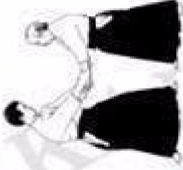
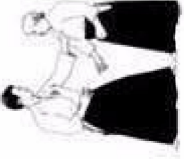
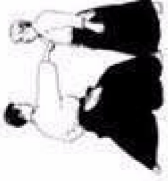




Aikido Position of Attack & Defense

Tachi-Waza		Hanmi-Handachi		Suwari-Waza	
					
					
Ai-Hanmi Katate Dori (Cross-Hand Wrist Grip)	Gyaku-Hanmi Katate Dori (Parallel-Hand Wrist Grip)	Kata Dori (Shoulder Grip)	Morote Dori (Two Hands Grabbing One Wrist)	Ryote Dori (Two Hands Grabbing Two Wrists)	Ryokata Dori (Two Hands Grabbing Both Shoulders)
					
Mune Dori (One or Two Hands Grabbing Collar)	Ushiro Ryote Dori (Two Hands Grabbing Two Wrists From Behind)	Ushiro Sode Dori (Two Hands Grabbing Two Elbows From Behind)	Ushiro Ryokata Dori (Two Hands Grabbing Both Shoulders From Behind)	Ushiro Eri Dori (One Hand Grabbing Collar From Behind)	Ushiro Kubishime Dori (Neck/Collar Choke From Behind)
					
Mune-Tsuki (Straight Punch to the Chest)	Shomen-Tsuki (Straight Punch to the Face)	Shomen-Uchi (Overhead Strike to the Head with the Blade of the Hand)	Yokomen-Uchi (Side Strike to the Side of the Head or Neck with the Blade of the Hand)	Mune Dori Men-Uchi (Collar Grab and Strike to the Face)	Mae-Geri (Front Kick)