

AIKIDO NAGE WAZA



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BY

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ISBN-13: 978-1530878819
ISBN-10: 1530878810

Published by Createspace

Technique photos by Svante Larsson
Additional photos by Mats Alexandersson

Mats Alexandersson, 1965–
Aikido Nage Waza

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KOTE GAESHI

Kote gaeshi is a throw where you throw by twisting the wrist and uke's hand is curled up into a small ball. There is a strong feeling of cutting with a sword when throwing.

AI HANMI KATATE DORI KOTE GAESHI

- 1 Uke grabs nage's wrist.



- 2 Nage steps in toe to toe, turns the hip and moves 90 degrees off the attacking line. At the same time nage grabs uke's hand across the thumb and palm.



- 3 Nage enters into horse stance, breaks uke's balance and prepares to get out of uke's grip around the wrist.



- 4 Nage lowers the elbow and uses kokyō power to exit through the grip. Nage exits the grip between uke's thumb and index finger.



AI HANMI KATATE DORI KOTE GAESHI

5



- 5 Nage puts his palm on top of uke's hand. The fingers of both hands are parallel.

6



- 6 Uke's arm and wrist should now be in 90 degree angles. Uke prepares to turn the hip and simultaneously twist uke's hand in direction of the joint's natural direction.

7



- 7 Nage rolls uke's wrist so that uke falls down to the mat.

8



- 8 As uke falls, nage maintains the grip on uke's wrist.

AI HANMI KATATE DORI KOTE GAESHI - STANDING PIN

- 9 Nage pushes uke's hand to uke's face.



- 10 Nage shifts the grip with one hand and grabs uke's the elbow. Nage still maintains uke's hand in his own face.



- 11 Nage turns uke over to his stomach, pinning the shoulder tightly to the mat.



- 12 Nage grabs uke's wrist with both hands. Nage's hands are resting on top of the back of uke's hand. Note, if nage only grabs with one hand, there is a good chance uke may be able to free himself from the pin.



YOKOMEN UCHI SHIHO NAGE OMOTE WAZA - GO NO SEN

- 1 Uke and nage start out in ai hanmi.



- 2 Uke strikes a yokomen uchi and nage blends with the attack. Nage steps 45 degrees off the attacking line, blocks the arm with one hand and strikes an atemi (shomen uchi) with the other hand.



- 3 Directly after the block (shomen uchi), nage cuts down uke's hand with the tegetana.



- 4 Nage grabs uke's wrist and hand, steps out to the side to open up for the rest of the movement.



YOKOMEN UCHI SHIHO NAGE OMOTE WAZA - GO NO SEN

5



5 Nage steps in front of uke and raises the hands.

6



6 Nage turns hip and body.

7



7 Nage throws uke after having completed the full hip turn.

8



8 Nage pins uke to the mat and strikes an atemi.



HANMI HANDACHI WAZA KATATE DORI KAITEN NAGE SOTO Maware

- 1 Uke grabs nage's wrist.



- 2 Nage moves 45 degrees off the attacking line, breaks the balance and executes an atemi.



- 3 Nage strikes an atemi with the tegetana towards uke's face.



- 4 Uke pushes back the attack, and nage leads uke's push downwards causing uke to lose balance. At the lowest point nage places one hand at the edge of the crown of the head.



RYOTE DORI KOKYU NAGE #1

- 1 Uke and nage start out in ai hanmi.



- 2 Nage enters, stretches out the arms and uke blends. Uke moves forward to grab the wrists. Nage steps in toe to toe.



- 3 Nage starts to turn, hands in center, a 180 degree turn.



- 4 Nage turns and raises the hands in the center creating a spiral upwards lifting motion.



RYOTE DORI KOKYU NAGE #1

5



- 5 At the highest point, nage slides forward diagonally crossing uke's path

6



- 6 Nage strikes down with both hands very much in the same manner as when striking with bokken.

7



- 7 Uke is forced to fall.

8



- 8 Nage ends the technique standing in a strong posture.



The entrance to the old dojo in Iwama. The sign simply states, Ai ki shu ren dojo, a dojo where you train seriously and rigorously. At the end it also says, Aikido dojo.

YOKOMEN UCHI KOKYU NAGE #1

- 1 Uke and nage start out in ai hanmi.



- 2 Uke strikes a yokomen uchi. Nage blends with the strike and steps in 45 degrees off the attacking line with one hand blocking the strike (without altering its course) and strikes an atemi with the other hand.



- 3 Nage continues turning the hip while grabbing uke's wrist and placing the other tegetana on the inside of uke's elbow.



- 4 Nage completes the full 180 degree hip turn and prepares to cut down with both hands.

