
3. Step back, raise and lower sword to waki-no-kamae, raise sword, straight cut.
4. Start with suburi 1, then walk forwards cutting shomen with each step.
5. Start with suburi 1, then walk forwards cutting yokumen with each step.
6. Start with suburi 1, then tsuki. Step forward and cut, slide forward (keeping the same foot in front) and tsuki.
7. Start with suburi 1, then step forward and tsuki. Cut with the right foot forward, tsuki with the left foot forward.