



Lancashire Aikikai



Attacks

Aihanmi

Mutual stance (Same) - left hand grip to opponents left wrist and vice versa.

Eridori

Attack to the collar at the back of the neck.

Futaridori

Attack by two opponents.

Gyakuhanmi

Opposite stance ie left hand grip to opponents right wrist and vice versa

Kata

Shoulder.

Katadori

Attack to shoulder.

Katate or katatedori

One hand attack to wrist.

Maegeri

Frontal kick.

Menuchi

Blow to the head.

Munedakishime

Bear hug attack.

Munedori

Attack by gripping gi at chest height.

Ryokatadori

Two hand attack to both shoulders.

Ryotedori

Two hands - when used on its own means two hands to two wrists attack. (Ryotedori katate dori 2 hands to 1 / Ryotedori Ryote moche 2 hands to 2).

Shomenuchi

Vertical strike (usually to the head).

Sodedori

Attack to upper arm area.

Taninzudori

Training against multiple attackers, usually from grabbing attacks.

Tsuki

Punch.

Ushiro Katate Kubeshimi

Attack from behind one hand to wrist the other arm to strangle.

Yokomen

Strike to the side (usually to the head).

Movements / Variations

Kaiten

Turning around, revolving, to face opposite way.

Omote

"The front/facing", thus, a class of movements in aikido in which NAGE enters in front of UKE.

Soto

"Outside." Thus, a class of aikido movements executed, especially, outside the attacker's arm(s). (see UCHI).

Taisabaki

General body movements.

Tsugiashi

Sliding entrance.

Uchi

"Inside." A class of techniques where NAGE moves, especially, inside (under) the attacker's arm(s). (but also a strike, e.g., SHOMEN UCHI) - strike (n).

Ura

"Rear." A class of aikido techniques executed by moving behind the attacker and turning. Sometimes URA techniques are called TENKAN (turning) techniques. (Ura-waza).

Hanmihandachi

Attacker standing defender kneeling.

Suwariwaza

Kneeling techniques.

Tachidori / Tachiwaza

Standing techniques.

Tenkan

Basic turning movement - turning to face other way same posture.

Ushiro

Rear.

Waza

Technique.

Techniques - Immobilisations

Gokyô

Ikkyo like defence modified for armed attack.

Ikkyô

First principle. the basic aikido technique of unbalancing your partner by controlling the elbow and shoulder.

Nikyô

LIT "second teaching" or second principle, controls wrist.

Rokyô

Controls via the elbow and straight arm.

Sankyo

3rd principle - LIT "third teaching" - turning the hand when arm bent at elbow.

Yonkyo

4th principle or fourth teaching, sword cut using forearm.

Techniques - Throws (Nage)

Iriminage

To enter throw.

Kaitennage

Rotary or spin throw.

Kiritoshi

Lifting throw - generally from behind lifting uke up at both shoulders and then down.

Kokyunage

Harmony, blending, breath, throw movements. Involving blending with your partner and using ki and/or time effectively. The name can be used for techniques without other names or without a clear structure.

Koshinage

Hip throws.

Kotegaeshi

Small wrist twist.

Shihonage

Four direction throw.

Tenchinage

Heaven to earth throw.

Udekimenage

Projection throw applying pressure against elbow joint (Jijinage).

Terms

Chudan

"Middle position." ie normally thought as stomach height.

Dori

Take away e.g. Tanto-Dori Taking away knife; Bokken dori taking away; also hold depending on context.

Gedan

Attack at low height.

Irimi

Entering movement.

Jodan

At head height.

Kokyuho

Kneeling exercise - exercise to develop breath power or ki. Usually performed towards the end of a class.

Kubi

Neck.

Shikkô

Knee walk, "samurai walk" (LIT "knee go").

Shime

Squeeze, strangle (n) as in munedakishime.

Ukemi

Rolls / breakfalls.

Weapon Terms

Bokken

Wooden practise sword.

Jo

Wooden stick/staff - shorter than a bo.

Kata

A prescribed pattern of movement, especially with the Jo (See also under attack).

Kumitachi

Sword matching exercise (partner practice) - partner sword exercises (repetitive standing practice).

Suburi

Practise movement with jo or bokken - basic swinging.

Tantô

Knife.

Uchikomi

Repetitive partner movement with or without swords.