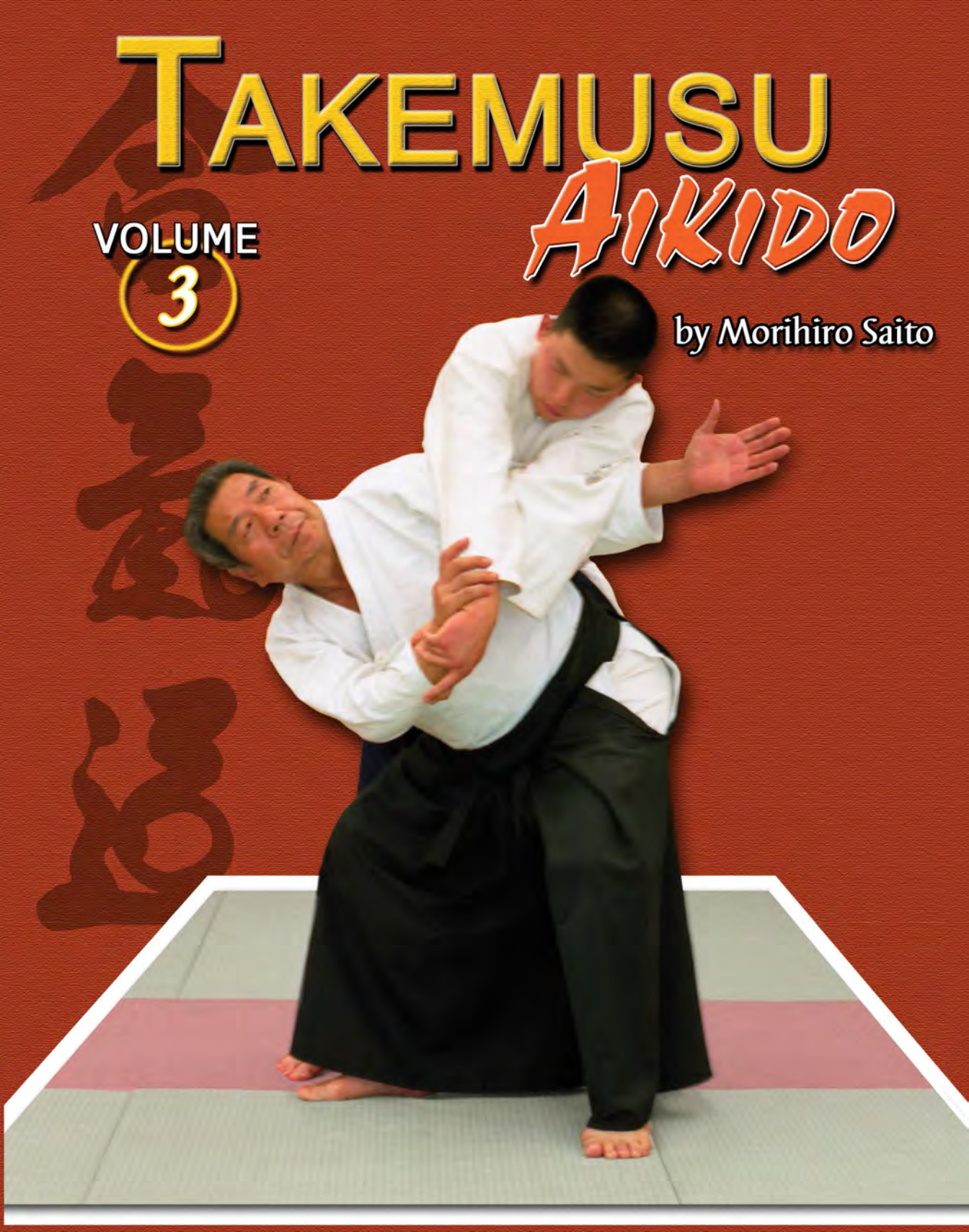
# TAKEMUSU AIKIDO

VOLUME 3

by Morihiro Saito



## ~ Basics Concluded ~

# Takemusu Aikido

## *Volume 3*

# 武産合気道 第三巻

## 基本技術編　Ⅲ

合気会９段

斉藤守弘 著

## *Basics Concluded*

**by Morihiro Saito, 9th dan**

Translated by Ikuko Kimura & Stanley A. Pranin

Tokyo
Aiki News

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守

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# はじめに

開祖が逝去されてから27年を経た現在、合気道技はさまざまなスタイルで行なわれております。指導者の方々がそれぞれの考え方により自由に指導された結果でありましょう。

たしかに、自らの発想にもとづいて指導されることは結構なことです。しかし、それが開祖が生涯をかけて集大成された合気道を混乱させることになるのではないか……と、一抹の不安を抱かざるを得ません。なぜなら今日の合気道には、合気剣や杖などの武器技を認めないなど、開祖の技とかなり相違したものも見受けられるからです。こうした合気道からは、もはや開祖の面影は感じられません。

私は開祖の直弟子として、そして開祖の道場をお預かりしている者として、開祖の教えを忠実に継承していく責務があると自らを戒め、後進の指導にあたっております。その意味からも、合気ニュースから出版されているこの技術書シリーズ『武産合気道』は、私にとってたいへん有意義なものと思っております。講習会に参加できない方々、直接指導を受けられない方々にも、少しでもお役に立てればと、今回もこのシリーズ３巻目の制作にあたった次第です。

斉藤守弘
1996年３月
茨城道場にて

# *Introduction*

It has been twenty-seven years since the passing of the founder and today many different styles of aikido exist. The result has been that teachers have taught freely based on their individual ways of thinking.

Of course, it is a fine thing for instructors to teach based on their own ideas. However, I am compelled to feel somewhat uncomfortable that such a situation will result in confusion over the nature of the aikido that the founder laboriously formulated over a lifetime. The reason is that today in aikido there are those who do not recognize the validity of weapons techniques employing the aiki ken and aiki jo. Moreover, there are some whose aikido techniques are very different from those of the founder. There remains little trace of his genius in this kind of aikido.

As a direct student of the founder and the person in charge of his personal dojo, I constantly remind myself of my responsibility to faithfully transmit his teachings as I instruct my students. For this reason, the Takemusu Aikido technical series being published by Aiki News is very important to me. I sincerely hope that Volume 3 will be of some help to those who cannot participate in my seminars or those who are unable to come here to Iwama to learn.

Morihiro Saito
Ibaragi Dojo, March 1996

# 刊行にあたって

斎藤守弘師範の『武産合気道』第３巻をここにお届けできますことは、私どもにとってたいへん光栄なことであります。このシリーズも回を重ねるにつれ、植芝盛平大先生が残された膨大な技の数々を整理し、一覧に供するという私たちの目的に一歩ずつ近づいてまいりました。

第1巻、第２巻の基本技術編およびこの第3巻で、岩間スタイル合気道の基本技のうち200ちかい技が収められることになります。これらの技には、開祖植芝盛平翁が第二次世界大戦後、岩間での厳しい修行・練磨の結果修得された合気道が色濃く反映されています。

なお、第２巻より、英語、日本語の対訳版と致しました。これは、今後の、このシリーズの出版をスムーズにし、また海外の読者からの、（原文と訳文の併記によって）術語の参照に役立たせたいとの声にお応えするためです。

第２巻同様、本書に使用した写真は、斉藤守弘師範とご子息・斉藤仁弘師範の演武によるものです。

また演武や受ではパトリシア・ヘンドリックス氏および高橋大輔氏に、また本書の校正面でマイルス・ケセル氏にご協力をいただきました。あらためて御礼を申し上げます。

スタンレー・Ａ・プラニン
英語版『合気道ジャーナル』編集長
1996年５月１日
東京、にて

# *Preface*

It is with great pride that we publish Volume 3 of Takemusu Aikido by Morihiro Saito Shihan. The appearance of each volume in this series brings us one step closer to our goal of cataloguing the vast technical repertoire bequeathed by Morihei Ueshiba O-Sensei.

This volume covers the final techniques that round out the basic curriculum of Iwama-style aikido, bringing the total techniques presented to some two hundred. These techniques exemplify the wonderful aikido of founder Morihei Ueshiba developed during his period of intensive training in Iwama during and after World War II.

I would especially like to thank Hitohiro Saito Shihan, 6th dan, for his expert performance of many of the technical sequences presented in this book. Patricia Hendricks, 5th dan, one of Saito Sensei's leading foreign students also demonstrates several techniques and serves as ukemi in many of the photo sequences. Thanks also go to Daisuke Takahashi for his assistance as ukemi. Furthermore, we owe a debt of gratitude to Miles Kessler who carefully reviewed the technical explanations and made a number of suggestions to improve the clarity and accuracy of the text.

Finally, I would like to thank Japanese editor Ikuko Kimura, my co-translator, as well as Hisako Ishida and Yurie Chiba for their tireless efforts in preparing the final manuscript.

Stanley A. Pranin
Editor-in-chief Aiki News/Aikido Journal
Tokyo, May 1, 1996

# Basics Concluded

## 基本技術編 Ⅲ

# 基本技について

ある人から、強くなるためにはどのような稽古をすればよいかと質問がありました。開祖の練習上の心得第５に、「日々の練習に際しては、『体の変更』より始まり逐次強度を高め、身体に無理を生じせしめざるを要す」とあります。数多くある合気道技について、開祖はそのつどその技の重要性を説かれています。開祖の数多くある資料を研究することにより、自ずとこうした疑問を解決していけるものと私は信じます。

腰投げ技について開祖は「この技は特に楽に投げられる技である。何度投げても疲れない、朝から晩まで投げ続けても疲れないのじゃ」などと言われ、皆を笑わせたものです。この技がうまくできない人は、ぜひ開祖の口伝のところを読み返してください。

本書では、座技呼吸法、諸手取り呼吸法を紹介していますが、呼吸法は合気道にとって欠かせない技です。呼吸法のない合気道は力を抜いた相撲のようなものです。基本的にはっきりした区別があり、これらの違いを完全に習得する必要があります。まずこの二つの呼吸法をしっかりと研究してみてください。

# Basics Concluded

Once someone asked the question, "What kind of training will make me strong in aikido." In the founder's fifth note on training in Budo, p.8 he writes: "Daily training starts with tai no henko. You should gradually increase the intensity of your practice and use your body in a natural way." The founder explained the importance of each and every one of the numerous techniques of aikido. I believe that by studying the many documents on the founder questions such as this one will be naturally resolved.

On the subject of koshinage, the founder used to make everyone laugh by making comments like: "It is especially easy to throw using koshinage. I never get tired no matter how many times I throw. I don't get tired even if I continue throwing from morning to night!" Those who experience difficulty in executing koshinage should by all means refer back to the founder's words.

Among the techniques I explain in this book are suwariwaza kokyuho and morotedori kokyuho. Kokyuho techniques are essential to aikido. Aikido without kokyuho is like sumo without strength. Basically, there are clear distinctions in the kokyuho movements and it is necessary to master these differences completely. In your aikido training you should first and foremost study these two groups of kokyuho techniques.

# KAITENNAGE

# 回転投げ

## 正面打ち回転投げ

❶右手で相手の正面を打つ。
❷左足を進め、左手で相手の脇腹に当て身を入れ
❸右手刀で相手の右手を切りおとし
❹その切りおとした相手の右手を左手で下から握り、左足を相手の後方にさらに進める。右手で相手の後頭部を強く押さえ、左手で相手の右腕を上にあげる。
❺❻左足を進め相手を投げる。

❶ Initiate the technique by extending your right hand towards your partner's face.
❷ Step forward with your left foot while executing an atemi to your partner's side with your left hand.
❸ Strike down your partner's right hand with your right tegatana.
❹ Grab her right hand from below with your left hand and step further to the rear of your partner with your left foot. Hold down your partner's head firmly with your right hand while raising her right hand upwards with your left hand.
❺❻ Step forward with your left foot and throw your partner.

### ポイント
### Commentary

正面打ちには自分から打っていき相手をさそいだして投げるのと、打ってきたのを受けて投げるのと二通りあるが、基本的には、自分から打っていく。

写真❸の手のもちかえは、正面打ち三教変化技（4）（『武産合気道』第１巻　基本技術編Ｉ　236頁参照）の要領と同じである。

回転投げで相手を投げるとき、相手の首ではなく後頭部を押さえること。

There are two types of shomenuchi techniques. In the first of the two, you cause your partner to attack by initiating the movement. In the other type, you receive the attack initiated by your partner. In the basic technique, be sure to initiate the movement.

The hand change shown in photo ❸ should be executed in the same manner as shomenuchi sankyo henka (4). See *Takemusu Aikido, Volume 1*.

Be sure not to hold down your partner's neck, but rather the head, when throwing.

## Shomenuchi kaitennage

## 横面打ち回転投げ

❶❷相手が右手で横面を打ってきたら、左足をわずかに左斜め前に進め、左手刀で相手の右手刀を払い、右手で相手の顔面を打つ。
❸右手で相手の右手刀を切りおとし
❹❺左手をそえて左足を相手の後方に進め、左手で相手の右手首を下からとり、右手で相手の後頭部を強く押さえる。

❶❷ When your partner executes a yokomenuchi strike, step slightly forward and to the left with your left foot. Parry your partner's right tegatana with your left tegatana while executing an atemi to her face.
❸ Strike down your partner's right tegatana with your right hand.
❹❺ Bring your left hand inward and step in to the rear of your partner. Take your partner's right wrist with your left hand and hold down her head firmly with your right hand.

### ポイント
### Commentary

写真❸❹の要領は、正面打ち回転投げと同じ。

The movements shown in photos ❸ and ❹ should be the same as in shomenuchi kaiten-nage.

## Yokomenuchi kaitennage

②

3

③

4

④

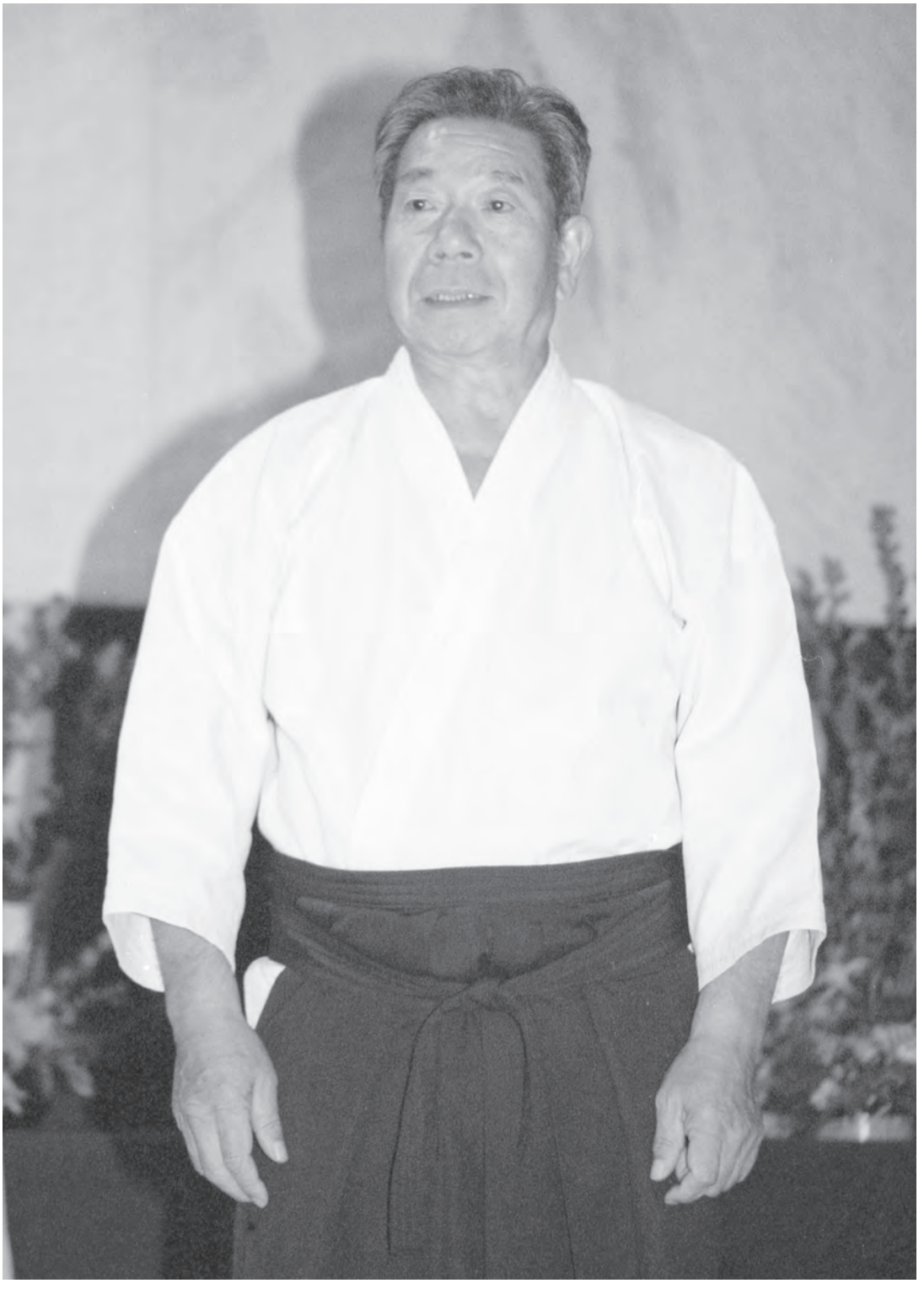
5

## 横面打ち回転投げ　Yokomenuchi kaitennage

❻左足を進め相手を投げる。

❻ Step forward with your left foot to throw your partner.

岩間道場へ通じる道
Path from street entrance leading to Iwama Dojo



デンバーのセミナーにて　1997年
Observing class at Denver seminar, 1997

## 横面打ち回転投げ　気の流れ

❶❷❸❹相手がひと足進み横面打ちできたら、左足を後方へ開き、左手にて相手の横面を受け流しつつ、右手刀で相手の右手刀を切りおとし、左足を相手の後方に深く進ませる。
❺左手で相手の右手を下からとり、右手で後頭部を強く押さえ

❶❷❸❹ When your partner advances one step to execute a yokomenuchi strike, take a large step to the rear with your left foot while parrying her yokomenuchi strike with your left hand. Then cut down her right tegatana with your right tegatana and step in behind your partner with your left foot.
❺ Grab your partner's right hand with your left hand from below and hold her head down firmly with your right hand.

### ポイント
### Commentary

左足を進ませ左手で受け流す場合は、体を開くような気持ちでやること。

In the sequence shown in photos ❹ and ❺, when you step forward with your left foot to the rear of your partner, do so as though opening your body to the right.

## Yokomenuchi kaitennage ki no nagare

②

3

③

4

④

5

## 正面打ち四教　裏

⑤

❻

⑥

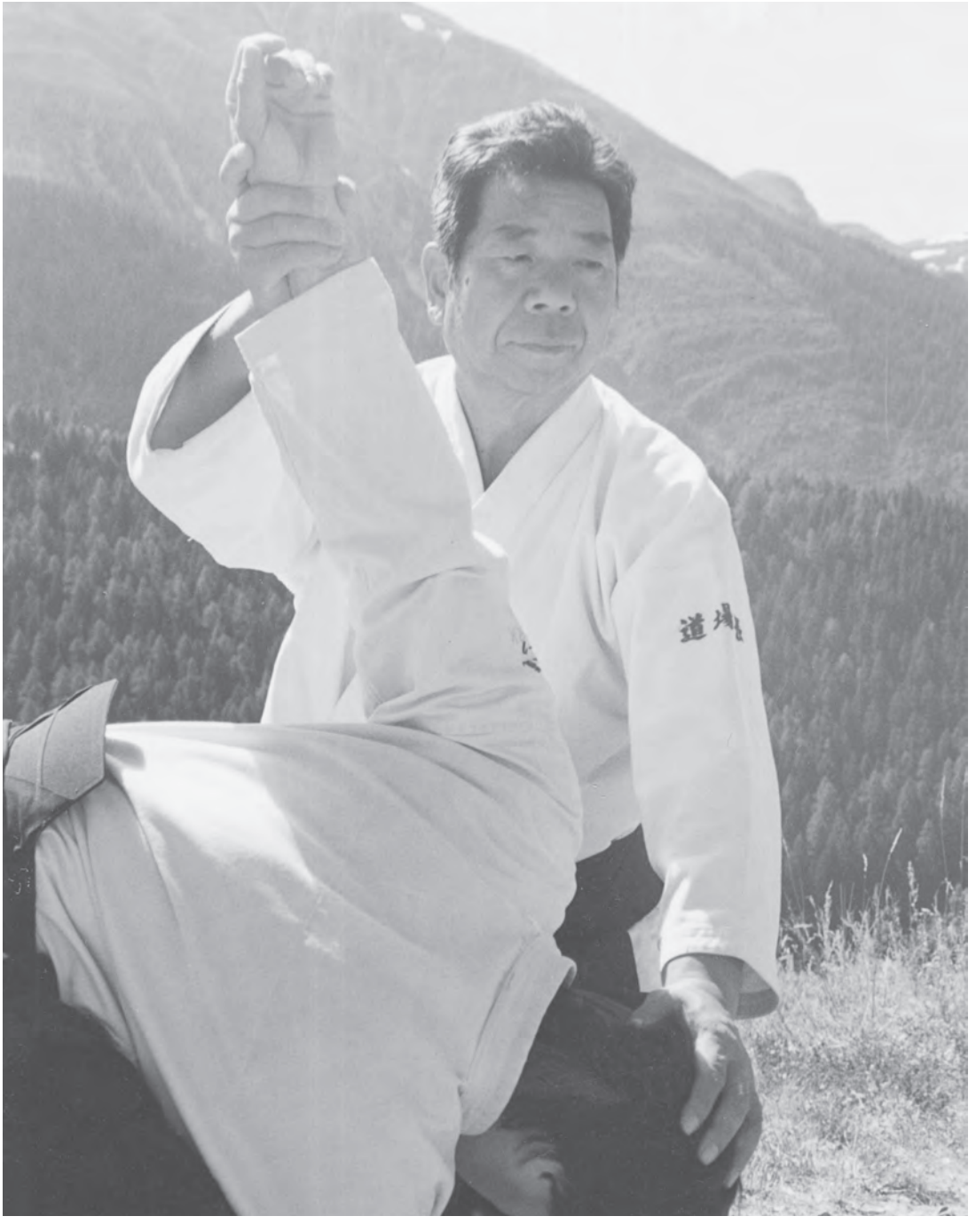
❼

❻❼相手を投げる。

❻❼ Step forward with your left foot to throw your partner.

岩間道場　1979年
Iwama Dojo, 1979

## *Yokomenuchi kaitennage ki no nagare*




スイスにて　1998年夏 写真提供：パオロ・コラリーニ氏
Photo taken in Swiss Alps, Summer 1988. Courtesy of Paolo Corallini

## 片手取り回転投げ（内）

❶相手に左手を掴まれたら
❷❸左足を斜め前方に進め、右手で顔面に当て身を入れる。相手との間をくぐりぬけるように右足を進め、180度転換する。
❹左手を切りおろすようにして、左足を引き、右手で相手の後頭部を強く押さえ、左手で相手の右手首を下からとる。
❺❻左足を進め相手を投げる。

❶❷❸ When your partner grabs your left hand with her right hand, step diagonally forward with your left foot while executing an atemi to her face with your right hand. Step forward with your right foot as though passing under both your arms and turn 180 degrees.
❹ Step to the rear with your left foot as though cutting down with your left hand. Hold your partner's head down firmly with your right hand and grab her left wrist with your left hand.
❺❻ Step forward with your left foot and throw your partner.

### ポイント
### Commentary

写真❷のとき、**足で三角を描くように入れ（口伝）**。相手の左手を封じるために写真❷の当て身は絶対必要である。これをやらないと入れない。写真❸では、相手の掴んだ右手が離れないように、相手の右手に合わせるように回転すること。

In the position shown in photo ❷, O-Sensei said: **"Enter as though drawing a triangle with your feet."** It is absolutely necessary to execute the atemi shown in photo 2 in order to block your partner's left hand. You cannot enter without this atemi. In the position shown in photo 3, be sure to blend your movement with your partner's in order to prevent her from releasing her right hand which is holding your hand.

## Katatedori kaitennage (uchi)

## 片手取り回転投げ（外）

❶相手に右手を掴まれたとき
❷右足をやや斜め前方に進め左手で相手の顔面に当て身を入れる。
❸❹右足を軸にして180度転換し、左足を引き右半身となる。
❺右手を切りおろし、右足を引き、左手で相手の後頭部を強く押さえ、右手は下から相手の左手首をとる。

❶❷ When your partner grabs your right hand, step diagonally forward with your right foot and execute an atemi to her face with your left hand.
❸❹ Pivot 180 degrees on your right foot drawing your left foot to the rear to assume right hanmi.
❺ Step to the rear with your right foot while cutting down your right hand. Hold down your partner's head firmly with your left hand while grabbing her left wrist with your right hand from below.

1991年の会見にて
At 1991 interview

## Katatedori kaitennage (soto)

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## 片手取り回転投げ（外）　Katatedori kaitennage (soto)

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❻❼右足を進め相手を投げる。

❻❼ Step forward with your right foot and throw your partner.

合気剣の野外指導
デンバーのセミナー　1999年
Teaching the Aiki Ken outdoors during 1999 Denver seminar

体の変更の演武　日本館主催のコロラド（デンバー）セミナーにて　1997年
Demonstrating tai no henko at Denver, Colorado seminar sponsored by Nippon Kan, c. 1997

## 両手取り回転投げ　応用技（内）

❶相手が左半身で両手を掴んできた場合
❷左手を右斜め上に振りかざし手をはずす。
❸右足を右斜め前に進め、左手で相手の顔面に当て身を入れる。
❹相手との間をくぐりぬけるように左足を進め、180度転換する。
❺右手を切りおろすようにして右足を引き、左手で相手の後頭部を強く押さえ、右手で相手の左手首を下からとる。

❶❷ When your partner grabs both your hands from left hanmi, raise your left hand diagonally upward to the right to free your hand from her grip.
❸ Step diagonally forward to the right with your right foot while executing an atemi to her face with your left hand.
❹ Step forward with your left foot as though passing under your two arms and turn 180 degrees.
❺ Step to the rear with your right foot while cutting down your right hand. Hold down your partner's head firmly with your left hand while grabbing her left wrist with your right hand from below.

### ポイント
### Commentary

この技では写真❷の手の外し方が大事。
片手取り回転投げ同様、この技も内まわりと外まわりの応用が可能である。

In this technique, the hand release shown in photo ❷ is important.
Like katatedori kaitennage, this technique may also be executed by turning both inward (uchi) or outward (soto).

## Ryotedori kaitennage oyowaza (uchi)

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## 両手取り回転投げ　応用技（内）

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❻❼右足を進め相手を投げる

❻❼ Step forward with your right foot to throw your partner.

ロンドンセミナーで自著にサインをする斉藤守弘1988年
Book signing during seminar in London, 1988

## Ryotedori kaitennage oyowaza (uchi)

## 突き回転投げ

❶相手が右手で突いてきたら
❷❸体を開き、左手刀で突きを切りおとす。すかさず左足を相手の後方に進め、相手の右手首を下から掴む。右手で相手の後頭部を強く押さえ
❹❺左足を進め相手を投げる。

❶❷ When your partner comes to punch with her right hand, step to the left while cutting down her thrust with your left tegatana.
❸ Step rapidly to the rear of your partner with your left foot and grab her right wrist from below. Hold your partner's head down firmly with your right hand while raising her right arm upward with your left hand.
❹❺ Step forward with your left foot and throw your partner.

### ポイント
### Commentary

突いてきたら突きに合わせて相手の斜め後ろに進みつつ、相手の手を下から掴む。

When your partner comes to punch, you should blend with her movement and step diagonally to the rear while grabbing her hand from below.

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# KOSHINAGE

# 腰投げ

## 正面打ち腰投げ 1

❶❷右手で相手の正面を打つ。左足を進め脇腹に当て身を入れる。
❸右手で相手の右手刀を切りおとし、左手で三教のごとくとる。さらに右手で顔面に当て身を入れ
**❹右足を相手の両足の間に進め、左手で左の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように腰板の部分を相手の下腹にあてがう（口伝）。**

❶❷ Initiate the movement by extending your right hand into your partner's face while stepping forward with your left foot to execute an atemi to her side.
❸ Cut down your partner's right tegatana with your right hand and grab it from below in the same manner as the sankyo grip. Execute an atemi to her face with your right hand.
❹ O-Sensei said: **"Step forward and position your right foot between your partner's feet. Extend your left arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner's stomach onto the small of your back in such a way that your two bodies form a cross."**

### ポイント
### Commentary

写真❸のとき相手の右手を切りおとしてから左手で三教のごとく上からとる。

写真❺では、下を向けば投げになる、という気持ちで相手を投げること。

写真❷から、受けた相手の右手刀を左手で下からとり、右足を相手の両足の間に進めて投げる腰投げもある。

In the position shown in photo ❸, you should first cut down your partner's right hand and then grab it using the sankyo grip.

There is another koshinage technique from right hanmi where you grab your partner's right inside wrist from the block with your left hand from below and step forward placing your right foot between your partner's feet to throw her.

## Shomenuchi koshinage (1)

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## 正面打ち腰投げ 1

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❺❻下を向いて投げる。

❺❻ Look downward to throw your partner.

## Shomenuchi koshinage (1)

## 正面打ち腰投げ 2（四方投げの形から）

❶❷右手で相手の正面を打つ。相手は右手で受ける。
❸左手で相手の右腕を切りおとし
❹右手で相手の右手首（脈部）を掴み、左手で相手の親指のつけねを持つ。足は相半身となる。
❺右手で右の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように腰板に相手を乗せる。

❶❷ Initiate the movement by extending your right tegatana into your partner's face. Your partner receives your hand with her right hand.
❸❹ Cut down your partner's right hand with your left hand. From ai hanmi, grab the inside of your partner's wrist with your right hand and the base of her thumb with your left hand. Step through with your left foot in the manner of shihonage.
❹ Grab the inside of your partner's wrist with your right hand while holding the base of her thumb with your left hand.
❺ Extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner sideways onto the small of your back so that your two bodies form a cross.

### ポイント
### Commentary

肩取り四方投げ、横面打ち四方投げ、正面打ち四方投げ、片手取り四方投げの形から入る腰投げなどいろいろあるが、これらは四方投げのように入っていないとできないので、四方投げの変化技と理解してもらってもよい。

四方投げの形から入る腰投げでは、腰へ乗せた相手が腹ばいにならないようにすること。写真❻のように横向きに乗せれば良い。

There are several koshinage techniques that are executed from the same positions assumed when performing shihonage from katadori, yokomenuchi, shomenuchi, and katatedori attacks. These techniques require you to enter as in shihonage and, therefore, can be considered as applied techniques (oyowaza) of shihonage.

When executing koshinage techniques from the shihonage position, be sure that your partner's stomach does not lie on your back. Instead, raise your partner sideways onto your back as shown in photo ❻.

## Shomenuchi koshinage (2): shihonage form

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## 正面打ち腰投げ 2（四方投げの形から）

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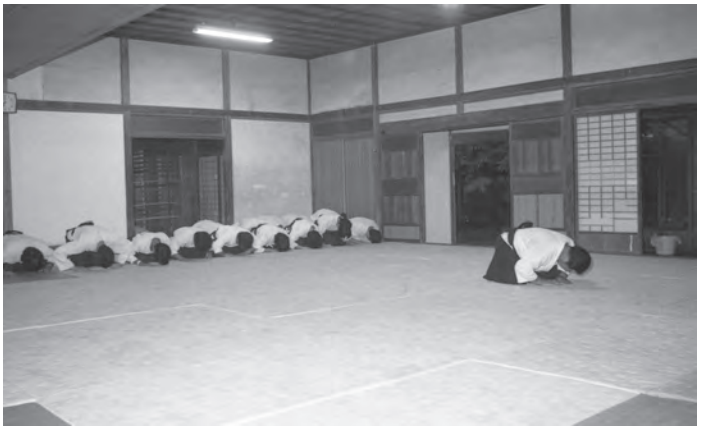
❻❼下を向いて投げる

❻❼ Look downward to throw your partner.



岩間道場の稽古にて　1979年
Saito Sensei bowing in during training session, Iwama Dojo, 1979

## Shomenuchi koshinage (2): shihonage form

## 横面打ち腰投げ 1 気の流れ（四方投げの形から）

❶❷相手が右足を一歩踏み込んで横面打ちできたら、右に転じ右半身となり、左手で相手の右手を払いおとし、右手で横面を打つ。
❸右手で相手の手首（脈部）を掴み、左手は相手の親指のつけねを持つ。足は相半身になる。
❹❺左足を相手の両足の間に進め右手で右の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように腰板に相手を乗せる。

❶❷ When your partner steps forward with her right foot to execute a yokomenuchi strike, step to the right to assume right hanmi and cut down your partner's right hand with your left hand while striking the side of her face with your right hand.
❸ From ai hanmi, grab the inside of your partner's wrist with your right hand while holding the base of her thumb with your left hand.
❹❺ Step forward with your left foot into a position in front of and between your partner's feet. Extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner sideways onto the small of your back in such a way that your two bodies form a cross.

### ポイント
### Commentary

写真❹の、四方投げから腰投げに変わるときの留意点は、四方投げの場合は（右ページ写真）、左足を進め180度転回し体を抜くが、腰投げの場合は、左足を出し腰を残してそこへ相手を乗せる、という違いがあることである。

The difference between the execution of shihonage and koshinage is importnant. In shihonage you step forward with your left foot, pivot 180 degrees, and move your body away from your partner. In koshinage, you step forward, plant your hips in front of your partner, then load him onto your back.

## Yokomenuchi koshinage (1) ki no nagare: shihonage form

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## 横面打ち腰投げ 1 気の流れ（四方投げの形から）

❻❼下を向いて投げる。

❻❼ Look downward to throw your partner.

スタンレー・プラニン
との会見 イタリーにて　1987年
During interview with Aiki News
Editor Stanley Pranin, Italy, c. 1987

## Yokomenuchi koshinage (1) ki no nagare: shihonage form

## 横面打ち腰投げ 2（三教の形から）

❶❷相手が右手で横面打ちできたら、左足を斜め前方に進め左手で相手の横面を打ち払い、右手で相手の顔面を打つ。
❸右手刀で相手の右手刀を切りおとし、左手で相手の右手を下から三教のごとくとる。
❹右足を相手の両足の間に進め
❺左手で左の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように腰板の部分を相手の下腹にあてがう。

❶❷ When your partner executes a yokomenuchi strike with her right hand, step diagonally forward with your left foot and cut down her right hand with your left hand while executing an atemi to her face with your right hand.
Cut down your partner's right tegatana with your right tegatana and grab her right hand from below with your left hand in the manner of sankyo.
❹ Move your right foot into a position in front of and between your partner's feet.
❺ Extend your left arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner's stomach onto the small of your back in such a way that your two bodies form a cross.

ミラノ（イタリー）のセミナーにて　1985年
Standing below banner announcing 1985 seminar in Milan, Italy

## Yokomenuchi koshinage (2): sankyo form

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## 横面打ち腰投げ 2　Yokomenuchi koshinage (2)

❻❼下を向いて投げる。

❻❼ Look downward to throw your partner.

岩間道場　1991年
View of new Iwama Dojo built by Saito Sensei c. 1991

## 横面打ち腰投げ 3 気の流れ

❶❷❸相手が一歩進み右手で横面打ちできたら、右足を進め右手で相手の右手か右袖を下から掴む。
❹左足を引き、右手で右の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように腰板の部分を相手の下腹にあてがう。
❺❻下を向いて投げる。

❶❷❸ When your partner advances one step forward to execute a yokomenuchi strike with her right hand, step forward with your right foot while grabbing your partner's right hand or sleeve from below with your right hand.
❹ Step to the rear with your left foot and extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner's stomach onto the small of your back in such a way that your two bodies form a cross.
❺❻ Look downward to throw your partner.

## Yokomenuchi koshinage (3) ki no nagare

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### ポイント
### Commentary

小さくなって深く入れば相手の手をとらなくても腰投げになる。

If your enter deeply and assume a low position, you can execute the koshinage without taking your partner's hand.

## 横面打ち腰投げ 4（四方投げの形から）

❶❷相手が右手で横面打ちでくるとき、左足を左へ開き、左手で相手の横面を打ち払って右手で顔面を打つ。
❸❹右手で相手の手首（脈部）を掴み、左手は相手の親指のつけねを持つ。足は相半身になる。
❺右手で右の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように腰板に相手を乗せる。

❶❷ When your partner executes a yokomenuchi strike with her right hand, step diagonally forward with your left foot while cutting down your partner's tegatana with your left hand and executing an atemi to her face with your right hand.
❸❹ From ai hanmi, grab the inside of your partner's wrist with your right hand and the base of her thumb with your left hand. Step through with your left foot in the manner of shihonage.
❺ Extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner sideways onto the small of your back in such a way that your two bodies form a cross.

### ポイント
### Commentary

腰へ乗せた相手が腹ばいにならないように注意すること。

Be sure that your partner's side, and not her stomach, comes into contact with the small of your back.

## Yokomenuchi koshinage (4): shihonage form

## 横面打ち腰投げ 4（四方投げの形から）

❻❼下を向いて投げる。

❻❼ Look downward to throw your partner.

イタリアのレストランにて　1985年２月
Lunching at Italian restaurant as Greta Garbo looks on, February 1985

## Yokomenuchi koshinage (4): shihonage form

## 片手取り腰投げ 1

❶相手に左手を掴まれたら
❷右足を相手の両足の間に進め、顔面に当て身を入れつつ、左手で相手の右手首を下から掴む。
❸左手で左の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように腰板の部分を相手の下腹にあてがい
❹❺下を向いて投げる。

❶❷ When your partner grabs your left hand, enter in front of her with your right foot and execute an atemi to her face while grabbing her left hand from below.
❸ Extend your left arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner's stomach onto the small of your back in such a way that your two bodies form a cross.
❹❺ Look downward to throw your partner.

## Katatedori koshinage (1)

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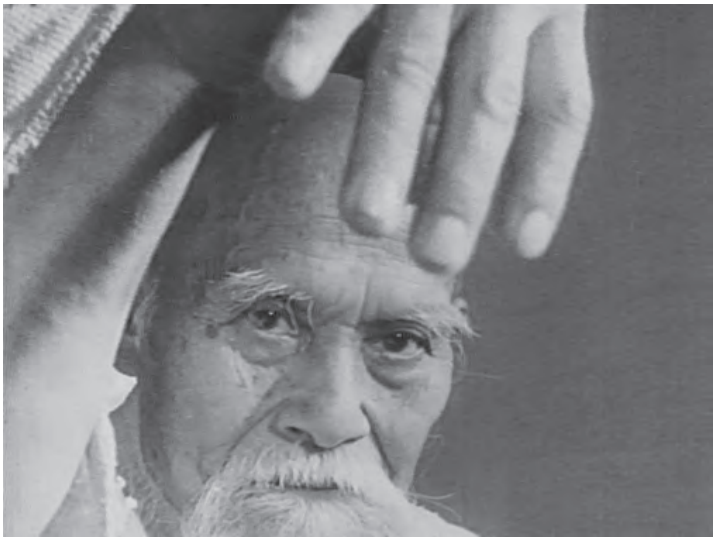
## 片手取り腰投げ 2

❶相手に左手を掴まれたら
❷相手の蹴りをかわすように左に変化し、左手で相手の右手首を下からとり、右手で顔面に当て身を入れる。
❸左足を進め右足を引き左手で左の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように腰板の部分を相手の下腹にあてがい
❹❺下を向いて投げる。

❶❷ When your partner grabs your left hand, step to the left and grab her right wrist with your left hand from below while executing an atemi to her face with your right hand.
❸ Step forward with your left foot in a circular motion and withdraw your right foot to a position between her feet. Extend your left arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner's stomach onto the small of your back in such a way that your two bodies form a cross.
❹❺ Look downward to throw your partner.



植芝盛平翁　1961年
Close-up of Founder from 1961 film

## Katatedori koshinage (2)

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## 片手取り腰投げ 3（四方投げの形から）

❶相手に右手で左手を掴まれたら
❷左足を左側に右足を相半身に修正し、右手で相手の手首を握り左手を内側より左に切りおとす。
❸❹右手で相手の手首（脈部）を掴み、左手は相手の親指のつけねを持つ。
❺右手で右の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように腰板に相手を乗せる。
❻❼下を向いて投げる。

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❶❷ When your partner grabs your left hand with her right hand, step to the left to assume ai hanmi. Grab your partner's right wrist with your right hand while cutting down your left hand outwardly to the left.
❸❹ From ai hanmi, grab the inside of your partner's wrist with your right hand and the base of her thumb with your left hand. Step through with your left foot in the manner of shihonage.
❺ Extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner sideways onto the small of your back in such a way that your two bodies form a cross.
❻❼ Look downward to throw your partner.

## Katatedori koshinage (3): shihonage form

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## 片手取り腰投げ 4（四方投げの形から）

❶相手に右手で左手を掴まれたら
❷左足を左に右足を相半身に調整する。
❸左足を進め相手の側面から剣を大上段に振りかぶるようにし
❹右手で右の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように腰板に相手を乗せ
❺❻下を向いて投げる。

❶❷ When your partner grabs your left hand with her right hand, step to the left with your left foot to assume ai hanmi.
❸ Step forward with your left foot while raising your hands upward from the side of your partner as if raising a sword over your head.
❹ Extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner sideways onto the small of your back in such a way that your two bodies form a cross.
❺❻ Look downward to throw your partner.

合気ニュース主催友好演武会にて　東京　1986年
Lecturing at 2nd Friendship Demonstration, Tokyo 1986

## Katatedori koshinage (4): shihonage form

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## 両手取り腰投げ 1

❶相手に両手を掴まれたら
❷右手で相手の蹴りを受けるようにし、左手で相手の手首を下から握り、右足を相手の両足の間に進め
❸左手で左の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように腰板の部分を相手の下腹にあてがい
❹❺下を向いて投げる。

❶❷ When your partner grabs both your hands, be prepared to block a possible kick with your right hand and grab her right wrist with your left hand from below. Step forward and position your right foot between your partner's feet.
❸ Extend your left arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner's stomach onto the small of your back in such a way that your two bodies form a cross.
❹❺ Look downward to throw your partner.

### ポイント
### Commentary

相半身の形で入ると投げやすい。相手が右半身なら右足を進め、左半身なら左足を進めると投げやすい。

This technique is easier to execute if you enter from ai hanmi. If your partner assumes right hanmi, step forward with your right foot. If she is in left hanmi, step forward with your left foot to match her stance.

## Ryotedori koshinage (1)

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## 両手取り腰投げ 2

❶相手に両手を掴まれたら
❷左足を左に移動し右半身となり相手の蹴りをかわし、右手で中から、左手で下から相手の両手を掴む。
❸左足をまるく進め右足を引きこんで、左手で左の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように腰板の部分を相手の下腹にあてがい
❹❺下を向いて投げる。

❶❷ When your partner grabs both your hands, step to the left to assume right hanmi and avoid a possible kick from your partner. Grab her right hand from below with your left hand and her left hand from the inside with your right hand.
❸ Step forward with your left foot in a circular motion and withdraw your right foot to a position between her feet. Extend your left arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner's stomach onto the small of your back in such a way that your two bodies form a cross.
❹❺ Look downward to throw your partner.

### ポイント
### Commentary

写真❷の場合、左手で直接下からとるやり方と、四教のようにとるやる方と二通りある。
蹴りをかわすように体を変化すること。

In the position shown in photo ❷, there are two ways of grabbing your partner's hand. One is to grab it with your left hand directly from below. The other method is to grab your partner's hand in the manner of yonkyo.
Be sure to move in such a way so as to avoid a kick by your partner.

## Ryotedori koshinage (2)

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## 両手取り腰投げ 3

❶相手に両手を掴まれたら
❷左手で相手の右手首を下からとり、右手で相手の左手を内側からとり
❸左足をまるく進め右足を引きこみ、左手にて左の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように腰板の部分を相手の下腹にあてがい
❹❺下を向いて投げる。

❶❷ When your partner grabs both your hands, grab her right wrist with your left hand from below and her left hand with your right hand from the inside.
❸ Step forward with your left foot in a circular motion and withdraw your right foot to a position between her feet. Extend your left arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner's stomach onto the small of your back in such a way that your two bodies form a cross.
❹❺ Look downward to throw your partner.

受け：イェソン・イム
1979年
At 1979 photo shoot.
Uke: Jason Yim

## Ryotedori koshinage (3)

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## 両手取り腰投げ 4（四方投げの形から）

❶相手に右半身で両手を掴まれたら、両手の指を開き気力を充実させ
❷左足を左に移動し相半身となる。相手の右側面から入り
❸左足を一歩進めながら、剣を大上段に振りかぶるように両手をあげ
❹右手で右の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように相手を腰に乗せる。
❺❻下を向いて投げる。

❶❷ When your partner grabs both your hands from right hanmi, open the fingers of both hands and extend ki fully while stepping to the left with your left foot to assume ai hanmi.
❸ Step forward with your left foot while raising your hands upward from the side of your partner as if raising a sword over your head.
❹ Extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner sideways onto the small of your back in such a way that your two bodies form a cross.
❺❻ Look downward to throw your partner.

## Ryotedori koshinage (4): shihonage form

## 諸手取り腰投げ 1（下から上）

❶相手に諸手で左手を掴まれたら
❷掴まれた左肘をさげつつ相手の側面に寄り
❸左手を下から上に大きな円を描くようにして、右手で脇腹に当て身を入れる。
❹左手で相手の左手首を握り、右足を相手の両足の間に進め、左手で左の柱のてっぺんを指さすような気持ちで、自分と相手の体が十字になるように、腰板の部分を相手の下腹にあてがい
❺❻下を向いて投げる。

❶❷ When your partner grabs your left hand with both hands, lower your left elbow while stepping in to her right side.
❸ Move your left hand upward as if drawing a large circle while executing an atemi to her side with your right hand.
❹ Grab your partner's left wrist with your left hand and step forward to a position between her feet. Extend your left arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner's stomach onto the small of your back in such a way that your two bodies form a cross.
❺❻ Look downward to throw your partner.

反対側から見た ❸
Opposite view of photo ❸

## Morotedori koshinage (1) shita kara ue

❹の反対側
Opposite view of photo ❹

❺の反対側
Opposite view of photo ❺

## 諸手取り腰投げ 2（下から上）

❶相手に諸手で左手を掴まれたら
❷掴まれた左肘をさげつつ相手の側面に寄り
❸左手を下から上に大きな円を描くようにして、右手で脇腹に当て身を入れる。
❹❺左手で相手の左手首をとり、右足をまるく進め左足を引きこみ、相手を腰に乗せる。

❶❷ When your partner grabs your left hand with both hands, lower your left elbow while stepping in to her right side.
❸ Move your left hand upward as if drawing a large circle while executing an atemi to her side with your right hand.
❹❺ Grab your partner's left wrist with your left hand and step forward circularly with your right foot while withdrawing your left foot between her feet. Raise your partner onto your hips.

### ポイント
### Commentary

写真❹のとき、相手の手首を掴んでも掴まなくてもよい。

写真❺のとき、右肩に相手を乗せるのではなく、右肩が出るようにしないと、相手と自分の体が十字にならない。

In the position shown in photo ❹ be sure not to raise your partner onto your right shoulder. You should push your shoulder forward so that your two bodies form a cross.

## Morotedori koshinage (2) shita kara ue

## 諸手取り腰投げ 2（下から上）

❻❼下を向いて投げる。

❻❼ Look downward to throw your partner.

第２回友好演武会にて　東京　1986年
Lecturing at 2nd Friendship Demonstration, Tokyo, 1986

## Morotedori koshinage (2) shita kara ue

## 諸手取り腰投げ 3（上から下）

❶相手に諸手で左手を掴まれたら
❷相手の側面に寄り、手を大きくまるくあげる。
❸その手を切りおとし
❹右手で相手の脇腹に当て身を入れ
❺❻右足をまるく進め、左足を引きこみ相手を腰に乗せる。

❶❷ When your partner grabs your left hand with both hands, step to her right side with your left foot and raise your hand in a circular movement.
❸ Bring your hand downward.
❹ Execute an atemi to your partner's side with your right hand.
❺❻ Step forward circularly with your right foot while withdrawing your left foot between her feet. Raise your partner onto your hips.

### ポイント
### Commentary

写真❺のとき、相手の両手を抱えこんで投げてもよい。ただし、右肩が出るようにやること。理想的なのは、このとき相手の右肘が逆になるようにする。

この技では、諸手取り腰投げ（１）のように頭をくぐらせて投げる技もある。

In the position shown in photo ❺, you can also throw your partner by folding your arm in to control both her arms. However, in that case, be sure to push your right shoulder forward. Ideally, there should be a bar on your partner's right elbow.

There is another koshinage technique where your enter between you and your partner as in morotedori koshinage (1).

## Morotedori koshinage (3) ue kara shita

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## 諸手取り腰投げ 3（上から下）

❼相手を投げる。

❼ Throw your partner.

体の変更の講習　岩間道場　1979年
Demonstrating tai no henko for class at Iwama Dojo, 1979

## Morotedori koshinage (3) ue kara shita

## 諸手取り腰投げ 4

❶相手に諸手で左手を掴まれたら
❷左足をまるく進め左手を高くあげ、右足を引きこみ相手を腰に乗せる。
❸❹相手を投げる。

❶❷ When your partner grabs your left hand with both hands, step forward circularly with your left foot while raising your left hand high. Withdraw your right foot and raise your partner onto the small of your back.
❸❹ Look downward to throw your partner.
Photo: View from opposite angle

❶の反対側
Opposite view of photo ❶

❷の反対側
Opposite view of photo ❷

## Morotedori koshinage (4)

❸の反対側
Opposite view of photo ❸

❹の反対側
Opposite view of photo ❹

## 諸手取り腰投げ 5（四方投げの形から）

❶相手に諸手で左手を掴まれたら
❷❸左足を左に移動し、相手の両手の間から左手で相手の右手首を上から握り、右手で親指のつけねを握り四方投げの形となり
❹左足を相手の前に進め
❺右手で右の柱のてっぺんを指さすような気持ちで、自分と相手の体が十字になるように腰板の部分を相手にあてがい
❻❼相手を投げる。

❶❷❸ When your partner grabs your left hand with both hands, step back to the left with your left foot and raise your left hand between your partner's two hands. Grab her right wrist from below and the base of her thumb with your right hand to assume the shihonage position.
❹ Step in with your left foot in front of your partner.
❺ Extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner sideways onto the small of your back in such a way that your two bodies form a cross.
❻❼ Look downward to throw your partner.

## Morotedori koshinage (5): shihonage form

## 諸手取り腰投げ 6（四方投げの形から）

❶相手に諸手で左手を掴まれたら
❷❸右足を開き、相手の左手を内側から左手で右手をそえてとり、四方投げの形となる。
❹右足を相手の前に進め
❺左手で左の柱のてっぺんを指さすような気持ちで自分と相手の体が十字になるように、腰板の部分を相手にあてがい
❻相手を投げる。

❶❷❸ When your partner grabs your left hand with both hands, step back with your right foot and grab your partner's left hand with your left hand from the inside and the base of her thumb with your right hand to assume the shihonage position.
❹ Step forward with your right foot in front of your partner.
❺ Extend your left arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner sideways onto the small of your back in such a way that your two bodies form a cross.
❻ Look downward to throw your partner.

## Morotedori koshinage (6): shihonage form

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## 胸取り（片手）腰投げ

❶相半身で相手が右手で胸を掴んできたら
❷❸❹左手で相手の顔面を打ち、右に体を移動し相手の左手を切りおとし、右足をまるく進め左足を引きこみ、相手を腰に乗せ
❺相手を投げる。

❶❷❸❹ When your partner grabs your chest with her right hand from ai hanmi, strike her face with your left hand. Move your body to the right and cut down your partner's left hand while stepping forward circularly with your right foot and withdrawing your left foot to raise your partner onto your back.
❺ Throw your partner.

### ポイント
### Commentary

写真❷で顔面を打つときは相手の右手の上から行なうこと。

When you strike your partner's face as shown in photo ❷, you should do so from above her right hand.

## Munadori (katate) koshinage

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## 胸取り正面打ち腰投げ

❶相手が左手で胸を掴み、右手で正面を打ってきたら
❷あがる手に合わせて、下から肘を掴み
❸左足を進め
❹右足を引きつつ相手の両足の間に入れる。左手で左方の柱のてっぺんを指さすような気持ちで、自分と相手の体が十字になるように、腰板の部分を相手の下腹にあてがう。

❶❷ When your partner grabs your chest with her left hand and strikes your face with her right hand, raise your left hand to blend with the movement of her striking hand and grab her elbow from below.
❸ Step forward with your left foot.
❹ Withdraw your right foot to a position between your partner's feet. Extend your left arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner's stomach onto the small of your back in such a way that your two bodies form a cross.

### ポイント
### Commentary

相手の打たんとする右手刀の下から合わせて肘をとる。

You should grab your partner's elbow from below at the very moment she strikes with her right tegatana.

## Munadori shomenuchi koshinage

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## 胸取り正面打ち腰投げ

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❻

❺❻下を向いて投げる。

❺❻ Look downward to throw your partner.

腰投げ　野間道場にて　1935年　受け：米川成美
Koshinage at Noma Dojo, 1935. Uke: Shigemi Yonekawa

## Munadori shomenuchi koshinage

## 肩取り腰投げ 1

❶相手が右手で左肩を掴んできたら
❷左手で顔面を打つ。
❸受けた相手の左手を右手で下からとり左手でさらに顔面を打つ。左足を深く進め
❹右手で右方の柱のてっぺんを指さす気持ちで、自分と相手の体が十字になるように、相手の下腹に自分の腰板の部分をあてがう。

❶❷ When your partner grabs your left shoulder with her right hand, execute an atemi to her face with your left hand.
❸ Grab your partner's left hand with your right hand from below while executing another atemi to her face with your left hand. Step forward deeply with your left foot.
❹ Extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner's stomach onto the small of your back in such a way that your two bodies form a cross.

### ポイント
### Commentary

受の肩の掴み方は、相手の動きを封じる掴み方であること。肩の先を掴んで抑えこむと相手は動けないので肩先が最適の場所である。

左肩を掴まれたら左手で顔面を打つ。受けた手を右手で下からとり、左手でさらに顔面を打つ。相手はこれを右手で受けなければならないから、これにより掴まれた肩が解放される。

相手を腰に乗せるとき、足を相手の両足の間に入れ、正しい間合いと角度をとる。このとき自分の両足と相手の両足はT字になっているのがよい。

In the position shown in photo ❺, be sure to throw your partner by looking downward.

When your partner grabs your left shoulder, strike her face with your left hand. Grab the hand your partner has raised to block your first atemi with your right hand. Since your partner has to block your second atemi with her right hand, her grip on your shoulder will be released.

When your raise your partner onto your back, be sure to place your foot between your partner's feet at a right angle and adopt the proper distance (maai). At this point, your feet and your partner's feet should form a "T" shape.

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## 肩取り腰投げ 1

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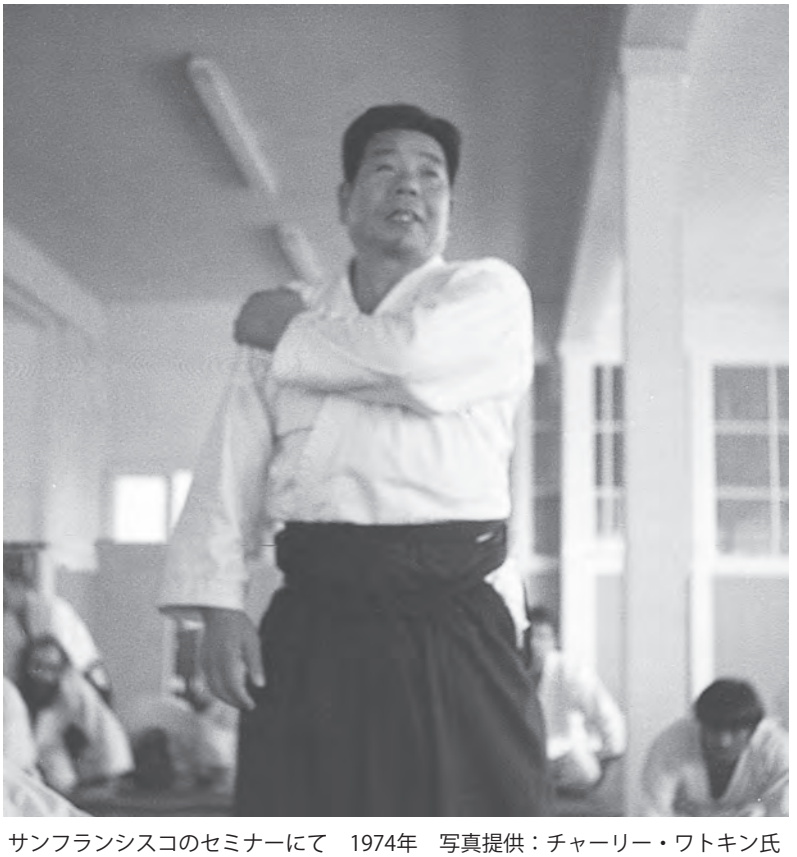
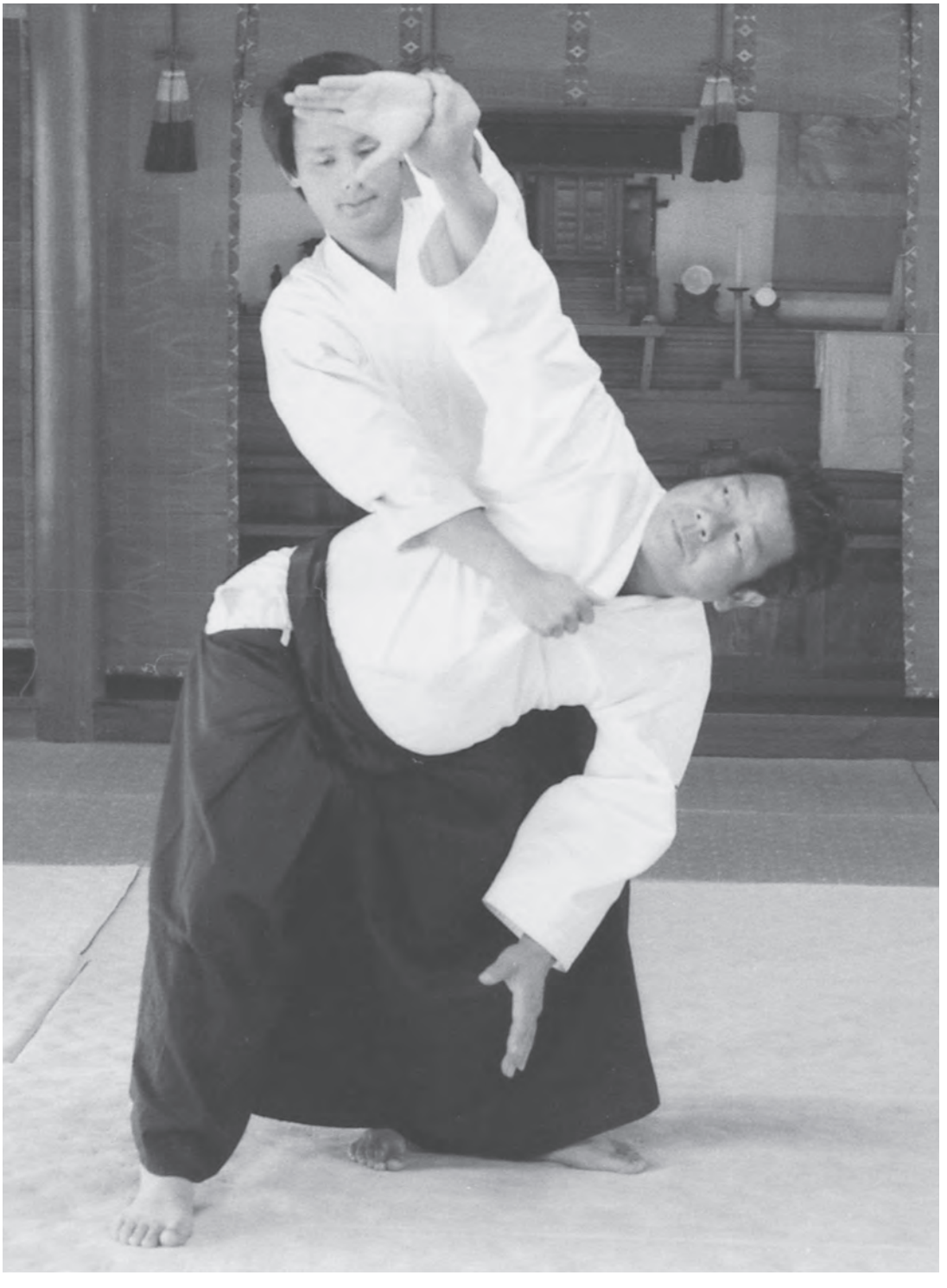
❺❻下を向いて投げる。

❺❻ Look downward to throw your partner.



サンフランシスコのセミナーにて　1974年　写真提供：チャーリー・ワトキン氏
Instructing at seminar in San Francisco, 1974. Photographer: Charlie Watkins

## Katadori koshinage (1)



## 肩取り腰投げ 2

❶左肩を掴まれたら
❷左手で相手の顔面を打ち、同時に右手で相手の脇腹を突く。
❸脇腹の当て身を打ち払おうとした相手の左手を、右足をやや開き流して右手で上から掴む。このとき三教のように掴むと効果的である。
❹左足を相手の両足の間に入れ、左手で顔面に当て身を入れ
❺右方の柱のてっぺんを指さすようにして、相手と自分の体が十字になるように、相手の下腹を腰板にあてがう。

❶❷ When your partner grabs your left shoulder, execute an atemi to her face with your left hand while striking her side with your right hand.
❸ Your partner tries to parry your strike downward to her face with her left hand. You immediately grab her left hand with your right hand from above while stepping to the rear with your right foot. It is more effective if you take her hand in a sankyo grip.
❹ Place your left foot between your partner's feet and execute an atemi to her face with your left hand.
❺ Extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner's stomach onto the small of your back in such a way that your two bodies form a cross.

### ポイント
### Commentary

写真❸のとき、開いて相手の手を上から掴むこと。

In the movement shown in photo ❸, be sure to step to the rear and grab your partner's hand from above.

## Katadori koshinage (2)

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## 肩取り腰投げ 2

❻❼下を向いて投げる。

❻❼ Look downward to throw your partner.

サンフランシスコのセミナーにて　1979年
At 1979 San Francisco seminar

## *Katadori koshinage (2)*

「柱のてっぺんを指さすような気持ちで、腕を斜め上方に伸ばす…」

**“Extend your arm diagonally upward with the feeling of pointing at the top corner of the wall...”**

## 肩取り腰投げ 3（四方投げの形から）

❶相手が左肩を掴んできたら
❷左手で面を打つと同時に右手で当て身を入れる。
❸❹右足を引き開き、相手の左手を流し
❺左手で振りかぶり、右足を相手の両足の間に進め

❶❷ When your partner grabs your left shoulder, execute an atemi to her face with your left hand while striking her side with your right hand.
❸❹ Step to the rear with your right foot while leading her left hand.
❺ Raise your left hand and step forward to a position between your partner's feet with your right foot.

植芝盛平翁　旧合気会本部道場にて　1967年
写真提供：ウォルター・フォン・クレナー氏
Founder Morihei Ueshiba at old Aikikai Hombu Dojo, 1967
Photo courtesy of Walther von Krenner

## Katadori koshinage (3): shihonage form

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## 肩取り腰投げ 3（四方投げの形から）

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❻左手で左の柱のてっぺんを指さすような気持ちで、自分と相手の体が十字になるように、腰板の部分を相手にあてがう。
❼❽下を向いて投げる。

❻ Extend your left arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner sideways onto the small of your back in such a way that your two bodies form a cross.
❼❽ Look downward to throw your partner.

## Katadori koshinage (3): shihonage form

## 両肩取り腰投げ 気の流れ

❶❷相手が両肩をとりにきたら、掴もうとする相手の左手首を下から右手でとり
❸左足を相手の両足の間に進め
❹右手で右の柱のてっぺんを指さすような気持ちで、自分と相手の体が十字になるように、腰板の部分を相手の下腹にあてがい
❺❻相手を投げる。

❶❷ When your partner comes to grab both your shoulders, grab her left wrist as it is about to touch you with your right hand from below.
❸ Step forward to a position between your partner's feet with your left foot.
❹ Extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner's stomach onto the small of your back in such a way that your two bodies form a cross.
❺❻ Look downward to throw your partner.

## *Ryokatadori koshinage ki no nagare*

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## 交差取り腰投げ 1

❶相手に右手で右手を掴まれたら
❷右手で相手の手首を握り
❸四方投げ表技のように入る。
❹右手で右の柱のてっぺんを指さすような気持ちで、自分と相手の体が十字になるように、腰板の部分を相手にあてがい
❺❻相手を投げる。

❶❷ When your partner grabs your right hand with her right hand, grab her wrist with your right hand.
❸ Enter in the same manner as shihonage omote.
❹ Extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner sideways onto the small of your back in such a way that your two bodies form a cross.
❺❻ Look downward to throw your partner.

## Kosadori koshinage (1)

## 交差取り腰投げ 2

❶相手に右手で右手を掴まれたら
❷右手で相手の手首を握り、四方投げ裏技のように入る。右手で右の柱のてっぺんを指さすような気持ちで、自分と相手の体が十字になるように、腰板の部分を相手にあてがい
❸相手を投げる。

❶❷ When your partner grabs your right hand with her right hand, grab her wrist with your right hand and enter in the same manner as shihonage ura. Extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner sideways onto the small of your back in such a way that your two bodies form a cross.
❸ Look downward to throw your partner.

交差取り演武　1991年セミナー　東京
Demonstrating kosadori technique at 1991 seminar in Tokyo

## *Kosadori koshinage (2)*

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第１回友好演武会にて　東京　1985年４月
Lecturing at 1st Friendship Demonstration, Tokyo, April 1985

## 交差取り腰投げ 3

❶相手に右手で右手を掴まれたら
❷左足を左に移動し、右手で相手の右手首を握り、左足を大きくまるく進め、右足を引きこんで相手を腰に乗せる。
❸❹相手を投げる。

❶❷ When your partner grabs your right hand with her right hand, move your left foot to the left and grab your partner's right wrist with your right hand. Take a deep step forward with your left foot in a circular motion and withdraw your right foot to a position between her feet.
❸❹ Look downward to throw your partner.

### ポイント
### Commentary

相手の右肘が逆になるようにする。

Be sure to secure a bar on your partner's right elbow.

## Kosadori koshinage (3)

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## 首絞め腰投げ

❶相手が両手で首を絞めてきたら
❷相手の交差している下側の腕(左腕)の下から右手で相手の顎を打つ。
❸さらにその手を上に突きあげ右足を進め相手を腰に乗せる。
❹❺相手を投げる。

❶❷ When your partner chokes you with both hands, execute an atemi to her jaw from under her left arm, the lower arm of her grab, with your right hand.
❸ Continue to raise your right hand upward while stepping forward with your right foot to raise your partner onto your back.
❹❺ Look downward to throw your partner.

## Kubishime koshinage

## 突き腰投げ 1

❶❷相手が右手で突いてきたら、右足を引き体を開き、突きの手を左手で下からとり
❸右手で顔面に当て身を入れ
❹右足を相手の両足の間に入れ
❺左手で左の柱のてっぺんを指さすような気持ちで、自分と相手の体が十字になるように、腰板の部分を相手の下腹にあてがい

❶❷ When your partner punches with her right hand, step to the rear with your right foot and grab her hand with your left hand from below.
❸ Execute an atemi to her face with your right hand.
❹ Move your right foot to a position between your partner's feet.
❺ Extend your left arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner's stomach onto the small of your back in such a way that your two bodies form a cross.

### ポイント
### Commentary

相手の突きを掴まえるには、突きに合わせることが肝要である。

Be sure to blend with your partner's punch in order to be able to grab her hand.

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## 突き腰投げ 1　Tsuki koshinage (1)

❻❼相手を投げる。

❻❼ Look downward to throw your partner.

日本館セミナーにおける腰投げの演武
デンバー（コロラド） 1997年頃
Executing koshinage at Nippon Kan seminar, Denver, Colorado, c. 1997

## 突き腰投げ 2

❶❷相手が右手で突いてきたら、体を左に移動し、右手で相手の手首を掴み、左手で脇腹に当て身を入れ
❸右足を大きく開いて右手で右の柱のてっぺんを指さすような気持ちで、自分と相手の体が十字になるように、腰板の部分を相手にあてがい
❹❺相手を投げる。

❶❷ When your partner punches with her right hand, step to the left with your left foot and grab her wrist with your right hand while executing an atemi to her side with your left hand.
❸ Pivot to the rear with your right foot and extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner sideways onto the small of your back in such a way that your two bodies form a cross.
❹❺ Look downward to throw your partner.

## Tsuki koshinage (2)

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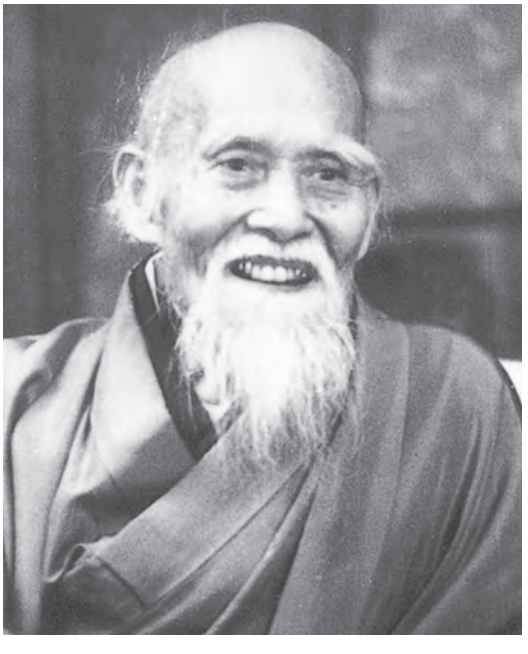
## 突き腰投げ 3

❶❷相手が右手で突いてきたら、左足を開き突いてきた相手の手首を右手で下から掴む。
❸四方投げの形になり
❹右手で右の柱のてっぺんを指さすような気持ちで、自分と相手の体が十字になるように、腰板の部分を相手にあてがい
❺❻相手を投げる。



植芝盛平翁　合気会本部道場　1967年
Founder at Aikikai Hombu Dojo, 1967

❶❷ When your partner punches with her right hand, step to the rear with your left foot while grabbing her wrist from below with your right hand.
❸ Proceed in the manner of shihonage.
❹ Extend your right arm diagonally upward with the feeling of pointing at the top corner of the wall and bring your partner sideways onto the small of your back in such a way that your two bodies form a cross.
❺❻ Look downward to throw your partner.

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# TENCHINAGE

# 天地投げ

## 天地投げ 基本

❶❷相手が左半身の場合は、右足を進め、右手を相手の後方に突きだす。同時に左手を内側より大きく振りかぶる。
❸❹左足を相手の後方に進めながら、左手で押さえこんで投げる。

❶❷ When your partner grabs both your hands from left hanmi, step forward with your right foot while extending your right arm behind your partner. At the same time, raise your left hand up high in a circular motion.
❸❹ Step behind your partner with your left foot while pressing her down with your left hand and throw.

### ポイント
### Commentary

写真❸のとき、左肘をあげすぎて抱きつかれないように注意すること。

In the position shown in photo ❸, be sure not to raise your left elbow too high so that you will not be grabbed by your partner.

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天地投げ『武道』より　1938年
Tenchinage from *Budo*, 1938

## 片手取り天地投げ

❶相手に右手で左手をとられたら
❷右足を進めながら左手を相手の内側から呼吸法のようにつりあげ、右手で相手の左手を封じ
❸❹左足を進め相手を押さえこむようにして投げる。

❶❷ When your partner grabs your left hand with her right hand, step forward with your right foot while raising up high your left hand from the inside of your partner in the same manner as kokyuho. Block her left hand with your right hand.
❸❹ Step forward with your left foot and throw you r partner as though pressing her down.

サンフランシスコセミナーにて　ビル・ウィット、テリー・ドブソンと共に　1974年
With Bill Witt and Terry Dobson at 1974 seminar in San Francisco, California

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野間道場にて　1935年
Noma Dojo, 1935

## 天地投げ 気の流れ

❶右足をまるく開きつつ右手で内側より相手の左腕をつりあげるようにし（座り技呼吸法の要領）、左手で体の変更の気の流れのごとく相手を流す。
❷左に向きをかえ、左手を下に右手を上にし
❸❹❺右足を出して相手を押さえるようにして投げる。

❶ When your partner comes to grab both your hands, draw your right foot to the rear in a circular motion while raising your partner's left arm upward from the inside with your right hand. This is done in the same manner as suwariwaza kokyuho (see *Takemusu Aikido, Volume 1*). Lead your partner with your left hand in the same manner as tai no henko ki no nagare.
❷ Turn to the left and extend your left hand down and right hand upward.
❸❹❺ Step forward with your right foot and throw as though pressing down your partner.

### ポイント
### Commentary

この技は完全なる呼吸投げであるから、写真❶のときに呼吸法を充分にとり入れること。

This technique is a type of kokyunage. Therefore, in the position shown in photo ❶, be sure to fully use kokyuho.

## Ryotedori tenchinage ki no nagare

# JUJINAGE

# 十字投げ

## 胸取り十字投げ

❶相手に左手で胸を掴まれたら
❷相手の左手の上から右手で顔面を打つ
❸左足を左に転じ、右手で相手の右腕を切りおとし、胸を掴んでいる相手の左腕を下から掴み、
❹❺相手の腕を十字に絡んで投げる。

❶❷ When your partner grabs your chest with his left hand, strike his face with your right hand passing above his hand.
❸ Step to the left with your left foot and cut down your partner's right arm with your right hand. Grab his left arm, which is holding your chest, from below.
❹❺ Apply an arm bar on your partner by crossing his arms and throw.

### ポイント
### Commentary

写真❸で左足を左に転じるときに、胸を掴んでいる相手の左手を引き抜くようにして右腕を深く切りおとすこと。

In the position shown in photo ❸, be sure to cut your partner's right arm down with the feeling of pulling his left hand up when stepping to the left with your left foot.

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## 後両手取り十字投げ

❶相手が両手を後ろから掴んできたら
❷指先を開き腰を引くようにして両指先を前に持ってくる。
❸左手は相手の左手を下から、右手は相手の右手を内側から握り
❹左足を大きく引いて相手の左手を引きこみ、大きく相手の腕を十字に絡ませる。
❺❻左足を進め相手を投げる。

❶❷ When your partner grabs both your hands from behind, lower your hips, open your fingers and extend them together in front of your abdomen.
❸ Grab your partner's left hand with your left hand from below and his right hand with your right hand from the inside.
❹ Step to the rear in a large motion with your left foot while pulling your partner's left hand back to apply the arm bar by crossing his arms.
❺❻ Step forward with your left foot to throw.

### ポイント
### Commentary

**相手の両腕をとる場合、小手先でやらずに足で取れ（体さばき）**が盛平翁先生の口伝である。
後胸取り(片手)十字投げ

O-Sensei said: **"When grabbing both your partner's arms [in jujinage], use your feet rather than your hands."**

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## 後両手取り十字投げ

後両手取り『武道』より　1938年
Ushiro ryotedori, from *Budo*, 1938

## *Ushiro ryotedori jujinage*

十字投げ　受け：パオロ・コラリーニ
Executing jujinage. Uke Paolo Corallini

## 後胸取り(片手)十字投げ

❶相手に左手で胸を、右手で右手をとられたら
❷右手の指先を開き前にもってくる。
❸左足を引きつつ相手の左手首を下から掴み、右手で相手の右手を右側から握る。
❹右手を下に左手を上に十字に交差させて
❺左足を進め相手を投げる。

❶❷ When your partner grabs your chest from behind with his left hand and your right hand with his right hand, extend your right fingertips in front of your abdomen.
❸ Twist your body to the left and step to the rear with your left foot while grabbing your partner's left wrist from below and his right hand with your right hand from the right side.
❹ Apply an arm bar by crossing your partner's arms with his right arm down and left arm up.
❺ Step forward with your left foot and throw.

### ポイント
### Commentary

左足を引きつつ相手の左手を下から掴むときは、相手の左手を深く引きだすような気持ちで行なうこと。

When your grab your partner's left hand from below while stepping to the rear with your left foot, be sure to do so with the feeling that you are pulling out your partner's left arm.

## Ushiro munadori (katate) jujinage

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## 後胸取り(片手)十字投げ　変化

❶相手に左手で胸を、右手で右手をとられたら
❷掴まれた右手を前に持ってくる。
❸体を捻じり右手を正面にかざし、左手で三教にとる。
❹❺右手で相手の左手首を下から握り締め付け、肩で相手の脇腹を攻撃する。

❶❷ When your partner grabs your chest from behind with his left hand and your right hand with his right hand, extend your right hand in front of your abdomen.
❸ Twist your body to the left while raising your right hand to your front and grab his hand with your left hand in the manner of sankyo.
❹❺ Grab your partner's left wrist from below with your right hand and pull it up and push against his side with your shoulder.

岩間神社境内に建てられた石碑「合氣神社」
Stone engraved with the words "Aiki Jinja" near the Shrine in Iwama

## Ushiro munadori (katate) jujinage henka

# SUWARIWAZA KOKYUHO

# 座り技呼吸法

## 座り技呼吸法 1（両手首を強く掴まれた場合）

❶相手に両手で両手首を強く掴まれたら
❷相手の右側面に入り、拳を握り相手の左肘をたたみこむように抑えこんで
❸❹❺右拳で相手の顔面を突くようにして投げる。

❶❷ When your partner grabs both your wrists strongly with both hands, move to the right side of your partner and press down on his left elbow with your fist with the feeling of bending it.
❸❹❺ Throw your partner as though striking at his face with your right fist.

### ポイント
### Commentary

基本の座り技呼吸法は、『武産合気道』第 1 巻参照。

See *Takemusu Aikido, Volume 1* for an explanation of the basic suwariwaza kokyuho.

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## 座り技呼吸法 2（両手を抑えこまれた場合）

❶相手に両手を抑えこまれたら
❷❸❹右膝を引き、左手で相手の左肘を抑えこみ、右手は内側からかえして相手を抑えこむ。

❶❷❸❹ When your partner grabs both your hands and presses them down, step to the rear with your right knee. Press against his left elbow with your left hand and turn your right hand outward to down him.

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## 座り技呼吸法 3（両肘を抑えこまれた場合）

❶相手に両肘を抑えこまれたら
❷相手の両腕の内側から体をそらすようにして両手を突きだす。
❸❹❺相手の両肘が浮いたところを、両手を開き手刀で押し倒す。

❶❷ When your partner grabs both your elbows, extend both hands outward with the feeling of bending your body backward.
❸❹❺ When your partner's elbows are raised as shown in photo 2, open your arms and throw him down using your tegatana.

座り技呼吸法 『武道』より　1938年
Suwariwaza kokyuho from *Budo*, 1938

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## 座り技呼吸法 4（両手首を下から持ちあげられた場合）

❶相手に両手首を下から持ちあげられたら
❷両手を開き下にさげ、相手の体勢を崩し
❸相手が崩れたら基本の動作に入り
❹❺相手を倒す。

❶❷ When your partner grabs both your wrists and raises them, open your arms out and downward to break his balance.
❸ Proceed in the same manner as the basic suwariwaza kokyuho.
❹❺ Throw your partner.

新岩間道場にて　1991年
At new Iwama Dojo, c. 1991

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## 座り技呼吸法 5（上から両手首を掴まれた場合）

❶相手に上から両手首を掴まれたら
❷体をそらすようにして中から両手刀をあげ、相手の体勢を崩す。
❸相手が崩れたら、基本の呼吸法にもどり
❹❺相手を投げる。

❶❷ When your partner grabs both your wrists from above, raise both your tegatana upward as though bending backward to break his balance.
❸ Proceed in the same manner as the basic suwariwaza kokyuho.
❹❺ Throw your partner.

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# MOROTEDORI KOKYUHO

# 諸手取り呼吸法

## 諸手取り呼吸法 1　（手を捻じられて掴まれた場合）

❶相手に諸手取りで右手を捻じられて掴まれたら
❷自分の袴の腰板のところを自分の手の甲のところにもっていく。
❸脇腹から肘が離れないように大きく180度腰をひねり、若干腰をおとす。
❹右手をあげ相手を崩し、右足で相手の後側に入る。

❶❷ When your partner grabs your right arm with both hands and twists it, bring the back of your hakama to the back of your hand.
❸ Twist your hips 180 degrees in a large motion and lower your elbow making sure that it does not separate from your side. Lower your hips slightly.
❹ Raise your right arm to break your partner's balance and enter behind him with your right foot.

### ポイント
### Commentary

基本の呼吸法は、『武産合気道』第１巻参照。
写真❹のとき、右手は相手の頭を越えないように気をつける。

See *Takemusu Aikido, Volume 1* for the basic morotedori kokyunage technique.
In the position shown in photo ❹, be sure your hand does not go past your partner's head.

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## 諸手取り呼吸法 1　Morotedori kokyuho (1)

❺❻右足に重心をうつし相手の頭のほうへ腕をのばして投げる。

❺❻ Shift your center of gravity to your right foot and extend your right arm towards your partner's head to throw him.

３人を相手に投げを行なう植芝盛平翁　1960年頃
Founder executing throw against three opponents, c. 1960

## 諸手取り呼吸法 2　（腕を高くとられた場合）

❶相手に諸手取りで腕を高くとられたら
❷腕の力を完全に抜き、充分に腰をおとす。
❸相手の体勢が崩れた時点で、呼吸法の基本にもどり
❹❺相手を倒す。

❶❷ When your partner grabs your right arm with both hands and raises it up high, relax your arm completely and lower your hips fully.
❸ After your partner's balance is broken, proceed in the same manner as the basic kokyuho movement.
❹❺ Throw your partner.

### ポイント
### Commentary

写真❷❸のとき、力を入れずに相手にまかせること。相手の体勢が崩れるまでは絶対に腕に力を入れない。盛平翁先生の口伝に、**この手の力が抜けるようになったら一人前**、というのがある。

In the positions shown in photos ❷ and ❸, be sure not to put power into your hand, but rather allow your partner to grab you. You should not put power into your arm until your partner has lost his balance. O-Sensei said: **"If you can succeed in relaxing your arm in this technique, you will become a master."**

## Morotedori kokyuho (2)

## 諸手取り呼吸法 3　（下に抑えこまれた場合）

①

❶相手に諸手取りで下に抑えこまれたら
❷相手に合わせて腰をおとし
❸大きな球を差しあげるように
❹その形で立ちあがって
❺❻相手を投げる。

❶❷ When your partner grabs your right hand with both hands and pushes it down, lower your hips in harmony with your partner's movement.
❸ Raise your hands as if lifting a large ball.
❹ Stand up keeping the same position.
❺❻ Throw your partner.

④

## Morotedori kokyuho (3)

## 諸手取り呼吸法 4　（手の甲を掴まれた場合）

❶相手に手の甲を掴まれたら
❷拳を握り親指を立て力を入れる。
❸手首を返して
❹両手をあげて呼吸法の基本にもどり
❺相手を投げる。

❶❷ When your partner grabs the back of your right hand with both hands, make a fist with your right hand and put power into your thumb as you extend it out.
❸ Turn your wrist upward.
❹ Raise both your hands and proceed with the basic kokyunage movement.
❺❻ Throw your partner.

## Morotedori kokyuho (4)

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# Takemusu Aikido

## *Volume 3*
## *Basics Concluded*

### by Morihiro Saito, 9th dan

The third volume of the aikido technical series authored by Morihiro Saito, 9th dan, is titled *Takemusu Aikido: Basics Concluded*. This volume completes the presentation of the basic techniques bequeathed by Founder Morihei Ueshiba O-Sensei in Iwama during the years following World War II. This manual covers the following series of techniques: koshinage, tenchinage, kaitennage, morotedori kokyuho, suwariwaza kokyuho, and jujinage. This work is profusely illustrated with more than 500 photos and includes detailed, step-by-step explanations and commentary on each technique.

Morihiro Saito is the author of the acclaimed technical series, *Traditional Aikido*, published in the early 1970s. In addition to the *Takemusu Aikido* technical manuals, Saito has produced a series of highly-regarded instructional DVDs.

Saito enrolled as a student of Aikido Founder Morihei Ueshiba in 1946. One of the art's foremost technicians, he was the acknowledged authority on Aikido weapons training. Saito operated Ueshiba's private dojo in Iwama, Japan and served as caretaker of the Aiki Shrine for more than 30 years until his passing in 2002. He traveled extensively throughout the world for over three decades teaching his comprehensive training methods while building large followings in the USA, Europe, and Australia.

Note on translators: Ikuko Kimura was the editor of the Japanese-language magazine *Aiki News* for over 20 years. Stanley Pranin is a 5th degree black belt and editor-in-chief of *Aikido Journal* established in 1974 as *Aiki News*.

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