

BASIC AIKIDŌ UNARMED TECHNIQUES

Basic Grasping Attacks (*tori kata* 取り方)

kata tori 肩取り = “Shoulder-taking” grab.

katate tori 片手取り = “Single-hand-taking” grab.

tekubi tori 手首取り = “Wrist-taking” grab.

hiji tori 肘取り = “Elbow-taking” grab.

mune tori 胸取り = “Chest-taking” lower lapel grab.

sode tori 袖取り = “Sleeve-taking” grab.

sode-guchi tori 袖口取り = “Cuff-taking” grab.

eri tori 襟取り = “Collar-taking” grab.

kubi tori 首取り = “Neck-taking” grab.

X-kōsa tori X · 交差取り = “X-taking across” the body (e.g., left hand grabs left hand).

ryōkata tori 両肩取り = “Both-shoulders-taking” grab.

ryōte tori 両手取り = “Both-hands-taking” grab.

morote tori 諸手取り = *katate ryōte tori* 片手両手取り = *katate tori ryōte mochi* 片手取り両手用 = “Single-hand-taking using-both-hands” grab.

ushiro-X 後 · X = Executing “X from behind”.

ushiro tori 後取り = “Taking from behind” torso hug.

kubi shime 首締 = “Neck tighten” choke.

Basic Striking Attacks (*uchi kata* 打ち方)

shōmen uchi 正面打ち = “Front-face strike” overhead to the head.

yokomen uchi 横面打ち = “Side-face strike” diagonally to the side of the head.

ganmen uchi 顔面打ち = “Face-face strike” directly to face.

yoko-hiza uchi 横膝打ち = “Side-knee strike” diagonally to the side of the knee, usually with a weapon.

mune tsuki 胸突き = “Chest-thrust” or punch straight to the chest.

mae geri 前蹴り = “Front kick”.

yoko geri 横蹴り = “Side kick”.

mawashi geri 廻し蹴り = “Revolving kick” or roundhouse.