

Orange County Ki Society

Adult Aikido – Kumi Waza Definitions



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"Kumi Waza" means basic techniques.

All techniques are referenced using their Japanese names. The names always follow the same basic format, which is: Attack Name followed by Technique Name. This is sometimes followed by more details about the technique.

Here is an example:

“Yokomenuchi Shihonage Irimi” means the attack is a side blow, the throw involves turning around 4-ways while moving away or around the attacker.

Names of Attacks

Katate Kosatori	grab the wrist (cross grab)
Katatetori	grab the wrist
Katatetori Ryotemochi	grab the wrist with both hands
Katatori	grab the shoulder
Munetsuki	straight punch
Ryotetori	grab both wrists
Shomenuchi	front blow
Ushiro Tekubitori	grab the wrists from behind
Ushiro Tekubitori Kubijime	grab the wrist and choke from behind
Ushirotori	bear hug from behind
Yokomenuchi	side blow

Elements in Attack Names

Jime	Lock or Choke
Kata	Shoulder
Kosa	Cross
Kubi	Neck
Mochi	Squeeze
Mune	Chest
Ryo	Both
Shomen	Front
Te	Hand
Tori	Grab
Tsuki	Thrust
Uchi	Strike
Ushiro	Behind
Yokomen	Side

Names of Techniques

Ikkyo	1st technique
Kaitennage	Rotary throw
Kokyunage	Momentum throw
Koteoroshi	Wrist drop
Nikkyo	2nd technique
Sankyo	3rd technique
Shihonage	4-way throw
Tenchi Nage	Heaven and Earth throw
Yonkyo	4th technique

Additional Details For Techniques

En Undo	Round throw
Hachi No Ji	Figure Eight
Irimi	Moving in
Katameru	Forward falling
Kirikaishi	Change of direction
Sankyonage	Forward falling on Sankyo
Sudori	Evasive movement
Tenkan	Moving away or around
Zagi	Both partners are on their knees
Zagi Handachi	attacker is standing, thrower is kneeling
Zenponage	Forward throw