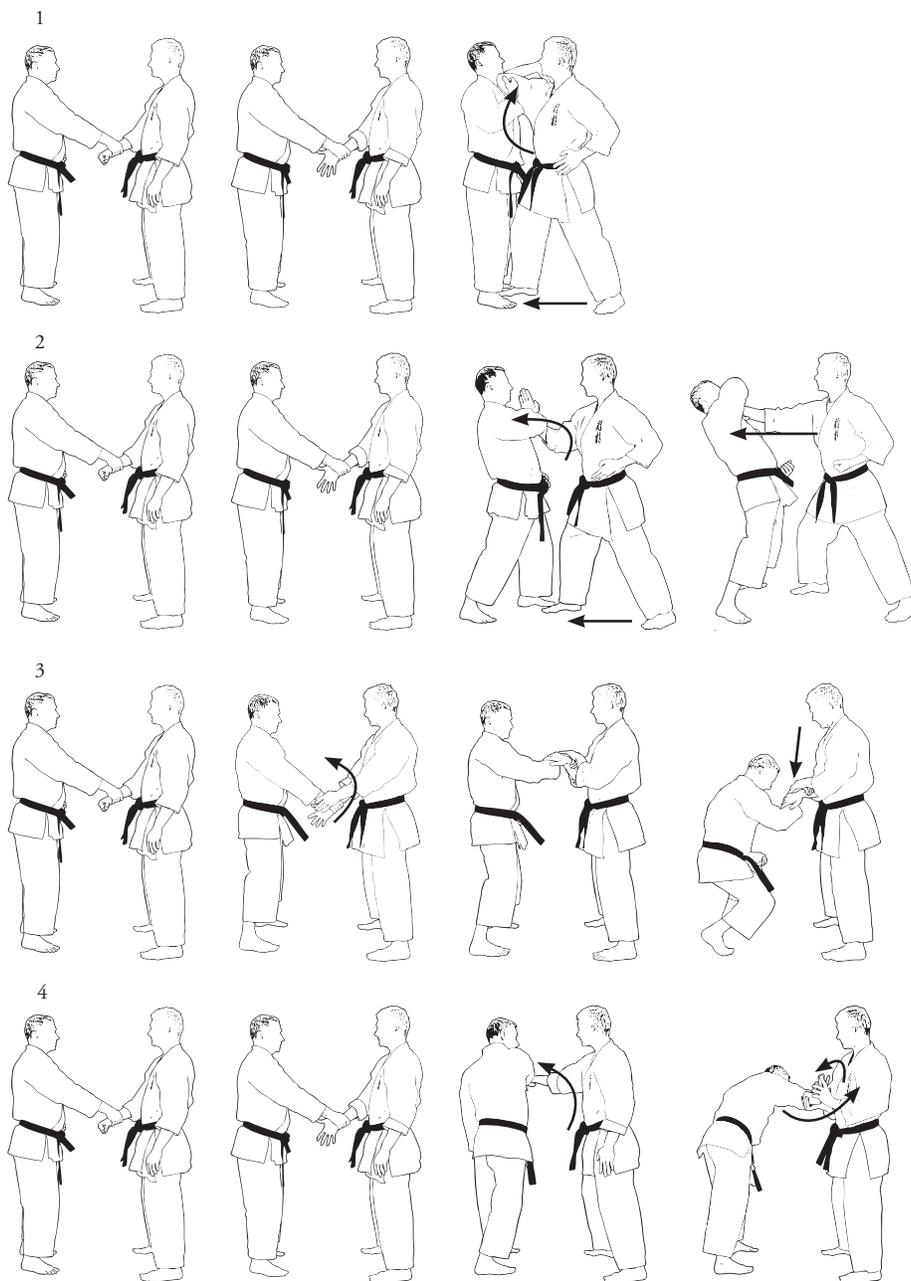




Kaisetsu Illustrations

Tehodoki-no-waza



1. Defender steps forward and drives the right elbow up under the attacker's chin.
2. Defender slides to left, circles right arm clockwise and then steps forward, pushing the side of his hand against the attacker's forearm and centre line.
3. Defender holds attacker's gripping fingers with his left hand and then circles his right open hand around the attacker's forearm near the wrist and presses down.
4. Defender circles attacker's arm clockwise with his right hand until he is grasping the attacker's wrist from underneath. He grabs the attacker's hand below the knuckles with his left and applies a wrist joint lock.

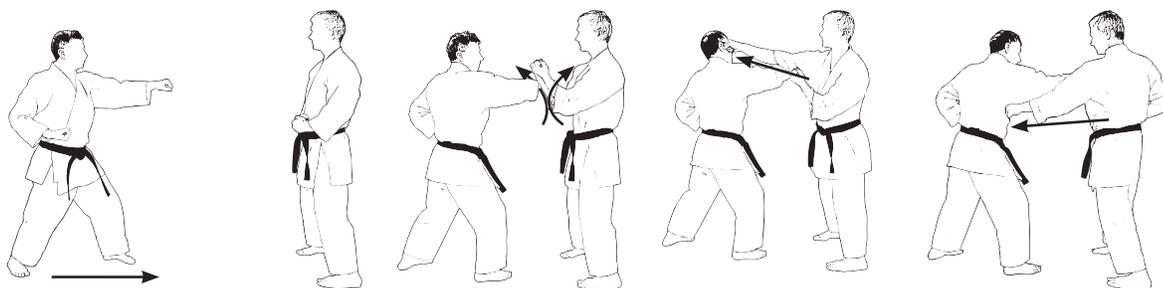
Tehodoki-no-waza



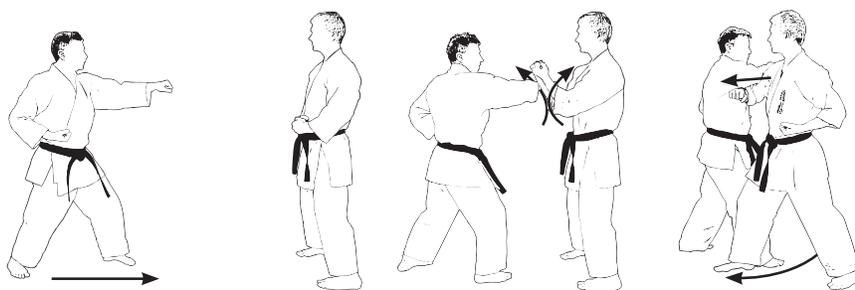
5. As defender steps behind attacker with right foot, he swings out his right arm to side, turning the attacker's back to him, and he applies a choke.
6. Defender grabs attacker's right wrist with his left hand, steps under his arm and then throws the attacker directly to his rear with his bent arm (aikidō's shiho-nage). Applies finishing punch.
7. Defender grabs the attacker's wrist with his left hand, takes a small left step forward (L) and then a deep right step (R) directly behind the attacker, driving his arm straight into the ground, in a throw.

Niseishi Kaisetsu

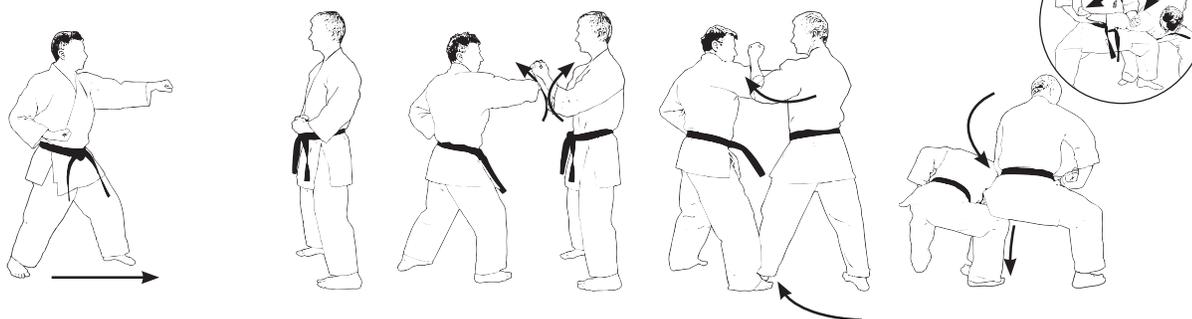
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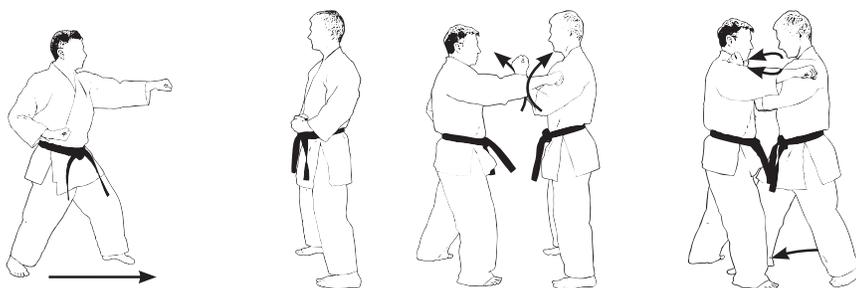


Unless otherwise stated, attacks are chudan oi-zuki.

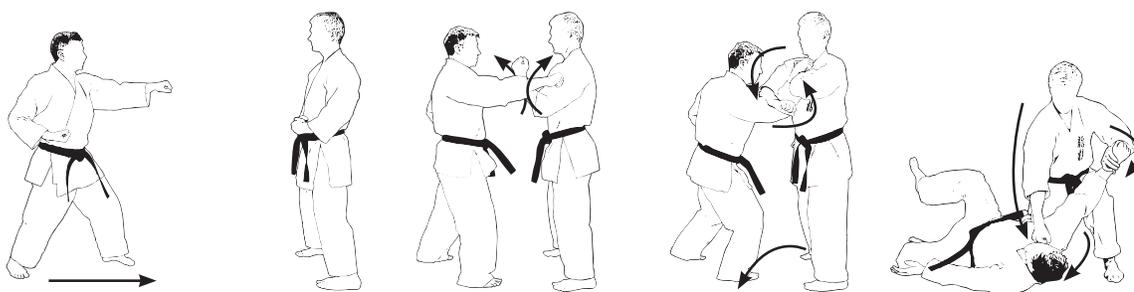
1. Uchi-hachiji-dachi, chudan morote-uke (R), jodan-tsuki (R), twist into chudan-tsuki (L).
2. Chudan morote-uke (R), step into hangetsu-dachi (R), chudan mae-empi (middle front elbow strike) (R).
3. Chudan morote-uke (R), grasp attacker's wrist with right hand, step forward into shiko-dachi (L) and apply arm bar.

Niseishi Kaisetsu

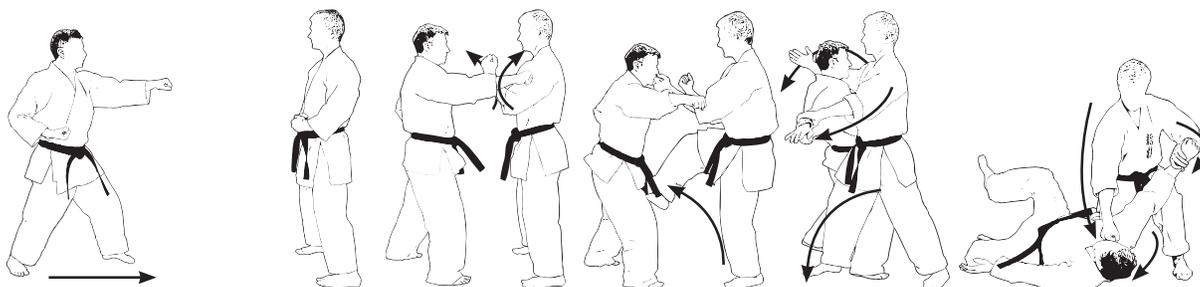
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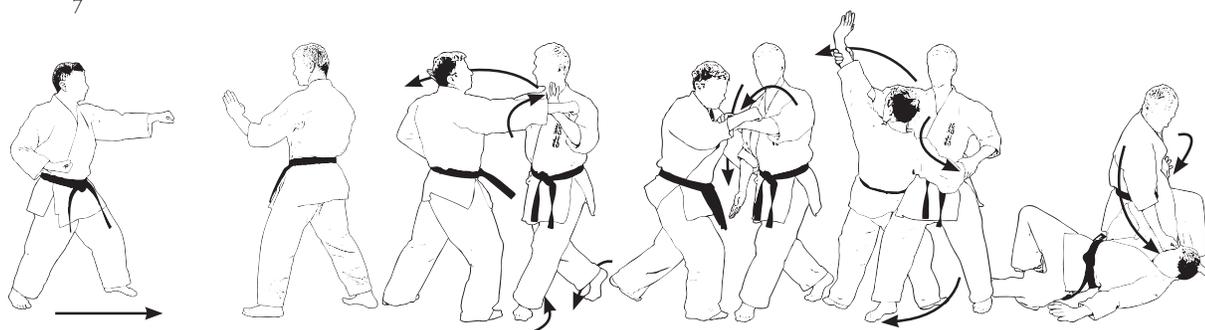
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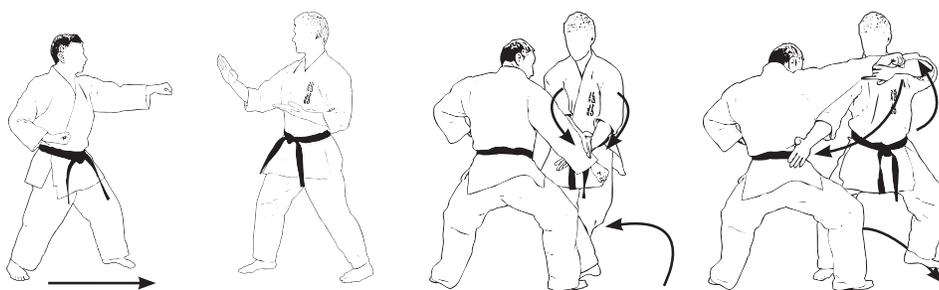
4. Chudan morote-uke (L), step into hangetsu-dachi (R) and morote kentsui-uchi (double hammer-fist strike) to the sides of neck.
5. Chudan morote-uke (L), bring right wrist into opponent's elbow joint and, as stepping forward into hangetsu-dachi (R), circle your forearms to apply armlock and throw. Execute finishing technique.
6. Chudan morote-uke (L), grab opponent's punching hand with your left hand, mise-geri (front kick feint) (R) to groin; step behind opponent (R), and throw, with right hand against his head. Apply finishing technique.

Niseishi Kaisetsu

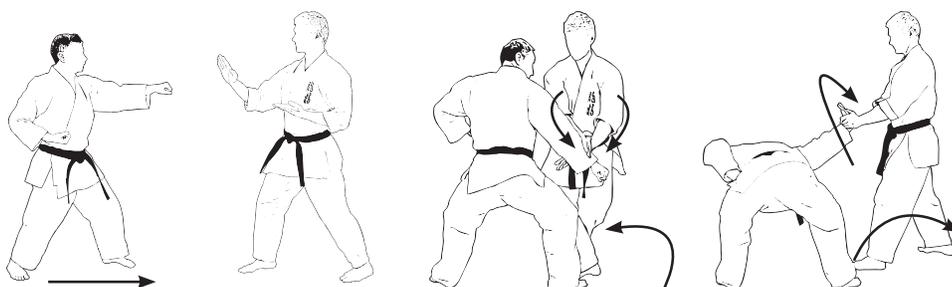
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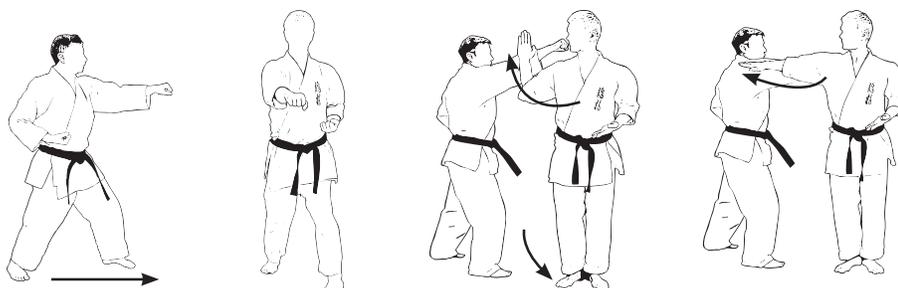
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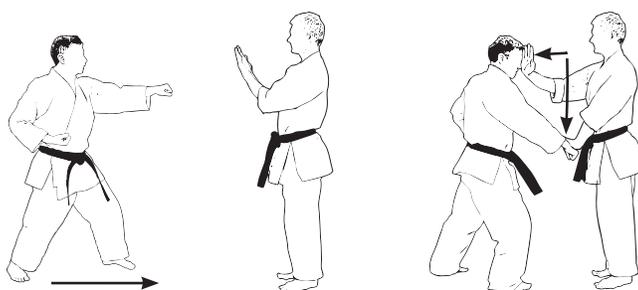
7. From chudan shutō-kamae, twist into irimi-shutō (R), grabbing opponent's punching hand with your left hand. As the attacker does a chudan gyaku-zuki (L), block with shutō gedan-barai (open-hand lower block) (R), circle arm and throw as you step forward (R). Apply finishing technique.
8. (Attack: shiko-zuki) From chudan shutō-kamae (R), step into kōsa-dachi and morote shutō-kōsa-uke, slide back into shiko-dachi (R), lift up the attacker's hand and chudan haitō-uchi (R).
9. (Attack: shiko-zuki) From chudan shutō-kamae, step into kōsa-dachi, morote shutō-kōsa-uke. Step back into hangetsu-dachi (R) and apply wrist lock with two hands.

Niseishi Kaisetsu

10



11



10. (Attack: jodan oi-zuki) Stand with right side to opponent in hangetsu-dachi (L), right hand out. Step up into musubi-dachi, jodan shutō-yoko-uke and shutō-uchi (R) to the back of opponent.

11. From musubi-dachi, with open hands crossed under eyes, osae-uke (pushing block) (L) and jodan shutō-uke (R) to the centre line of head.

Henshuhō



Unless otherwise stated, attacks are chudan oi-zuki.

1. (Jodan-zuki attack). Drop forward into shiko-dachi, grasp behind attacker's arm or shoulder (R) and throw with circling motion and foot sweep (R).
2. Tesho-osae-uke (palm pressing block) and grab attacker's wrist (L), jodan uraken-uchi (R). (Attacker: gyaku-zuki) Shutō gedan-barai (R), circle attacking arm up and step behind for throw, rotating into shiko-dachi (R). Apply finishing technique.
3. (Gedan-tsuki attack). Deflect with shōtei-uke (fingers down) (R), grab attacker's wrist (L), step in shiko-dachi, chudan yoko-empi (R). (Attacker: gyaku-zuki) Block punch with elbow (R), step with right foot under attacker's arm and throw.
4. Body shift 45° to front left, yoko-geri (R) to back of attacker's knee and shutō-uchi (R) to base of his neck.