

# AIKIDO KATAS

## BREAK FALLS

|                    |                          |
|--------------------|--------------------------|
| Ukemi Waza         | Falling methods or ways  |
| Zempo Kaiten Ukemi | Front rolling break fall |
| Koho Ukemi         | Back break fall          |
| Yoko Ukemi         | Side break fall          |

## TEGATANA NO KATA (a.k.a. "The Walking")

|                        |                             |                    |
|------------------------|-----------------------------|--------------------|
| 1. Shomen Ashi         | Forward step                | Feet only          |
| 2. Waki Ashi           | Side to side step           | Feet only          |
| 3. Tenkan Ashi         | Pivot step                  | Feet only          |
| 4. Shomen Te Gatane    | Straight hand blade         | Same hand/foot     |
| 5. Uchi Mawashi        | Inside sweep hand blade     | Same hand/foot     |
| 6. Soto Mawashi        | Outside sweep hand blade    | Same hand/foot     |
| 7. Uchi Soto Gaeshi    | Forward block and side push | Same hand/foot     |
| 8. Uchi Mawashi Gaeshi | Inside sweep and turn       | Same hand/foot     |
| 9. Soto Mawashi Gaeshi | Outside sweep and turn      | Opposite hand/foot |
| 10. Ude Goshi Gaeshi   | Arm and hip turn            | Opposite hand/foot |
| 11. O Mawashi          | Major circle                | Opposite hand/foot |
| 12. Yoko O Mawashi     | Side major turn             | Both hands/feet    |

## HANASU NO KATA (a.k.a. "The Releases")

|                          |                           |           |
|--------------------------|---------------------------|-----------|
| 1. Hon Soto Hanasu       | Normal outside release    | Palm down |
| 2. Hon Soto Te Osu       | Normal outside hand push  | Palm up   |
| 3. Gyaku Soto Hanasu     | Reverse outside release   | Palm up   |
| 4. Gyaku Soto Te Osu     | Reverse outside hand push | Palm down |
| 5. Hon Uchi Hanasu       | Normal inside release     | Palm down |
| 6. Hon Uchi Ude Hineri   | Normal inside arm twist   | Palm up   |
| 7. Gyaku Uchi Hanasu     | Reverse inside release    | Palm up   |
| 8. Gyaku Uchi Ude Hineri | Reverse inside arm twist  | Palm down |

## NI JU SAN HON KATA (a.k.a. "The 23")

### Atemi waza (striking techniques)

|                   |                               |
|-------------------|-------------------------------|
| 1. Shomen-ate     | Straight frontal head strike  |
| 2. Aigamae-ate    | Regular facing posture strike |
| 3. Gyakugamea-ate | Reverse posture strike        |
| 4. Gedan-ate      | Low strike                    |
| 5. Ushiro-ate     | Behind (from the rear) strike |

### Hiji waza (elbow techniques)

|                              |                                      |
|------------------------------|--------------------------------------|
| 6. Oshi-taoshi               | Knock or push down                   |
| 7. Ude-gaeshi                | Arm turn                             |
| 8. Ude-hineri                | Pull and push down                   |
| 9. Hiki-taoshi               | Arm twist                            |
| 10. Waki-gatame              | Side of the chest arm lock           |
| 11. Goshin-Jitsu-Waki-gatame | Side of the chest arm lock variation |

### Tekubi waza (wrist techniques)

|                        |                                    |
|------------------------|------------------------------------|
| 12. Kote-hineri        | Wrist twist                        |
| 13. Kote-gaeshi        | Wrist turn                         |
| 14. Tenkai-kote-hineri | Circular (spinning) wrist twist    |
| 15. Shiho-nage         | Four corner (all directions) throw |
| 16. Tenkai-Kote-Gaeshi | Circular Wrist Turn                |

### Uki waza (floating techniques)

|                        |                           |
|------------------------|---------------------------|
| 17. Mae-otoshi         | Forward drop              |
| 18. Kote-taoshi        | Wrist twist and push down |
| 19. Sumi-otoshi        | Rear corner drop          |
| 20. Sumi-taoshi        | Rear corner push down     |
| 21. Sumi-guruma        | Rear corner wheel         |
| 22. Sumi-tai-guruma    | Rear corner body wheel    |
| 23. Hiki-otoshi-guruma | Pull and drop wheel       |

### OWAZA JU PON (a.k.a. "The Big 10")

|                       |                                    |
|-----------------------|------------------------------------|
| 1. Kubi-guruma        | Neck wheel                         |
| 2. Kata-otoshi        | Shoulder drop                      |
| 3. Ude-guruma         | Arm wheel                          |
| 4. Hiji-guruma        | Elbow wheel                        |
| 5. Aiki-nage          | Fitting in throw                   |
| 6. Shiho-nage         | Four corner (all directions) throw |
| 7. Ushiro-ate         | Behind (from the rear) strike      |
| 8. Kote-gaeshi        | Wrist turn                         |
| 9. Ushiro-kubi-gatame | Hold from behind (the rear)        |
| 10. Shizumi-otoshi    | Sinking body drop                  |

### KORYU-NO-WAZA

In addition to the basic kata previously listed several advanced Aikido kata are also practiced. These are known as the Koryu-no-waza or traditional (ancient) kata. These kata teach major variations of the basic techniques and are part of the requirements for promotion. These kata are:

|                |               |
|----------------|---------------|
| Koryu-Dai-Ichi | 24 techniques |
| Koryu-Dai-Ni   | 16 techniques |
| Koryu-Dai-San  | 50 techniques |
| Koryu-Dai-Yon  | 25 techniques |
| Koryu-Dai-Go   | 23 techniques |
| Koryu-Dai-Roku | 39 techniques |

These kata include:

|                            |                           |
|----------------------------|---------------------------|
| Nage-waza                  | Throwing techniques       |
| Katame-waza                | Locking techniques        |
| Atemi-waza                 | Striking techniques       |
| Kansetsu-waza              | Joint techniques          |
| Suwari-waza                | Kneeling techniques       |
| Tachi-waza                 | Standing techniques       |
| Tanto-dori                 | Defending against a knife |
| Tachi-dori                 | Defending against a sword |
| Jo-no-bu/Jo-no-dori        | Defending against a jo    |
| Jo-no-bu/Jo-no-tsukai-kata | Using a jo                |
| Tachi-no-tachi             | Sword against a sword     |