




# Cork Open Centre

[www.AikidoShobukanCork.com](http://www.AikidoShobukanCork.com)

[www.AikidoCork.ie](http://www.AikidoCork.ie)

## AIKIDO GLOSSARY

### POSITIONS OF ATTACKS AND DEFENCE

	<p>Taichiwaza (Body art, form)</p>
	<p>Hanmi handachi (Techniques practiced with nage sitting and uke standing)</p>
	<p>Suwariwaza (Techniques which begin with both opponents in seiza and are executed from the knees)</p>

# Cork Open Centre

[www.AikidoShobukanCork.com](http://www.AikidoShobukanCork.com)

[www.AikidoCork.ie](http://www.AikidoCork.ie)

## ATTACKS

<b>GRABS</b>	 An illustration showing a male and a female practitioner in Aikido attire. The male practitioner is on the left, and the female is on the right. They are facing each other, and the female is reaching out with her right hand to grasp the male's right wrist.	Katate dori (Wrist grab)
	 An illustration showing a male and a female practitioner in Aikido attire. The male practitioner is on the left, and the female is on the right. They are facing each other, and the female is reaching out with her right hand to grasp the male's right shoulder.	Kata dori (Shoulder grab)
	 An illustration showing a male and a female practitioner in Aikido attire. The male practitioner is on the left, and the female is on the right. They are facing each other, and the female is reaching out with her right hand to grasp the male's left wrist.	Kosa dori (Cross hand grab)
	 An illustration showing a male and a female practitioner in Aikido attire. The male practitioner is on the left, and the female is on the right. They are facing each other, and the female is reaching out with both hands to grasp the male's right wrist.	Morote dori (Two hands grabbing one wrist/arm)

# Cork Open Centre

[www.AikidoShobukanCork.com](http://www.AikidoShobukanCork.com)

[www.AikidoCork.ie](http://www.AikidoCork.ie)



Ryote dori  
(Two hands grabbing two wrists/arms)



Ryokata dori  
(Grabbing both shoulders)



Mune dori  
(One or two handed lapel grab)



Ushiro ryote dori  
(Two hands grabbing two wrists/arms from behind)







Ushiro ryohiji dori  
(Two hands grabbing two elbows from behind)

# Cork Open Centre

[www.AikidoShobukanCork.com](http://www.AikidoShobukanCork.com)





[www.AikidoCork.ie](http://www.AikidoCork.ie)

		Ushiro ryokata dori (Grabbing both shoulders from behind)
		Ushiro eri dori (Grabbing from behind)
		Ushiro kubi shime (Choke hold from behind)
<b>PUNCHES</b>		Munetsuki (A straight punch to the chest or solar plexus)

# Cork Open Centre

[www.AikidoShobukanCork.com](http://www.AikidoShobukanCork.com)


[www.AikidoCork.ie](http://www.AikidoCork.ie)

		<p>Menetsuki (Straight punch to the face)</p>
<b>STRIKES</b>		<p>Shomenuchi (Strike or cut to the top of the head)</p>
		<p>Yokomenuchi (Strike to the side of the head)</p>
		<p>Katadori men-uchi (Shoulder grab, punch to the face)</p>




# Cork Open Centre

[www.AikidoShobukanCork.com](http://www.AikidoShobukanCork.com)

[www.AikidoCork.ie](http://www.AikidoCork.ie)

<b>KICK</b>	 An illustration showing two people in Aikido attire. One person is in a low stance, and the other is performing a front kick towards their midsection.	Maegeri (Front kick)
-------------	--	-------------------------

## TECHNIQUES

 An illustration showing two people in Aikido attire. One person is kneeling, and the other is performing a technique that involves pulling the opponent's arm and wrist down towards the ground.	Ikkyo (The first technique)	
 An illustration showing two people in Aikido attire. One person is kneeling, and the other is performing a technique that involves pulling the opponent's arm and wrist down towards the ground, using wrist torque.	Nikkyo (The second technique - it uses wrist torque to control the opponent's center)	
 An illustration showing two people in Aikido attire. One person is kneeling, and the other is performing a technique that involves pulling the opponent's arm and wrist down towards the ground, using wrist and elbow control.	Sankyo (The third technique - control of the opponent's center through the wrist and elbow)	

# Cork Open Centre

[www.AikidoShobukanCork.com](http://www.AikidoShobukanCork.com)

[www.AikidoCork.ie](http://www.AikidoCork.ie)



Yonkyo  
(The fourth technique -  
control of the opponent's center  
through the wrist, elbow, and  
shoulder)



Gokyo  
(The fifth technique)



Aiki otoshi  
(Reverse hip throw)



Iriminage  
(Entering throw, a throw whose  
main element is irimi)

# Cork Open Centre

[www.AikidoShobukanCork.com](http://www.AikidoShobukanCork.com)

[www.AikidoCork.ie](http://www.AikidoCork.ie)



Jujinage  
(Arm entwining throw)



Kaitennage  
(Spinning throw)



Kokyunage  
("breath" throw)



Koshinage  
(Hip throw)



Kotegaeshi  
(Wrist twist)

# Cork Open Centre

[www.AikidoShobukanCork.com](http://www.AikidoShobukanCork.com)

[www.AikidoCork.ie](http://www.AikidoCork.ie)



Mae otoshi



Shihonage  
(Four-direction throw)



Tenchinage  
("heaven and earth" throw)