

Arts

shomen uchi ikkyo omote

Pronunciation

show-men oo-chee ee-kyoh o-moat-ta

Definition

Shomen uchi is a strike to the front or top of the head. Ikkyo is the art or grip that is applied on the elbow and shoulder or the elbow and wrist of the attacker. Omote is the movement in front of or towards the attacker.

Breakdown

shomen uchi ikkyo ura

Pronunciation

show-men oo-chee ee-kyoh ooh-raw

Definition

Shomen uchi is a strike to the front or top of the head. Ikkyo is the art or grip that is applied on the elbow and shoulder or the elbow and wrist of the attacker. Ura is the movement to the rear of or around the attacker.

Breakdown

shomen uchi irimi nage

Pronunciation

show-men oo-chee ee-ree-mee nah-gay

Definition

Shomen-uchi is a strike to the front or top of the head. Irimi-nage is an entering throw through the space occupied by the attacker.

Breakdown

katate-tori shiho nage omote

Pronunciation

kah-tah-tay toh-ree shee-hoh-nah-gay o-moat-ta

Definition

Katate-tori is a front facing one handed grab to on the same side facing the attacker. Shiho-nage is the art that is applied on the wrist, elbow, and shoulder so that the hand is folded back past the shoulder, locking the shoulder joint of the attacker. Omote is the movement in front of or towards the attacker.

Breakdown

katate-tori shiho nage ura

Pronunciation

kah-tah-tay toh-ree shee-hoh-nah-gay ooh-raw

Definition

Katate-tori is a one handed wrist grab to on the same side facing the attacker. Shiho-nage is the art that is applied on the wrist, elbow, and shoulder so that the hand is folded back past the shoulder, locking the shoulder joint of the attacker. Ura is the movement to the rear of or around the attacker.

Breakdown

ryote-tori tenchi nage

Pronunciation

ree-oh-tae-toh-ree ten-chee-nah-gay

Definition

Ryote-tori is a front facing wrist grab to each of the wrist with the attacker using both hands, one on each of your wrists. Tenchi-nage is the art in which the one of the attacker's hands is moved down and back while the opposite hand is moved up and behind to facilitate the throw.

Breakdown

Tsuki Kotegaeshi

Pronunciation

t-skee koh-tay-guy-shee

Definition

Tsuki is a thrust or punch. Kotegaeshi is the art that results in throw by twisting the attacker's wrist through a supinating wristlock that stretches the extensor digitorum.

Breakdown

Ushiro Tekubitori Kotegaeshi

Pronunciation

oo-shee-roh tae-koo-bee-toh-ree koh-tay-guy-shee

Definition

Ushiro tekubi-tori is a grab of both wrist from behind. Kotegaeshi is the art that results in throw by twisting the attacker's wrist through a supinating wristlock that stretches the extensor digitorum.

Breakdown

Morotetori Kokyuhō

Pronunciation

more-o-tae-toh-ree coke-you-hoe

Definition

Morote-tori is a grab with two hands to the same, single, wrist. Kokyu-ho is stretch using the fundamentals of the "breath" throw.

Breakdown

Weapons

Bokken Kata Tachi Waza

Pronunciation

Bo-ken Kah-tah Ta-chee Wah-zah

Definition

13 count individual Bokken exercise

Breakdown

Jo Kata Tachi Waza

Pronunciation

Joe Kah-tah Ta-chee Wah-zah

Definition

21 count individual Jo exercise

Breakdown