

Aiki-jo suburi

Tsuki (thrusting)

1. Choku-tsuki (direct thrust)
2. Kaeshi-tsuki (counter thrust)
3. Ushiro-tsuki (rear thrust)
4. Tsuki gedan-gaeshi (thrust, low counter)
5. Tsuki jodan-gaeshi-uchi (thrust, high counter strike)

Uchi (striking)

6. Shomen'uchikomi (front-of-the-web stepping strike)
7. Renzoku uchikomi (repeating stepping strike)
8. Men'uchi ushiro-tsuki (head strike, rear thrust)
9. Men'uchi gedan-gaeshi (head strike, low counter)
10. Gyaku-yoko'men ushiro-tsuki (reverse side-of-the-head strike, rear thrust)

Hasso («figure-eight»)

11. Hasso-gaeshi uchi («figure-eight» counter, strike)
12. Hasso-gaeshi tsuki («figure-eight» counter, thrust)
13. Hasso-gaeshi ushiro-tsuki («figure-eight» counter, rear thrust)
14. Hasso-gaeshi ushiro-uchi («figure-eight» counter, rear strike)
15. Hasso-gaeshi ushiro-barai («figure-eight» counter, rear sweep)

Katate (one-handed)

16. Katate gedan-gaeshi (one-handed low counter)
17. Katate toma-uchi (one-handed distant-interval strike)
18. Katate hachi-no-ji gaeshi (one-handed «figure-eight» counter)

Nagare (flowing)

19. Nagare-gaeshi-uchi (flowing counter strike)
20. Migi nagare-gaeshi-tsuki (right flowing counter thrust)