

Introduction to Aikido

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Chapter 1

Aikido, The Gentle Martial Art

Topics:

- [Rokyu \(6th Kyu\) Requirements](#)
- [Aikido Techniques](#)
- [Glossary of Aikido Terms](#)

Aikido is a purely defensive martial art in which you train cooperatively with a partner with the goal of achieving harmony between attacker and defender.

The practice of Aikido is based on a set of basic principles taken from the movements of traditional Japanese sword fighting.

Beginners typically start with learning just the first two or three principles:

- *ikkyo*, First Principle
- *nikyo*, Second Principle
- *sankyo*, Third Principle

Rokyu (6th Kyu) Requirements

6th Kyu is the first level of white belt earned by Aikido beginners.

For 6th Kyu you must demonstrate the following techniques:

- *Tenkan*
- *Shomenuchi ikkyo* and *iriminage*
- *Munetsuki kotegaeshi*
- *Katate dori shihonage*
- *Yokomenuchi shihonage*
- *Kokyu tanden ho*

Aikido Techniques

Munetsuki kotegaeshi

Wrist out turn (*kotegaeshi*) for strike to the abdomen (*munetsuki*) attack.

Description

As Uke throws a punch toward Nage's abdomen, Nage steps off the line of attack, performs a *tenkan*, and blocks the punch by pushing the punching arm sideways. Nage slides his blocking hand down the punching arm and establishes a *gotegaeshi* grip on Uke's hand. Nage waits for Uke to either turn towards him to punch with his free hand or pull back with his punching hand. In either case, Nage performs a *tenkai* to face Uke, turning Uke's wrist outward, causing Uke to fall backwards. Nage pins Uke by walking the held hand around Uke's head and pinning the out turned wrist against his knee. Nage leans slightly into the wrist to immobilize Uke.

Diagram

Video

No video available.

Shomenuchi ikkyo

First principle (*ikkyo*) for *Shomenuchi* attack.

Description

As Uke strikes to the top of Nage's head, nage slides in and catches *uke's* arm with both hands, catching the arm at wrist and above the elbow. *Nage* sweeps *nage's* arm down and around in normal *ikkyo* fashion. The technique may be completed *omote* or *ura*.

Diagram

Video

No video available.

Shomenuchi iriminage

Entering throw (*iriminage*) for *Shomenuchi* attack.

Description

As Uke strikes to the top of Nage's head, nage slides in and lightly blocks uke's arm, at the same time placing his other hand on uke's rear shoulder. Nage extends his blocking hand and performs a *tenkan*, pulling slightly on uke's shoulder to take his balance. As uke's rotational momentum carries him around, nage performs a *tenkai*, pulls uke's shoulder in closer to maintain connection, and raises his blocking hand up and over uke's head, leading his thumb down uke's spine, throwing uke into a backward roll.

Diagram

Video

No video available.

Yokomenuchi shihonage

Four direction throw (*shihonage*) in response to strike to the side of the head (*yokomenuchi*).

Description

May be performed *omote* or *ura*.

Omote: Uke strikes toward the near side of Nage's head. Nage grab's Uke's wrist with the arm of the grabbed hand. As Nage steps across Uke's front, he grab's Uke's arm with his other hand just above the wrist, holding the arm much as he would hold a sword, twisting the arm slightly toward Nage's body (that is, rotating away from Nage's direction of forward movement). Nage takes another forward step with his back foot, raising Uke's arm above Nage's head. Nage lowers his hips to slide under Uke's raised arm, locking Uke's held arm against Nage's shoulder. Nage performs a *tenkai* away from Uke, bending Uke's wrist down toward the ground along the direction of Uke's spine. Nage performs a *tsugiashi* and throws Uke's wrist down (not away), forcing Uke into a backward roll. Nage grab's Uke's wrist with the arm of the grabbed hand. Nage slides deeply across Uke's front. As he slides he grab's Uke's arm with his other hand just above the wrist, holding the arm much as he would hold a sword, twisting the arm slightly toward Nage's body and raising Uke's arm above Nage's head. Nage lowers his hips to slide under Uke's raised arm, locking Uke's held arm against Nage's shoulder. Nage performs a *tenkai* away from Uke, bending Uke's wrist down toward the ground along the direction of Uke's spine. Nage performs a *tsugiashi* and throws Uke's wrist down (not away), forcing Uke into a backward roll.

Diagram

Video

No video available.

Glossary of Aikido Terms

T

tenkai

About face.

tenkan

180 degree turn

