

<b>Step</b>	<b>31 Anti-Kata</b>	<b>Dir.</b>	<b>31 Kata</b>
Ichi	(a) Step left offline, choku tsuki taneous	➔	Step offline, chudan uke into gaeshi tsuki (a) block-thrust are simul
Ni	b) Chudan nagashi uke (parry) Choku tsuki	➔➔ ➔	(b) pause Jodan uke, rolling block (strike down on the jo using right wrist; left stays put.)
San	Jodan gaeshi uke, then pancake flip	⬅	Choku tsuki to short ribs
Shi	Choku tsuki sliding forward	➔	Jodan gaeshi uke, step to oblique rear
Go	Step back, shomen uke	⬅	Shomenuchi to forehead
Ryoku	Step back, gyaku shomenuchi. (variation: left underhand tsuki)	⬅	Gyaku yokomen
Shichi	Pause	⬅	Pivot 180, shomenuchi
Hachi	Step forward in ken no kamae	⬅	Gyaku yokomen
Ku	Step back, raise jo overhead	⬅	Ushiro barai
Ju	Shomenuchi	➔	Step forward, jodan yokomenuchi (upperward rising strike) to wrist
Ju ichi	Don't move. Finish shomenuchi	⬅	Jodan gyaku yokomenuchi to head
Ju ni	Step back, tsuki no kamae	⚡	Tsuki no kamae
Ju san	Chudan uke (don't move left hand)	⬅	Choku tsuki
Ju shi	Choku tsuki	➔	Jodan gaeshi uke
Ju go	Step back -- Shomen uke parry	⬅	Shomenuchi (feint – go directly to next step without pausing)
Ju roku	Pause	⌞	Ushiro gedan tsuki (withdraw jo to set up a low sweep)
Ju shichi	Step back, change hands for gedan uke	⬅	Gedan gaeshi uchi (barai action)
Ju hachi	Choku tsuki	➔	Rolling block (switch from gaeshi grip to normal grip by releasing right hand. Flip jo over and regrip, striking jo down)
Ju ku	Jodan uke (parry jo)	⬅	Gedan tsuki
Ni ju	Step back, yokomen uke	⬅	Yokomenuchi to knee (withdraw immediately into next step)
Ni ju ichi	Raise jo for shomenuchi	⌞	Withdraw to back knee, position jo for strike as in ushiro gedan tsuki
Ni ju ni	Withdraw from strike to stomach	⬅	Stand, overhand tsuki to pit of stomach
Ni ju san	Overhand chudan tsuki	➔	Rolling block (switch from grip by releasing hand, flip jo, regrip, striking down on jo)
Ni ju shi	From momentum of rolling block, let tip drop and bring it around clockwise to deflect right (right hand drops below hip)	⬅	Choku tsuki
Ni ju go	Step right with back foot (remain in left hanmi) and reach under with back hand to flip jo, block downward	⬅	Choku uke and move directly into next move without pausing
Ni ju roku	Pause	⌞	Ushiro gedan barai kamae (withdraw jo immediately into the low sweep position)
Ni ju shichi	Withdraw, gedan gaeshi uke (bottom hand slides up)	⬅	Gedan gaeshi uchi
Ni ju hachi	Slide top hand down so hands are together, withdraw and swing up and across to shoulder level to parry	⬅	Overhand chudan tsuki
Ni ju ku	Drop top hand to bottom of jo and raise over head	⌆	Roll back jo from momentum of attack
San ju	Step rear, off line to execute shomen uke	⬅	Choku tsuki (let momentum of uke's block move jo to finishing trike)
San ju ichi	Choku tsuki	⚡	Step off line, gyaku yokomenuchi

Notes: Uchi = Strike; Uke = Block. Nagashi = flowing block (parry). Some blocks/thrusts merge into a single movement.