



# Lancashire Aikikai



## Attacks

**Chudan or Mune tsuki** - Punch to body.

**Ushiro Dakikakae** - Bear hug from rear - hands not clasped.

**Futarigate** - Two attackers

**Geri** - Kick

**Jiyuwaza** - One attacker same attack - Tori any defence

**Katadori** - One shoulder - held

**Ushiro Katadori Erijime** - Grab wrist and Ushiro neck choke

**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

**Munadori** - Single hand to collar from front

**Ni Nindori** - Two man Grab / Practice with two Uke

**Ryotedori** - Two handed grip with both wrists held

**Shomen uchi** - Blow to head

**Tanizugake** - Multiple attackers - usually three

**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 or Zagi

**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

**Jujinage** - Cross arm 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

**Under arm throw** - Kokunage

## 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

**Omosa** - Heaviness / Weight underside

**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