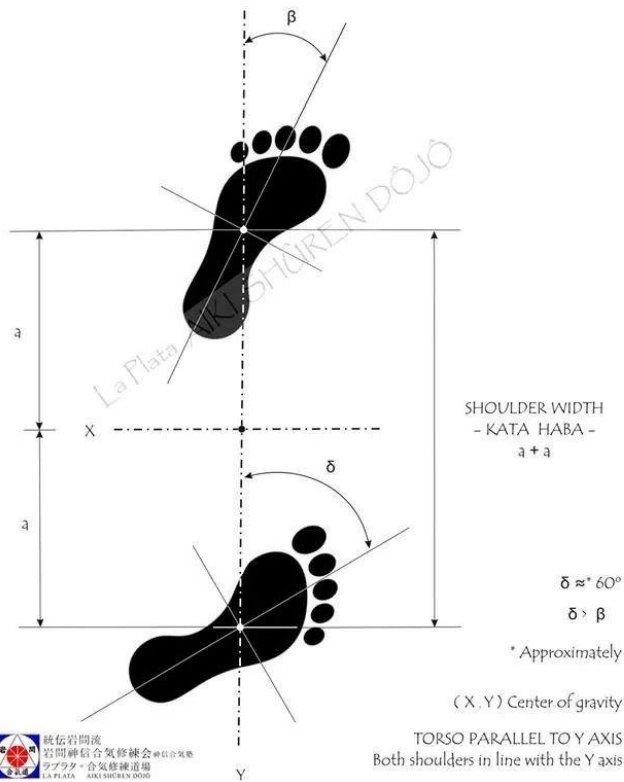


# JO NO HANMI

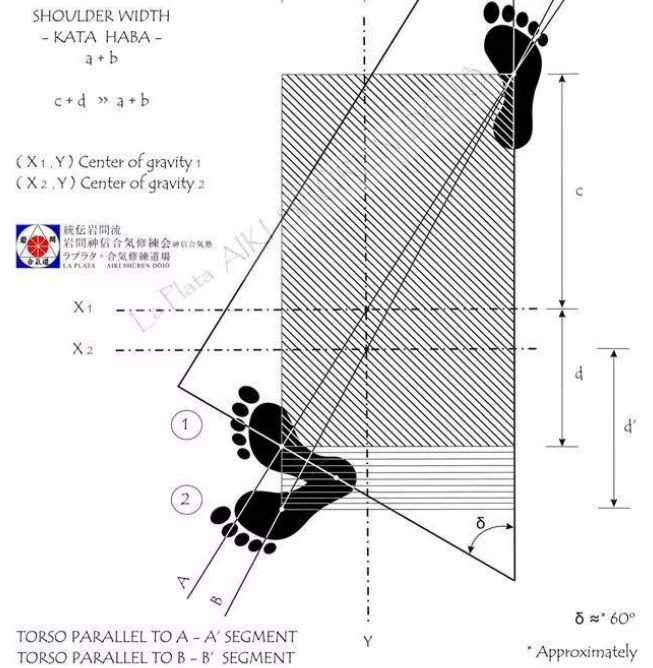
Jo no Hitoemi

Jo no Hanmi is the basic body's posture of Aiki Jo



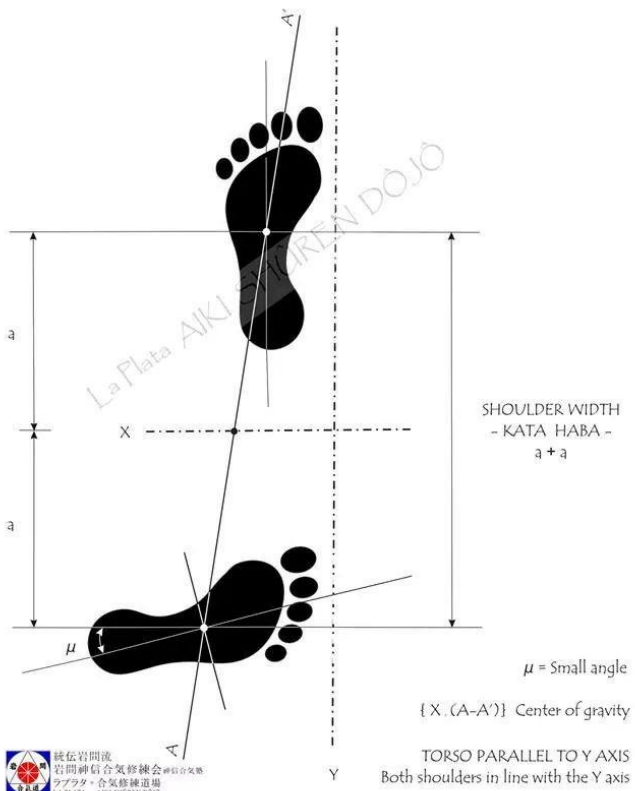
# KENKA GOSHI

- ① Scrolling behind uke in Morote dori Kokyu ho / Sokumen
- ② Final position of the feet in Morote dori Kokyu ho



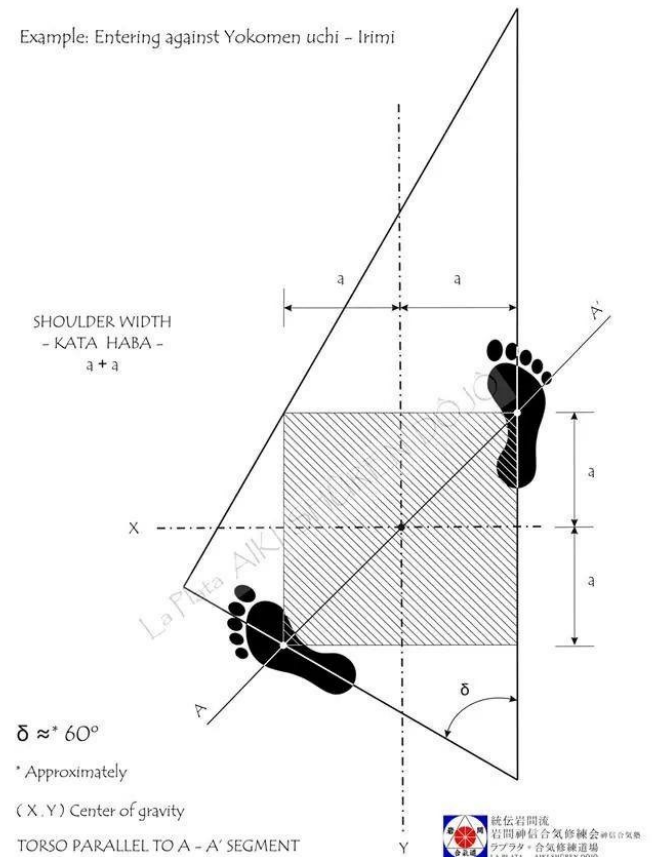
# HITOEMI

Ken no Hitoemi



# KENKA GOSHI

Example: Entering against Yokomen uchi - Irimi



# KEN NO HANMI

Hanmi is the basic body's posture common to both kenjutsu and taijutsu

