



# 15 BASICS

## I. ART OF ATTACKING VITAL POINTS

STRIKING PRINCIPLES						
	<u>PRINCIPLE</u>	<u>TRANSLATION</u>	<u>MOVEMENT</u>	<u>VARIATIONS</u>	<u>KEY POINTS (from Beginner's Aikido Manual by K. Tomiki)</u>	<u>ADDITIONAL NOTES (from Mumpower Training Tape)</u>
1	Shomen-ate	Frontal Attack	Irimi	<p>*Tenkan: moving to rear, variation of Ushiro-ate with strike</p> <p>*Rhythm of Reversal: Kokyu-nage (effective counter to frontal attack)</p>	<p>Parry - "breaking his posture backward"</p> <p>Movement - "step in between his legs"</p> <p>Strike - "thrusting up his chin"</p> <p>Finish - "keep moving forward"</p>	<p>*Uke's wrist is blocking point</p> <p>*Counter-attack Principle</p> <p>*Applications: to counter hand grabs or arms grabbed from behind</p>
2	Gyakugamae-ate	Reverse Posture Attack	Irimi	<p>*Tenkan: outside of arm</p> <p>*Rhythm of Reversal: Inside parry to Ude-garame pin (effective counter to reverse attack)</p>	<p>Parry - "sweep away from inside, and break his posture backward"</p> <p>Strike - "hit his face"</p> <p>Finish - "keep stepping forward"</p>	<p>*Counter-attack principle from southpaw position</p> <p>*When nage ends up in reverse position, it is an application of #2</p>
3	Aigamae-ate	Regular Posture Attack	q	<p>*Irimi: variation of Ushiro-ate (similar #6 Dynamics)</p> <p>*Rhythm of Reversal: Hikiotoshi (effective counter to regular attack)</p>	<p>Parry - "breaking his balance forward"</p> <p>Strike - "the moment he tries to come up, hit his face"</p> <p>Finish - "then stretch your handblade breaking his posture backward"</p> <p>Other - "try to keep your posture correct even after you have brought him down"</p>	<p>*Catch the arm behind the elbow and push down on the balance line</p> <p>*When nage ends up in normal or regular position, it is an application of #3</p> <p>*Applications: to counter hand grabs or punches</p>

## II. ART OF BENDING & TWISTING THE JOINTS

### A. ELBOW LOCKING PRINCIPLES

	<u>PRINCIPLE</u>	<u>TRANSLATION</u>	<u>MOVEMENT</u>	<u>VARIATIONS</u>	<u>KEY POINTS (from Beginner's Aikido Manual by K. Tomiki)</u>	<u>ADDITIONAL NOTES (from Mumpower Training Tape)</u>
4	Oshi-taoshi	Push Down, Pull Down	Irimi	*Tenkan: turning backward  *Rhythm of Reversal: Tenkan to Gyakugamae-ate (effective counter to Oshi-taoshi)	Parry - "breaking his posture forward"  Finish - "pressing his wrist on your right knee"	*Pull down on balance line (can be from resistance to #4 or by breaking balance on an attack)  *Applications: to counter grabs or when uke blocks a strike
5	Hiki-otoshi	Pull Down	Irimi	*Tenkan: outside of arm (similar to #11)  *Rhythm of Reversal: Mae-otoshi (effective counter to arm lock)	Parry - "breaking his balance forward"  Movement - "step backward with succeeding feet"  Finish - "pull him down holding his right elbow under control"	*Pull down on balance line (can be from resistance to #4 or by breaking balance on an attack)  *Use knee against back of uke's arm for leverage in pin  *Applications: to counter arms grabbed from behind or when uke blocks a strike
6	Ude-gaeshi	Arm Reverse	Irimi, respond to uke resistance	*Tenkan: Ushiro-ate (similar to #9 Dynamics)  *Rhythm of Reversal: Mae-otoshi (effective counter to arm reverse)	Parry - "breaking his posture forward"  Uke Resistance - "by bending and pulling his arm toward him"  Finish - "send his elbow on the fulcrum of your wrist, and bring him down upon his back"	*Don't shift to wrist, maintain forearm grasp to retain elbow pressure  *Take down on balance line  *Applications: to counter arm grab and pull or when uke blocks a strike

## A. ELBOW LOCKING PRINCIPLES (continued)

	<u>PRINCIPLE</u>	<u>TRANSLATION</u>	<u>MOVEMENT</u>	<u>VARIATIONS</u>	<u>KEY POINTS (from Beginner's Aikido Manual by K. Tomiki)</u>	<u>ADDITIONAL NOTES (from Mumpower Training Tape)</u>
7	Ude-garame	Arm Twist	Irimi, respond to uke resistance	<p>*Tenkan: into pin</p> <p>*Rhythm of Reversal: Tenkan to Kote-hineri (effective counter to arm twist)</p>	<p>Parry - "breaking his posture forward"</p> <p>Uke Resistance - "try to pull him down as in #5"</p> <p>Technique - "force his elbow on the fulcrum of your wrist"</p> <p>Finish - "turn your body pivoting on the toes of your feet and throw him away"</p>	<p>*An elbow and shoulder throw</p> <p>*Applications: to counter attempting #5 from a grab or when uke blocks a strike</p>

## B. WRIST TWISTING PRINCIPLES

	<u>PRINCIPLE</u>	<u>TRANSLATION</u>	<u>MOVEMENT</u>	<u>VARIANT MOVEMENTS</u>	<u>KEY NOTES (from Beginner's Aikido Manual by K. Tomiki)</u>	<u>ADDITIONAL NOTES (from Mumpower Training Tape)</u>
8	Kote-hineri	Wrist Twist	Irimi	<p>*Tenkan: Tenkai-kote-hineri (#9)</p> <p>*Rhythm of Reversal: Shiho-nage (effective counter to wrist twist)</p>	<p>Parry- "breaking his balance forward"</p> <p>Technique - "grasp his hand in such a manner that the base of his little finger comes in touch with your palm"</p> <p>Movement - "break his balance more forward so that he will support his weight on his toes"</p> <p>Pin - "hold him under control by twisting his arm outward"</p>	<p>*Wrist pressure upward, lock in that pressure with pin</p> <p>*Applications: to counter arm grabs from behind or a punch</p>

## B. WRIST TWISTING PRINCIPLES (continued)

	<b>PRINCIPLE</b>	<b>TRANSLATION</b>	<b>MOVEMENT</b>	<b>VARIANT MOVEMENTS</b>	<b>KEY NOTES (from Beginner's Aikido Manual by K. Tomiki)</b>	<b>ADDITIONAL NOTES (from Mumpower Training Tape)</b>
9	Tenkai-kote-hineri	Outward Wrist Twist	Tenkan	<p>*Irimi: Kote-hineri (#8)</p> <p>*Rhythm of Reversal: Waki-gatame (effective counter to outward wrist twist)</p>	<p>Parry - "breaking his balance forward"</p> <p>Technique - "grasp the back of his hand with your thumb placed against the base of his thumb"</p> <p>Movement - "stepping into his right side with your left foot and in succession you step to his rear with your right foot"</p> <p>Finish - "rotate your body twisting his arm up"</p> <p>Pin - "holding his elbow under control"</p>	<p>*Bring him up on his toes with wrist pressure, like #8</p> <p>*Uke can be pinned or thrown from the wrist pressure, and pin can be locked in front or from behind</p> <p>*Applications: to counter grabs from behind or when uke blocks a strike</p>
10	Kote-mawashi	Reverse Wrist Twist	Irimi	<p>*Tenkan: Teknai-kote-mawashi (#11)</p> <p>*Rhythm of Reversal: Kokyu-nage with wrist pressure (effective counter to reverse wrist twist)</p>	<p>Parry - "breaking his balance forward"</p> <p>Technique - "hold the back of his hand tightly from above in such a manner that your thumb is placed against the back of his thumb"</p> <p>Movement - "step in with your left foot and turning your body to the right"</p> <p>Finish - "bring him down on his face"</p>	<p>*Maintain wrist pressure throughout, use elbow for takedown but do not shift pressure to elbow</p> <p>*Applications: to counter reaches or grabs</p>

## B. WRIST TWISTING PRINCIPLES (continued)

	<u>PRINCIPLE</u>	<u>TRANSLATION</u>	<u>MOVEMENT</u>	<u>VARIANT MOVEMENTS</u>	<u>KEY NOTES (from Beginner's Aikido Manual by K. Tomiki)</u>	<u>ADDITIONAL NOTES (from Mumpower Training Tape)</u>
11	Tenkai-kote-mawashi	Outward Reverse Wrist Twist	Tenkan	<p>*Irimi - Kote-mawashi (#10)</p> <p>*Rhythm of Reversal: Tenkai-shiho-nage (effective counter to outward reverse wrist twist)</p>	<p>Parry - "breaking his balance forward"</p> <p>Technique - "the moment he tries to come up to return to the former state, pull in his hand toward his front corner"</p> <p>Finish - "keep stepping toward his front corner in an arc until you bring him to his face"</p>	<p>*Starts like a #5 pull down technique</p> <p>*Takedown or respond to resistance with throw</p> <p>*Applications: to counter hand grabs</p>

## C. WRIST TURNING PRINCIPLES

	<u>PRINCIPLE</u>	<u>TRANSLATION</u>	<u>PRIMARY MOVEMENT</u>	<u>VARIANT MOVEMENTS</u>	<u>KEY NOTES (from Beginner's Aikido Manual by K. Tomiki)</u>	<u>ADDITIONAL NOTES (from Mumpower Training Tape)</u>
12	Kote-gaeshi	Wrist Reverse	Irimi	<p>*Tenkan: Hiji-kote-gaeshi (#13)</p> <p>*Rhythm of Reversal: Kote-mawashi (effective counter to kote-gaeshi)</p>	<p>Parry - "breaking his balance forward"</p> <p>Technique - "your thumb on the dynamic point in the middle of his hand . . . next you reinforce the action by applying palm to the point"</p> <p>Movement - "step in with your foot turning his grasped wrist to the outside and downward"</p>	<p>*Downward angle of wrist pressure is what makes the technique work</p> <p>Applications: to counter grabs or when uke blocks a strike</p>

C. WRIST TURNING PRINCIPLES (continued)						
	PRINCIPLE	TRANSLATION	PRIMARY MOVEMENT	VARIANT MOVEMENTS	KEY NOTES (from Beginner's Aikido Manual by K. Tomiki)	ADDITIONAL NOTES (from Mumpower Training Tape)
13	Hiji-kote-gaeshi	Elbow to Wrist Reverse	Tenkan	<p>*Irimi: Kote-gaehsi (#12)</p> <p>*Rhythm of Reversal: Tenkai-kote-mawashi (effective counter to elbow-to-wrist reverse)</p>	<p>Parry - "breaking his balance forward . . . hold his elbow"</p> <p>Technique - "grasp his wrist in such a way that your thumb is placed against the back of his hand . . . reinforce the action by applying your left hand to your right hand"</p> <p>Finish - "turning his grasped wrist to the outside downward"</p>	<p>*Same downward angle applied to wrist as #12</p> <p>*Hand holding uke's elbow shifts to reinforce wrist pressure in response to uke's resistance</p> <p>Applications: to counter boxer's jab</p>
14	Shiho-nage	Four-directions Throw	Irimi	<p>*Tenkan: Tenkai-shiho-nage (#15)</p> <p>*Rhythm of Reversal: Tenkai-shiho-nage (effective counter to four-directions throw)</p>	<p>Parry - "breaking his balance forward in regular facing posture . . . sweep away his forearm from inside"</p> <p>Technique - "at the same time you grasp his wrist from above in such a way that your thumb is placed against the inner side of his wrist and your little finger against the back of his hand, pulling it to his front corner . . . grasp his forearm from under thus reinforcing the action"</p> <p>Movement - "stepping into his right with your right foot and in succession, you step to his rear with your right foot as you rotate your body to the right"</p> <p>Finish - "stretching your arm, keep stepping forward until you bring him down on his back"</p>	<p>*Same downward angle applied to wrist as #12</p> <p>*Wrist pressure turns uke and brings him off balance, maintain throughout</p> <p>*Uke's hand can be caught with either blocking or reinforcing hand</p> <p>*Takedown is straight back, not straight down</p> <p>*Applications: to counter grabs</p>

<b>C. WRIST TURNING PRINCIPLES (continued)</b>						
	<b><u>PRINCIPLE</u></b>	<b><u>TRANSLATION</u></b>	<b><u>PRIMARY MOVEMENT</u></b>	<b><u>VARIANT MOVEMENTS</u></b>	<b><u>KEY NOTES (from Beginner's Aikido Manual by K. Tomiki)</u></b>	<b><u>ADDITIONAL NOTES (from Mumpower Training Tape)</u></b>
15	Tenkai-shiho-nage	Outward Four-directions Throw	Tenkan	<p>*Irimi: Shiho-nage (#14)</p> <p>*Rhythm of Reversal: Gyakugamae-ate (effective counter to outward four-directions throw)</p>	<p>Parry - "breaking his balance forward in reverse facing posture, you sweep away his forearm from inside"</p> <p>Technique - "twisting your body to the right, you bring his forearm to your right front and with your right hand grasp his right wrist from above in such a manner that your thumb is placed against the inner side of his wrist"</p> <p>Movement - "then step back with your right foot, revolve your body to the right"</p>	<p>*Same downward angle applied to wrist as #12</p> <p>*Block to catch wrist (right to left, or left to right)</p> <p>*Applications: to counter single or double grabs</p>

\*All counters as reflected in rhythms of reversal are only effective if applied against the INTENT of the attack, not the technique already effectively applied. There are no counters to the above principles applied correctly.