



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

Morotedori - Two handed grip - one wrist held

Munedori - Lapel held

Ni Nindori - Two man Grab / Practice with two Uke

Ryotedori - 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 Ryotedori - 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

Addendum

Terminology

	L A terminology used in the past	Technical Director's view that should be adopted
Cross arm throw – usually from Morote dori	Ude garame	Jujinage
Grab to wrist and Ushiro neck choke	Kubishime	Ushiro Katatadori Erijime
Bear hug from rear – (don't clasp hands)	Munadakashime	Ushiro Dakikakae
Single hand attack to collar of Gi from front	Munadori	Munadori
Under arm projection technique (Can be kokyu as variant)	Ude kimenage	Sensei refers to this technique as simple kokunage

Words on syllabus – that didn't appear on our former syllabus. (See also [Dan Grading Guidance](#))

Jiyuwaza	Means one attacker, usually attacking with one way of attack, such as shomen uchi. Uke can defend with any technique.
Futarigake	Means any attack from two people with any defence.
Taninzugake	Means three or more attackers, free attack with free defence technique