



Lancashire Aikikai



Attacks

Chudan or Mune tsuki - Punch to body.

Futaridori - Two attackers

Geri - Kick

Katadori - One shoulder - held

Katatedori Aihanmi - One handed grip - to the wrist in same stance

Katatedori Gyakuhanmi - One handed grip - to the wrist in opposite stance

Kubi Shime - Neck Lock - Use one or both arms to place a lock on the neck

Menuchi - Strike to the head

Morotodori - Two handed grip - one wrist held

Munedori - Lapel held

Ni Nindori - Two man Grab / Practice with two Uke

Ryotodori - Two handed grip with both wrists held

Shomen uchi - Blow to head

Taninzudori - Multiple attackers - usually more than two

Tsuki - Thrust/punch

Ushiro Katatedori Kubishime - One arm strangle-hold & one wrist/arm held

Ushiro Ryotodori - Two handed hold from behind - both wrists held

Ushiro Ryokatadori - Both shoulders held from behind

Yokomen uchi - Circular blow - to head

Movements / Variations

Hanmihandachi - Defender kneeling, attacker standing

Irimi - Enter / Entering

Irimiashi - Entering Step

Kaiten - Turn around / spin

Suwari Waza - Sitting techniques

Tachi Waza - Standing Techniques

Tai No Henko - Basic blending practice

Tenkan - Change / Convert Turning movement

Tsugiashi - Slide Walk - where the back foot does not pass the front

Ura - Reverse, Rear

Ushiro - Behind

Waza - Technique

Techniques - Immobilisations

Gokyo - Fifth technique

Ikkyo - An arm pin that immobilises Uke

Nikkyo - A wrist lock and arm pin that immobilises Uke

Rokkyo - Sixth technique/ principle

Sankyo - A wrist lock and arm pin to immobilise Uke

Yonkyo - An Arm pin to immobilise Uke

Techniques - Throws (Nage)

Iriminage - Entering throw

Kaiten nage - Turning throw

Kokyu Nage - Breath Throw

Koshinage - Hip Throw

Kotegaeshi - Return the wrist throw

Shihonage - Four Directions throw

Tenchinage - Heaven to Earth throw

Terms

Chudan - Middle / Central

Dori - Take away or grab/hold (as in attack) - depending on context

Eri - Collar / Lapel

Gedan - Low, Lower

Hiji - Elbow

Jodan - Upper / High

Kata - Shoulder and/or Form - A series of individual movements put together

Katate - One Hand

Ki - Vital Energy / Spirit / Heart - The essence within Ai Ki Do

Kokyu Ryoku - Breath Power

Kyu - Grade: applied to levels below Dan grade (black belt)

Maai - Combatative Space - The correct distance between two partners

Nage Waza - throwing Techniques

Omote - Front/Positive

Shikko - Knee Walking

Shomen - Front / centre of head

Uchi - Inside

Uchikomi - Strike repeatedly

Ukemi Falling - A way of falling from a throw without sustaining injury

Ushiro Waza - Techniques from behind

Yokomen - Side of head

Zanshin - Unbroken Technique - The follow through of a technique, awareness

Weapon Terms

Bokken - Wooden practice sword

Bokken Suburi - Wooden Sword swinging - solo practice

Jo - Wooden staff

Jodori - Jo Taking: Techniques to disarm an attacker armed with a Jo

Jo Kata - Jo Form: A set of movements with the Jo

Jo Suburi - Jo Swing: Solo practice of Jo movement

Kumijo - Partner practice with Jo

Kumitachi - Partner practice with Ken

Suburi - Specific movements of Bokken or Jo

Tanto Dori - Knife Taking

Tachidori - Defence against sword