

# Eight Principles of Aikidō and Aiki-Jūjutsu

礼法	reihō	respect
目付	metsuke	watching
間合	maai	distancing
構え	kamae	structure
合気	aiki	blending
呼吸	kokyū	timing
崩し	kuzushi	unbalancing
残心	zanshin	awareness

## Counting kata: kumite, aiki-ken

一本目	ippon me	1st
二本目	nihon me	2nd
三本目	sanbon me	3rd
四本目	yonhon me	4th
五本目	gohon me	5th
六本目	roppon me	6th
七本目	nanahon me	7th
八本目	happon me	8th
九本目	kyūhon me	9th
十本目	juppon me	10th

## Attacks

正面打ち	shōmen-uchi	front-strike
横面打ち	yokomen-uchi	side-strike
正面突き	shōmen-tsuki	front-thrust
片手持ち	katate-mochi	1-hand hold
両手持ち	ryōte-mochi	2-hand hold
片手持ち	katate-aya-mochi	cross-hand hold
肩持ち	kata-mochi	shoulder hold
胸持ち	mune-mochi	chest hold
肘持ち	hiji-mochi	elbow hold
後ろ両手持ち	ushiro-ryōte-mochi	rear 2-hand hold
後ろ片手襟持ち	ushiro-katate-eri-mochi	rear 1-hand, neck hold
後ろ両肘持ち	ushiro-ryōhiji-mochi	rear 2-elbow hold
後ろ両肩持ち	ushiro-ryōkata-mochi	rear 2-shoulder hold
後ろ襟持ち	ushiro-eri-mochi	rear neck hold

## Techniques

四方投げ	shihō-nage	four direction throw
一ヶ条押え	ikkajō-osae	1st control pin
二ヶ条押え	nikajō-osae	2nd control pin
三ヶ条押え	sankajō-osae	3rd control pin
四ヶ条押え	yonkajō-osae	4th control pin
側面入身投げ	sokumen irimi-nage	side entering-throw
正面入身投げ	shōmen irimi-nage	front entering-throw
肘締め	hiji-shime	elbow-tighten
肘当て呼吸投げ	hiji-ate kokyū-nage	elbow-strike breath-throw
小手返し	kote-gaeshi	forearm reversal
天地投げ	tenchi-nage	heaven-and-earth throw
呼吸投げ	kokyū-nage	breath-throw
呼吸法	kokyū-hō	breath-technique



