




## BASIC POSITIONS

	<p>Tachi-waza (standing techniques)</p>
	<p>Hanmi-hantachi (attacker standing-defender kneeling)</p>
	<p>Suwariwaza (both kneeling)</p>

## ATTACKS

### GRABS



Katatedori  
(wrist grab from gyaku-hanmi)



Katadori  
(shoulder grab)



Katatedori  
(wrist grab in ai-hanmi)



Morotedori  
(two hands grabbing one  
wrist/arm)



Ryotedori  
(two hands grabbing two  
wrists/arms)



Ryokatadori  
(grabbing both shoulders)



Munedori  
(one or two handed lapel grab)



Ushiro Ryotedori  
(two hands grabbing two wrists/arms from behind)



Ushiro Ryohijidori  
(two hands grabbing two elbows from behind)



Ushiro Ryokatadori  
(grabbing both shoulders from behind)



Ushiro Eridori  
(grabbing from behind)



Ushiro Kubishime  
(choke from behind)





**PUNCHES**






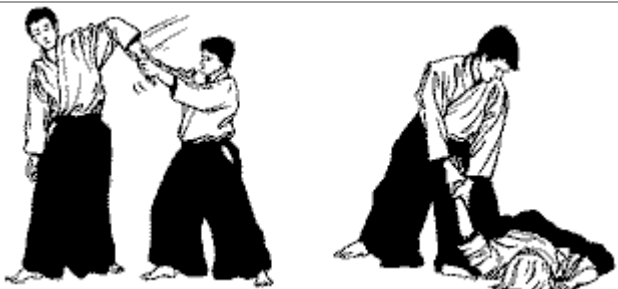

Munetsuki  
(straight punch to the  
middle body)



Gamentsuki  
(straight punch to the face)

<p><b>STRIKES</b></p>		<p>Shomenuchi (overhead strike to the head with the blade of the hand)</p>
		<p>Yokomenuchi (strike to the side of the head or neck with the blade of the hand)</p>
		<p>Katadori men-uchi (shoulder grab, strike/punch to the face)</p>
<p><b>KICK</b></p>		<p>Maegeri (front kick)</p>

## TECHNIQUES

 Two illustrations showing the first technique, Ikkyo. The left illustration shows a practitioner in a white gi kneeling and applying a wrist lock to an opponent who is also kneeling. The right illustration shows the practitioner kneeling and applying the wrist lock to an opponent who is lying on their back on the floor.	<p>Ikkyo (the first technique)</p>
 Two illustrations showing the second technique, Nikkyo. The left illustration shows a practitioner in a white gi kneeling and applying a wrist lock to an opponent who is kneeling. The right illustration shows the practitioner kneeling and applying the wrist lock to an opponent who is lying on their back on the floor.	<p>Nikkyo (second technique- it uses wrist control to control the opponent)</p>
 Two illustrations showing the third technique, Sankyo. The left illustration shows two practitioners in white gi standing and applying a wrist lock. The right illustration shows a practitioner in a white gi kneeling and applying a wrist lock to an opponent who is lying on their back on the floor.	<p>Sankyo (third technique- control of the opponent through the wrist and elbow)</p>
 Two illustrations showing the fourth technique, Yonkyo. The left illustration shows two practitioners in white gi standing and applying a wrist lock. The right illustration shows a practitioner in a white gi kneeling and applying a wrist lock to an opponent who is lying on their back on the floor.	<p>Yonkyo (fourth technique- control of the opponent through the wrist, elbow, and shoulder)</p>
 Two illustrations showing the fifth technique, Gokyo. The left illustration shows two practitioners in white gi standing and applying a wrist lock. The right illustration shows a practitioner in a white gi kneeling and applying a wrist lock to an opponent who is lying on their back on the floor.	<p>Gokyo (fifth technique)</p>



Aiki Otoshi  
(reverse hip throw)



Iriminage  
(entering throw, a throw whose  
main element is irimi)



Udegaramme  
(arm entwining throw)



Kaitennage  
(rotary throw)



Kokyunage  
("timing and breath" throw)



Koshinage  
(hip throw)



Kotegaeshi  
(wrist turning throw)



Shihonage  
(four-direction throw)



Tenchinage  
("heaven and earth" throw)