

Important items for training in Aikido

The use of the Togatana in Aikido

We are using togetana to neutralize a grip attack

- Using the omote and ura part of the hand

We are using a lot of techniques where we grip the opponent.

- Where to grip ? Wrist, arm, elbow, dogi,.....

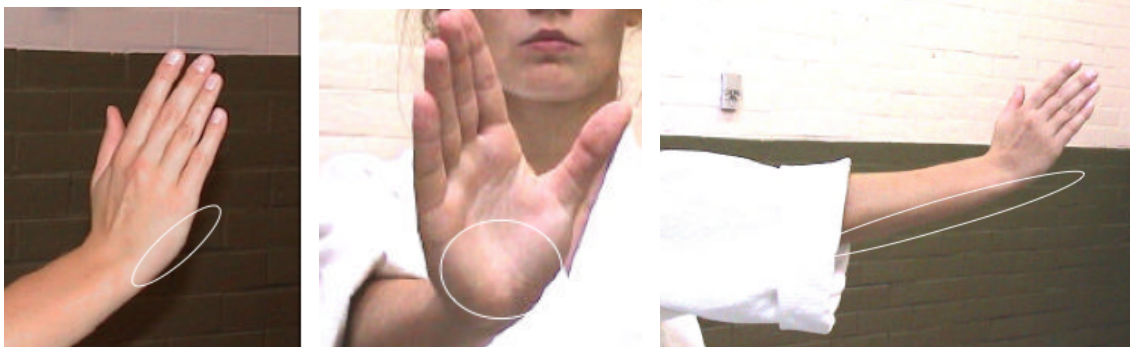
We are using togetana to parry an incoming attack.

- How to parry ? Attack : shomen ate, shomen uchi, yokomen uchi, shomen tsuki,

According to Kenji Tomiki, we cannot limit the use of Togatana alone to the handblade. Other parts of the hand and arm can be used as “Togatana”

We can see here clearly the influence of swordmanship in our Aikido.

These are examples of Togatana



Togatana training methods

Neutralizing grip to wrist

4-hon kuzushi

- ura dori ude hineri (ai gamae)



- omote dori ude hineri (gyaku gamae)



- omote dori ude gaeshi (ai gamae)



- ura dori ude gaeshi (gyaku gamae)



4-hon tenkai kuzushi

- omote dori tenkai ude hineri (ai gamae)



- ura dori tenkai ude hineri (gyaku gamae)



- omote dori tenkai ude gaeshi (ai gamae)



- ura dori tenkai ude gaeshi (gyaku gamae)



7-hon kuzushi (omote and ura waza)

- jodan ai gamae
- jodan gyaku gamae
- chudan ai gamae
- chudan gyaku gamae
- gedan ai gamae
- gedan gyaku gamae
- ushiro

Grips to the opponents wrist

- Ai gamae ura dori (junte)
- Gyaku gamae omote dori (junte)
- Ai gamae omote dori (gyakute dori)
- Gyaku gamae ura dori (gyakute dori)

Neutralizing incoming attacks

Soto and uchi harai