

South Manchester Aikido Club

British Birankai

Glossary – Attacks and techniques



Japanese phrase	Description (see note below)	Broad pronunciation
Attacks		
Aihanmi katatedori	Opposite wrist grab (like shaking hands)	<i>i-han-me ca-ta-ta-door-ree</i>
Gyakuhanmi katatedori	Same side wrist grab	<i>ga-cue-han-me ca-ta-ta-door-ree</i>
Ryote mochi ryote dori	Grab both wrists in front	<i>r-oat-ta moch-ee r-oat-ta door-ree</i>
Ushiro ryote mochi ryote dori	Grab both wrists from behind body	<i>you-she-row....</i>
Morote dori	Two hands grabbing one wrist on one side	<i>mo-rota door-ree</i>
Kata dori	To grab one sleeve with same hand	<i>ca-ta door-ree</i>
Mune dori	To grab lapel	<i>moon door-ree</i>
Ryo kata dori	Grab both shoulders in front	<i>r-eye-o ca-ta door-ree</i>
Ushiro eri dori	Grab collar from behind	<i>you-she-row e-ree door-ree</i>
Ushiro ryo kata dori	Grab both shoulders from behind body	<i>you-she-row r-eye-o ca-ta door-ree</i>
Ushiro kubi shime	Opposite wrist grab and choke from behind	<i>you-she-row coo-bee shi-me</i>
Shomen uchi	Strike with blade of hand to centre of head	<i>show-men-oo-chee</i>
Yokomen uchi	Strike with blade of hand to side of head	<i>yo-ko-men-oo-chee</i>
Chudan tsuki	Punch to stomach	<i>chew-dan ski</i>
Jodan tsuki	Punch to face	<i>joe-dan ski</i>
Mae geri	Front kick	<i>my ge-ri</i>
Yoko geri	Side kick	<i>yo-coe ge-ri</i>
Mawashi geri	Roundhouse kick	<i>my-wash-l ge-ri</i>
Tachi waza	Both attacker and defender standing	<i>ta-chee woz-a</i>
Hanmihandachi	Attacker standing, defender kneeling	<i>han-me-han-dach-ee</i>
Suwari waza	Both attacker and defender kneeling	<i>se-wa-ree woz-a</i>
Futaridori	Two attackers	<i>foo-ta-ree-door-ree</i>
Ni nindori	Two man grab	<i>knee nin-door-ree</i>
Immobilisation techniques		
Ikkyo	First pinning technique	<i>ick-key-o</i>
Nikkyo	Second pinning technique	<i>nick-key-o</i>
Sankyo	Third pinning technique	<i>san-key-o</i>
Yonkyo	Forth pinning technique	<i>yon-key-o</i>
Gokyo	Fifth pinning technique	<i>gock-key-o</i>
Rokkyo	Sixth pinning technique	<i>rock-key-o</i>
Throwing (Nage) techniques		
Iriminage	Entering throw	<i>i-ri-me na-gee</i>
Jujinage	Cross arm throw	<i>jew-jew na-gee</i>
Kaiten nage	Spin throw	<i>kai-ten na-gee</i>
Kokyu nage	Breath throw	<i>co-cue na-gee</i>
Koshinage	Hip throw	<i>co-shin na-gee</i>
Kotegaeshi	Wrist turn throw	<i>co-toe-guy-e-sh</i>
Shihonage	Four directions throw	<i>she-hon na-gee</i>
Sumiotoshi	Corner drop	<i>sue-me-oh tosh</i>
Tenchinage	Heaven and earth throw	<i>ten-shin na-gee</i>
Udegaraminage	Entwining arms throw	<i>u-dee-ga-rama ne-gee</i>
Weapons		
Jodori	Disarming attacker armed with a jo (staff)	<i>joe-door-ree</i>
Kumijo	Partner practice with a jo	<i>coo-me-joe</i>
Kumitachi	Partner practice with a bokken	<i>coo-me-ta-ch</i>
Tanto dori	Knife taking	<i>tan-to-door-ree</i>
Tachidori	Disarming attacker armed with a bokken	<i>ta-chee-door-ree</i>

Note: The english meaning will not always be a literal translation but an attempt to describe what is meant by the Japanese phrase