

# Aikido Centers

## Attack Definitions & Japanese Terminology

**Katate tori/dori** - Wrist grab by one hand

**Katate tori/dori - Ai Hanmi** (partners have same foot forward)  
(also referred to as Cross-Hand Grab or Ai Tori/Dori or Kosa Tori/Dori)  
Wrist grab by one hand

**Katate tori/dori - Gyaku Hanmi** (partners have opposite foot forward)  
Wrist grab by one hand

**Kata tori/dori** - Shoulder grab by one hand

**Morote tori/dori** - Two hands grabbing one arm

**Mune tori/dori** - grabbing chest

**Era tori/dori** - grabbing the back collar

**Hiji tori/dori** - Elbow grab

**Kata tori/dori Menuchi** - Shoulder grab and overhead strike to the head

**Kata Menuchi** - " "

**Ushiro** - Attacks from behind

**Ushiro Tekubi** - Both wrists grabbed from behind

**Ushiro Tekubitori** - " "

**Ushiro Ryokatetori** - " "

**Ushiro Ryokatatori** - Both shoulders grabbed from behind

**Ushiro Kubushime** - One wrist grabbed and arm choke from behind

**Tsuki** - Punch (straight or reversed)

**Jodan Tsuki** - High punch/punch to the face

**Mune Tsuki** - Punch to the chest

**Chudan Tsuki** - Middle punch/punch to the midsection (solar plexis)

**Shomenuchi** - Strike to the top of the head

**Yokomenuchi** - Strike to the side of the head

### Kicks:

**Mae Geri** - Front kick

**Mawashi Geri** - Roundhouse kick

**Ushiro Geri** - Back kick

**Yoko Geri** - Side kick

