

Common Attacks

Hanmi-Handachi	Uke standing, nage kneeling
Henkawaza	Switching from one technique to another
Hiji Dori	Grab to the elbow
Jo Dori	Jo techniques
Kaeshi waza	Counter techniques. Uke applies the technique to nage
Katate Dori	One hand grab to wrist (mirror image)
Kata Dori	One handed shoulder/collar grab
Keri/Geri	Kick
Kosa Dori	One hand grabbing one hand (right to right or left to left)
Mae Kubishime	Two hands choking neck from front
Maigeri	Front kick
Morote Dori	Two hands grabbing one wrist
Munetsuki	Strike or punch to the stomach/chest
Ryote Dori	Both wrists grabbed from the front
Ryo Tekubi Tori	Both wrists grabbed from the front
Ryo Temochi	Two hands grabbing one wrist
Shomenuchi	Strike to the front or top of the head
Suvari Waza	Techniques from kneeling
Tachi Dori	Attack with bokken
Tanto Dori	Attack with knife
Tori/Dori	Grab
Tsuki	Thrust or punch
Uchi & Soto Mawari	Strikes: inside (uchi) and out-side (soto)
Ushiro Tori	Bear-hug from behind
Ushiro Ryokatadori	Both shoulders grabbed from behind
Ushiro Tekubi Tori	Both wrists grabbed from behind
Ushiro Kubishime	Choke from behind with free hand grabbing wrist
Yokomenuchi	Strike to the side of the head