



Kagami Dojo Kihon Waza Glossary

GRABBING ATTACKS:

KATATE DORI: SAME SIDE WRIST GRAB

RYO KATATE DORI: TWO-HANDS GRAB ONE WRIST

KATATE DORI RYOTE MOCHI: TWO-HANDS GRAB ONE WRIST, TERM USED ONLY FOR STANDING KOKYU TANDEN HO

RYOTE DORI: BOTH-WRISTS GRAB

KOSA DORI: CROSS-HAND WRIST GRAB

KATA DORI: SHOULDER GRAB

RYO KATA DORI: BOTH-SHOULDERS GRAB

MUNE DORI: CENTER LAPEL GRAB

USHIRO KUBI TE DORI: BOTH-WRISTS GRAB FROM BEHIND

USHIRO RYO KATA DORI: BOTH-SHOULDERS GRAB FROM BEHIND

USHIRO KUBI SHIME: ONE WRIST GRAB THEN CROSS-NECK CHOKE FROM BEHIND

STRIKING ATTACKS:

MUNE TSUKI: PUNCH TO THE SOLAR PLEXUS

MEN TSUKI: PUNCH TO THE FACE

SHOMEN UCHI: CHOP TO THE FOREHEAD

YOKOMEN UCHI: CHOP TO THE SIDE OF THE NECK

MAE GERI: FRONT KICK TO THE GROIN

YOKO GERI: SIDE KICK TO THE GROIN

MAWASHI GERI: ROUNDHOUSE KICK TO THE RIBS

PINNING TECHNIQUES:

IKKYO: "1ST TECHNIQUE" ARM ROTATION WITH ELBOW UP

NIKKYO: "2ND TECHNIQUE" "S" SHAPED ARM LOCK, THUMB TO PINKY

SANKYO: "3RD TECHNIQUE" BACK OF THE HAND ARM LOCK, THUMB TO THUMB

YONKYO: "4TH TECHNIQUE" WRIST WRING USUALLY APPLIED WITH PRESSURE POINT

GOKYO: "5TH TECHNIQUE" IKKYO WITH REVERSED HAND

ROKYO: "6TH TECHNIQUE" SHOULDER LOCK UNDER ARMPIT

KOTEGAESHI: "WRIST TWIST" WITH SAME SIDE HAND, THUMB TO THUMB

THROWING TECHNIQUES:

KOKYU NAGE "BREATH THROW" MANY VARIATIONS THAT THROW FORWARD AND BACKWARD

IRIMINAGE: ENTERING THROW

SOKOMEN IRIMINAGE (MAY BE CALLED KOKYU NAGE) INIRMINAGE WITH THE OTHER HAND

HIJINAGE (MAY BE CALLED UDEKIME) ELBOW THROW

SUMIOTOSHI: "CORNER THROW"

SHIHONAGE "4-DIRECTION THROW"

KAITENNAGE: "ROTARY THROW" AKA THE WHEEL THROW

TENCHI NAGE: "HEAVEN AND EARTH THROW"

KOKYU TANDEN HO (MAY BE CALLED KOKYU HO)
"BREATH-POWER EXERCISE"

