

Aikido system: basic attacks by M. Ikeda

KIAWASE SHOMEN UCHI
 気合せ正面打ち
direct hit on the head in energetical union

From your hip, strike the chin with the edge of the hand.

SHOMEN UCHI
 正面打ち
hit on the head

From the top of your head, strike with up-down movement the top of the head with the edge of your hand.

YOKOMEN UCHI
 横面打ち
hit on the side of the head

From the top of your hand, strike the temple with up-down movement with the edge of the hand.

JODAN TSUKI
 上段突き
punch at the higher level

Punch in the face.

KATATE TORI AI HANMI
 片手取り相半身
grab one hand from identical stance

From identical stance, grab one wrist.

KATATE RYOTE TORI
 片手両手取り
both hands grab one hand

From mirrored stance, grab one wrist with both hands.

CHUDAN TSUKI
 中段突き
punch at middle level

From your hip, punch to the stomach.

RYO ERI TORI
 両襟取り
grab both collars

With each hand, grab a collar.

KATATE TORI GYAKU HANMI
 片手取り逆半身
grab one hand from mirrored stance

From mirrored stance, grab one wrist.

KATA TORI **MUNE TORI**
 肩取り 胸取り
grab the shoulder *grab at the chest*

Grab the gi at the shoulder. Grab both collars.

KATA TORI MENUCHI
 肩取り面打ち
grab the shoulder hit the front of the head

Grab the shoulder while simultaneously hitting the front of the head with the edge of the hand.

MAE GERI
 前蹴り
forward kick

Kick forwards.

RYOTE TORI
 両手取り
grab both hands

Grab both wrists from identical stance.

USHIRO RYOTE TORI **USHIRO HIJI TORI**
 後ろ両手取り 後ろ肘取り
grab both hands from behind *grab both elbows from behind*

From low behind, grab both wrists. From behind, grab gi at both elbows.

USHIRO RYOKATA TORI **USHIRO DAKI KAKAE**
 後ろ両肩取り 抱きかかえる
grab both shoulders from behind *hold from behind*

From behind, grab gi at both shoulders. From behind, hold the body and arms.

USHIRO KUBI JIME **USHIRO RYOTE HIKIAGE**
 後ろ首絞め 後ろ両手引き上げ
strangulation from behind *raise both hands from behind*

From behind, grab one wrist and one collar to strangle throat. From behind, grab both wrists and raise them up.