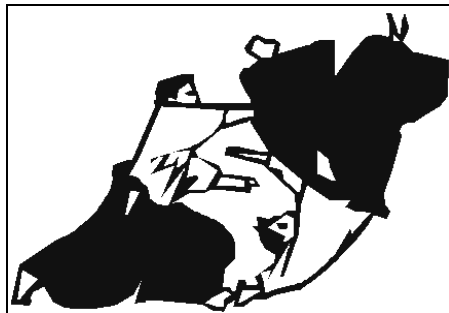


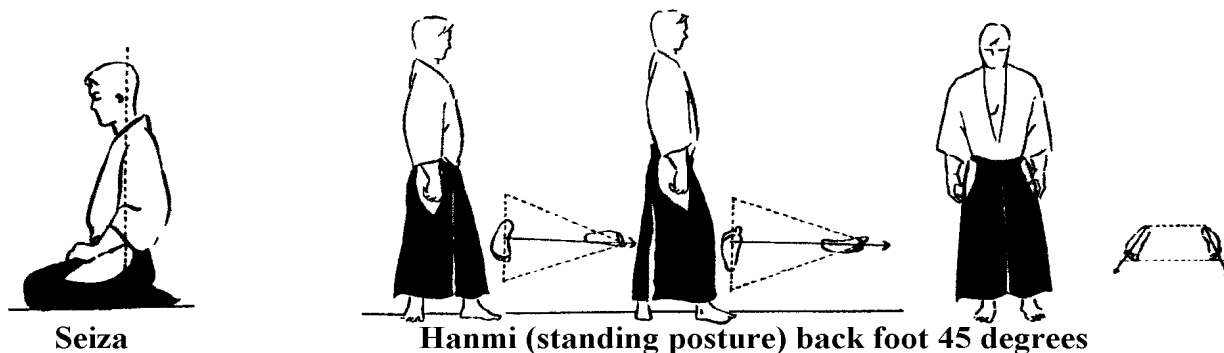
# AIKIDO INSTRUCTIONAL AID



## Stances, Postures, Exercises and Rolls

Dr. John H. Riggs, sensei

**Stances:** the basic Aikido stance is the hanmi while standing and seiza while seated. The posture should be vertical.



**Rolling/Falling:** Rolling and falling capabilities are essential to enjoying the art of Aikido. The forward roll is called Mae Ukemi. The backward roll is called Ushiro Ukemi. The following depicts a standing forward roll.



**Dojo Cho's Technical Pointers:** bend the left front leg to lower the body, roll from the left forearm (unbendable) to the left shoulder, to the right buttock. Tuck the right leg under as you come up to a balanced standing position. The roll depicted is a left forward roll or Hidari Mae Ukemi. A right forward roll (Migi Mae Ukemi) is just the opposite. A backward roll or Ushiro Ukemi is the reverse.

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## BASIC AIKIDO ATTACKS

### FRONT GRABBING ATTACKS

1. Katatetori (same side wrist grab)



2. Katate kosatori (cross hand grab)



3. Katatori (same side shoulder grab)



4. Morotetori (katate ryotetori)-two hands on one grab



5. Ryotetori (two on two grab)



6. Ryokatatori (double shoulder grab)



### REAR GRABBING ATTACKS

1. Ushiro tekubi tori (rear double wrist grab)



2. Ushiro hiji tori (rear double elbow grab)



3. Ushiro katatori (rear double shoulder grab)



4. Ushiro tekubi shime (rear wrist grab/choke)



5. Ushiro tori (high arm-bear hug)



6. Ushiro tori (low arm-bear hug)

