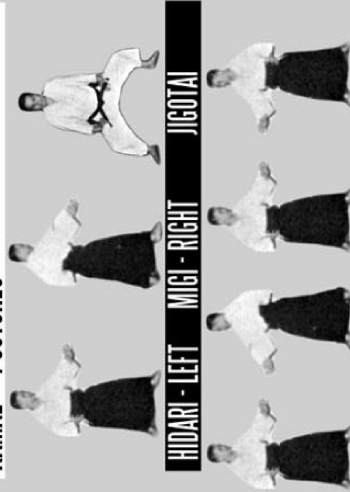


合気道

AIKIDO TAIJUTSU CHART

THE EMPTY-HAND TECHNIQUES OF AIKIDO PERFORMED BY MORIHEI UESHIBA IN THE BOOK 'BUDO'

KAMAE - POSTURES



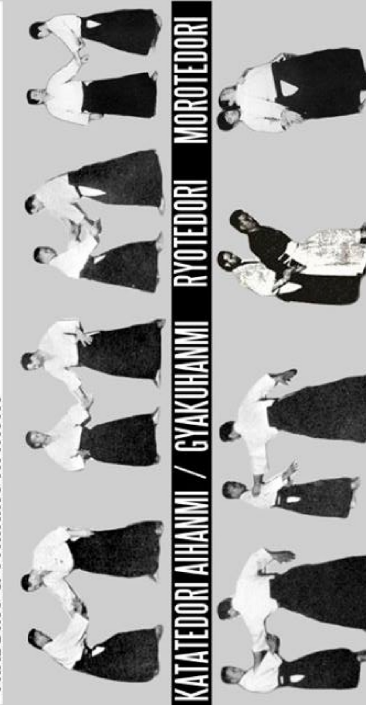
HIDARI - LEFT MIGI - RIGHT JIGOTAI

AI HANMI - SAME STANCE GYAKU HANMI - OPPOSITE STANCE



TACHI WAZA HANMI HANDACHI WAZA SUWARI WAZA

GRABBING & STRIKING ATTACKS



KATADORI AIHANMI / GYAKUHANMI RYOTODORI MOROTODORI

MUNEDORI KATADORI USHIRO RYOTODORI USHIRO KUBISHIME



SHOMEN UCHI YOKOMEN UCHI CHUDAN TSUKI JODAN TSUKI

IMMOBILISATIONS



IKKYO - 1ST PRINCIPLE



NIKKYO - 2ND PRINCIPLE



SANKYO - 3RD PRINCIPLE



YONKYO - 4TH PRINCIPLE



GOKYO - 5TH PRINCIPLE



ROKKYO - 6TH PRINCIPLE (AKA-HIJI-JIMI)

PROJECTIONS



SHIHONAGE - FOUR DIRECTION THROW



KOTEGAESHI - OUTWARDS WRIST TURN THROW



KAITENAGE - ROTARY THROW



TENCHINAGE - HEAVEN TO EARTH THROW



IRIMINAGE - ENTERING THROW



UDE KIMENAGE - ARM LOCK THROW



UJINAGE - CROSS ARM THROW



KATA GATAME - SHOULDER CONTROL



KOSHINAGE - HIP THROW



SUMI OTOSHI - CORNER BODY DROP



KOKYUNAGE - BREATH POWER THROW



AIKI OTOSHI - AIKI DROP

