

AAA Attacks and Techniques

Attacks

Katatori – lapel or same side wrist grab
Katatekosatori – cross-hand wrist grab
Shomenuchi – downward strike to head
Yokomenuchi – strike to side of the head
Munetsuki – thrusting strike to chest
Ryotetori – grasping both wrists
Ushirotori – grasping from behind (bear hug)
Ushirotekubitori – wrists grasped from behind
Ushirohijitori – grasping elbows from behind
Katateryotetori – grasping a forearm with both hands
Ryokatatori – grasping both lapels
Ushirokatatori – grasping both shoulders from behind
Katatori Menuchi – lapel grab with shomen- or yokomenuchi
Katatori Ganmenuchi – lapel grab with punch to face
Maegeri – front snapping kick

Techniques

Ikkyo – first teaching
Nikkyo – second teaching
Sankyo – third teaching
Yonkyo – fourth teaching
Gokyo – fifth teaching
Kotegaeshi – wrist-turning throw
Kokyunage – timing throw
Shihonage – four direction throw
Iriminage – entering throw
Kaitenage – rotary throw
Tenchinage – Heaven and Earth throw
Koshinage – hip throw
Jujinage – entwining the arms in the shape of a cross
Sudori – disappearing throw
Sumiotoshi – corner drop throw
Suwariwaza – uke and nage seated
Hanmi Hantachi Waza – nage seated
Jiyu Waza – free technique
Randori – defense against multiple attackers
Kihon Waza – basic technique
Oyo Waza – advanced or applied technique
Henka Waza – changing technique
Kaeshi Waza – counter technique

Irimi (omote) – direct entry, front
Tenkan (ura) – turning entry, behind