



1. KAESHI TSUKI

2. BLOCK

3. TSUKI

4. ROTATE OVER THE HEAD

5. YOKOMENUCHI

6. GYAKU YOKOMENUCHI



7. STRIKE TO THE REAR

8. GYAKU YOKOMENUCHI

9. USHIRO BARAI

10. STRIKE UPWARD FROM LOWER RIGHT

11. GYAKU YOKOMENUCHI



12. RETURN TO KAMAE

13. CHOKU TSUKI

14. ROTATE OVER THE HEAD

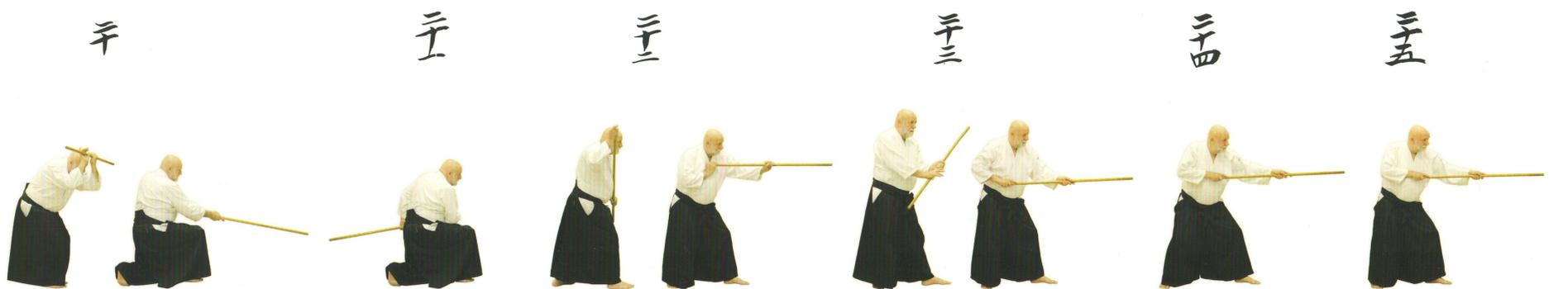
15. YOKOMENUCHI

16. DRAW THE JO BACK

17. STRIKE THE LEG

18. RETURN TO KAMAE

19. GEDAN TSUKI



20. KNEEL ON THE LEFT KNEE AND STRIKE THE LEG

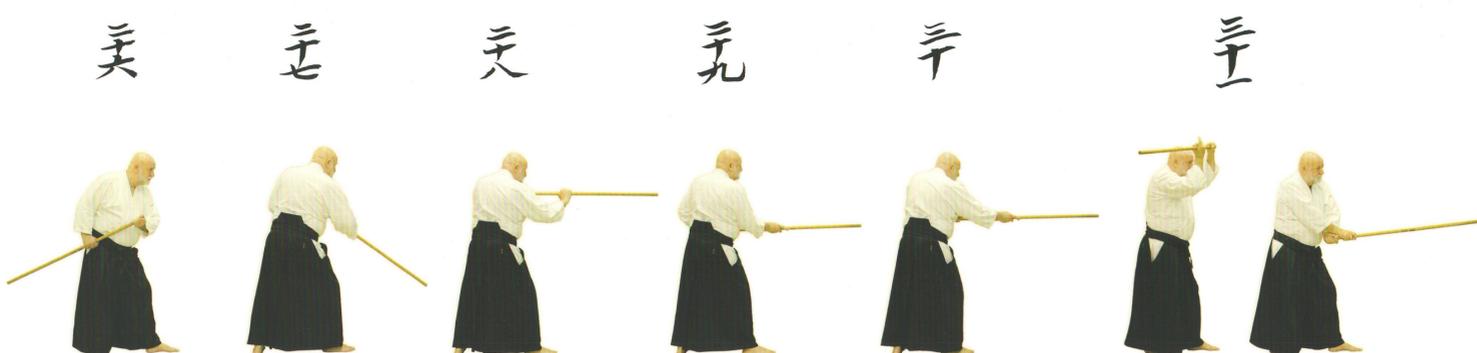
21. DRAW THE JO BACK

22. ADVANCE WITH THE LEFT LEG AND TSUKI TO THE CHEST

23. RETURN TO KAMAE

24. CHOKU TSUKI

25. ADDITIONAL TSUKI



26. DRAW THE JO BACK

27. STRIKE THE LEG

28. TSUKI TO THE CHEST

29. ASSUME LEFT KAMAE

30. LEFT CHOKU TSUKI

31. GYAKU YOKOMENUCHI

TO MARTIN

合氣杖三十一之型

31 NO KATA

Original kanji by Morihiro Saito 9 dan Shihan.

All movements are as described in the second moku-roku.

SHIHAN ULF EVENÄS, 7 DAN