

## Basic Wrist Grab Attacks

### Aihanmi katatedori

"mutual stance"



(Cross hand wrist grab)

### Gyakuhanmi katatedori

"opposite stance"



(Same side wrist grab)

*ai = mutual*  
*gyaku = opposite*  
*hanmi = half stance*  
*katate = one hand*  
*dori = take*

## Basic Techniques

### Osae waza

"control techniques"

Ikkyo

1st teaching

Nikyo

2nd teaching

Sankyo

3rd teaching

### Nage waza

"throwing techniques"

Kaiten-nage

Rotational throw

Shiho-nage

4-Direction throw

Irimi-nage

Entering throw

Kotegaeshi

Wrist turn

## Directions

### Omote

"front"; perform technique to the front of uke

### Ura

"back" perform technique to the back of uke

In basic level practice know how to perform each of the basic controls and throws from both **aihanmi** and **gyakuhanmi**. You should be able to perform the **omote** and **ura** version of **ikkyo** and **shihonage**. **Ryotedori** (grab both wrists) can be treated as gyakuhanmi. **Morotedori** (two hands grab one wrist) techniques can typically be performed as either gyakuhanmi on the near side hand or aihanmi on the far side hand. Striking techniques develop from these grabbing techniques. **Shomenuchi** (frontal strike with the edge of the hand) and **tsuki** (thrust or straight punch) correlate with aihanmi. **Yokomenuchi** (side strike with the edge of the hand) correlates with gyakuhanmi.