

## Teaching tips for some beginning Aikido techniques

### Katate kosa dori kokyunage (basic kokyunage – cross-hand grab, jump behind)

Hitori waza used: ikkyo, udefuri choyaku, ude mawashi.

1. Don't pull ki.  
How? Extend ki like unbendable arm exercise. Don't drop down.  
Why? To lead uke up without pushing or pulling
2. Enter straight behind uke.  
How? Focus ki straight through uke and move like udefuri choyaku exercise.  
Why? To move into the center and make uke move around you.
3. Raise both arms up like "bansai" gesture.  
How? Point fingertips up like ikkyo exercise.  
Why? To lead uke up.
4. Perform throw with a vertical rhythm.  
How? Move arms and one point straight down and up as in ude mawashi exercise.  
Why? So uke cannot stop your ki.

### Munetsuki koteoroshi (Punch, turn and throw)

Hitori waza used: koteoroshi, tenkan.

1. Lead uke without blocking ki  
How? Turn tenkan without changing uke's direction.  
Why? To lead without pulling.
2. Take hand lightly from the top.  
How? Move hand along the direction of uke's arm.  
Why? To lead uke around without pulling.
3. Bring arm straight down, lead straight up and down  
How? Bend knees, move one point, point fingers down.  
Why? To lead uke down.

### Kokyu Dosa (Kneeling throw)

Hitori waza used: ikkyo waza, ude furi waza.

1. Body enters straight in and elbows drop down  
How? Move like bowing and keep weight underside.  
Why? To lead uke without pushing or pulling.
2. Pin the uke with ki while standing on toes.  
How? Use unbendable arms with a light touch at uke's shoulder and elbow.  
Why? To adapt to uke's test or movement without losing balance and control.

### Shomenuchi Kokyunage Tobikomi (strike down from front, jump behind and throw like basic kokyunage)

Hitori waza used: ikkyo, udefuri choyaku, ude mawashi.

1. When ki moves, enter straight behind uke  
How? Move like Ude Furi Choyaku exercise.  
Why? To move past uke
2. Raise both arms  
How? Point fingertips up like ikkyo exercise.  
Why? To lead uke up without pushing or pulling
3. Bring arms straight down, lead straight up and down  
How? Move arms and one point down and up as in arm circle exercise.  
Why? So uke cannot stop your ki.

### Kata dori ikkyo (Irimi & tenkan, grab shoulder, step back and take arm down)

Hitori waza used: funakogi, zenshin-koshin, tenkan.

1. Brush uke's hand down and step back without changing position of hand  
How? Begin like funakogi, let elbows relax down and then step back.  
Why? To move uke without pulling or creating resistance.
2. (for irimi) Lead hand straight up and down before stepping in.  
How? Lead uke from fingertips and take fully down.  
Why? To avoid collision with uke.
3. (for tenkan) Lead hand straight up, step straight behind uke, then lead hand straight down.  
How? Lead uke from fingertips and move in like tenkan exercise.  
Why? To move into the center and cause uke to move around you.
4. Finish on knees and toes.  
How? Have posture like in shikko exercise.  
Why? To follow uke all the way down to mat with balanced posture.