

Basic Stances, Grips & Attacks

Used by Aiki Kai Australia

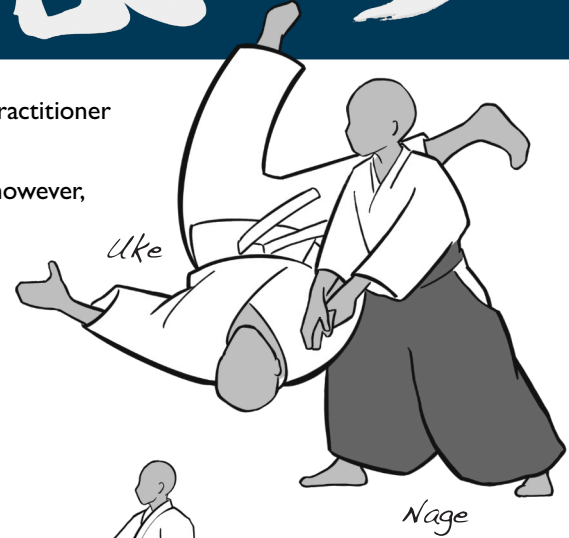
道氣合

The purpose of the various stances grips and attacks in Aikido training is to give the practitioner experience with a wide variety of possible aggressive situations.

Some of the positions, such as kneeling exercises, may seem unnecessary these days, however, they build great core body strength and agility and are an excellent training tool.

During paired training (sotaidosa) the person practising the technique is called **Nage** (thrower) and the person receiving is called **Uke** (receiver).

These images are intended as a guide only, please follow any specific directions given by your instructor



Tokodachi Standing feet squared, shoulder width apart

Hanmi Standing with the right or left leg forward, the back leg centred behind you at a 45 degree angle.applies to both hand & sword stances



Tachi waza Standing techniques

Ma-ai Safe distance between two trainees. The distance varies depending on if it's an extended arm, or holding a tanto, bokken or jo.

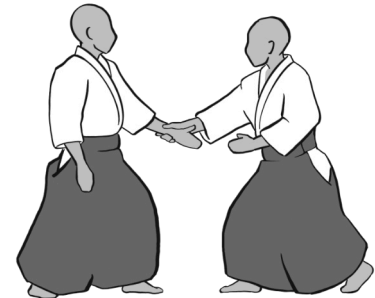


Seiza Kneeling position, can also be in hanmi, with right or left knee forward.

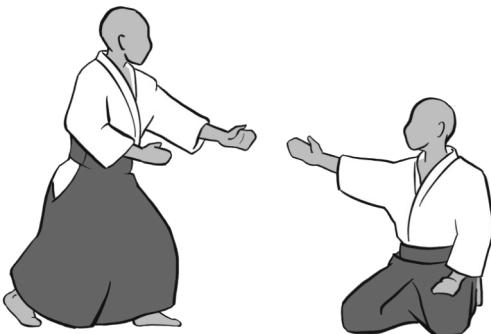


Suwari waza Kneeling techniques

Ai-hanmi Both people have the same leg forward



Gyaku-hanmi Opposite legs are forward



Hanmi handachi Kneeling position receiving a standing attack

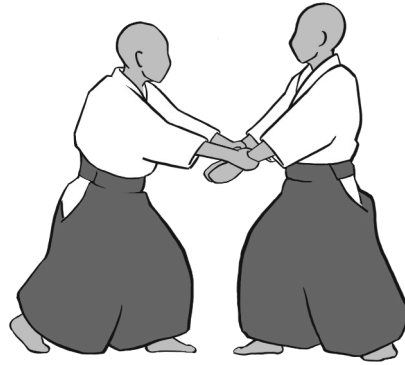


Attack with Grip:

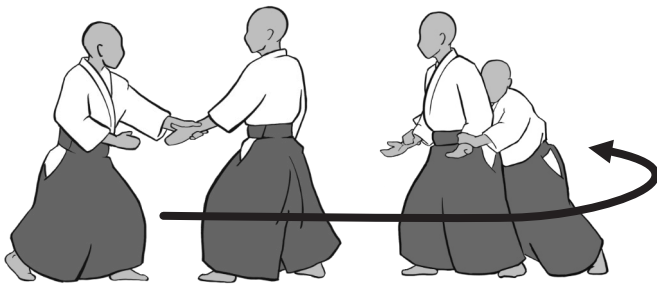
Ukes can hold the wrist, elbow, shoulder, centre chest and back of the neck. Grips can be done using one or two hands. Ukes can take from the front or from the rear, below are just some examples.



Katatedori - taking one wrist with one hand (ai-hanmi and gyaku-hanmi apply)



Ryokatatedori (ryotedori) - taking both wrists (ai-hanmi and gyaku-hanmi apply)



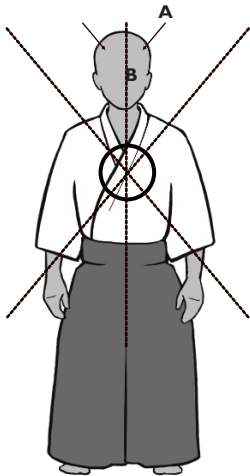
Ushiro ryotedori - taking both wrists from behind (ai-hanmi start)



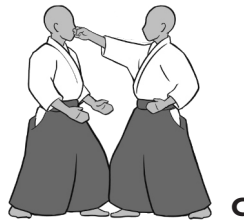
Morotedori - taking one wrist with two hands (gyaku-hanmi only)

Attack with Strike:

There are 3 main directions a striking attack can come; vertically, angular or directly forward. The attacks we use recreate these directions by using hand/arm and wooden weapons to provide a wide variety of training situations.



Shomen uchi: vertical downward strike to the top of the head



C



D

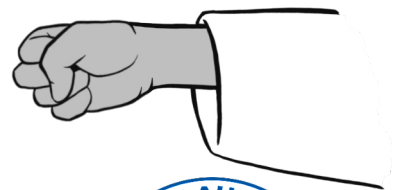


E

Tsuki - a direct forward punch to the abdomen (gedan tsuki), chest (chudan tsuki or face (jodan or men tsuki) Note: we use an extended fist, as if gripping a knife, to go through the point of attack rather than the more common percussive karate style square on, flat fist.

- C** Men or jodan tsuki
- D** Chudan tsuki
- E** Gedan tsuki

Shape of Aiki fist



- A** Yokomen uchi - angular strike to the side of the head
- B** Kiritsuken - downward direct strike to the face

