

# TAKEMUSU AIKIDO

VOLUME

4

by Morihiro Saito



~ Kokyunage ~

# Takemusu Aikido

たけ むす  
武産合気道

第4巻  
呼吸投げ編  
(基本・応用技)

合気会9段  
齊藤守弘 著

***Volume 4, Kokyunage***  
**by Morihiro Saito, 9th dan**

Translated by Sonoko Tanaka & Stanley A. Pranin

**Tokyo**  
**Aiki News**

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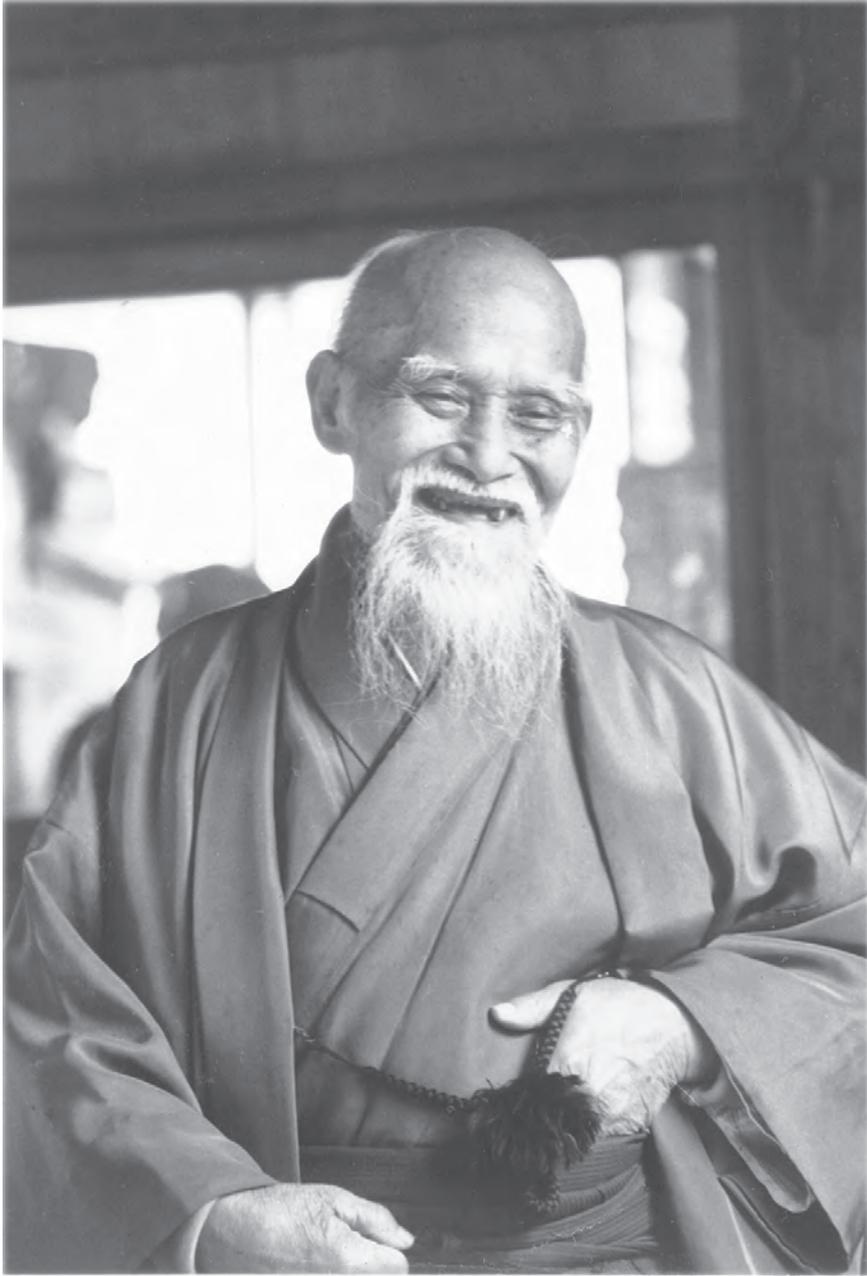
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植芝盛平翁 1967年  
*Morihei Ueshiba, 1967*

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## はじめに

第四巻を出版するにあたり、私は呼吸投げを前々から一冊の本にまとめようと予定しておりました。呼吸投げは技数も一番多く、合気道にとって最も重要な技です。それだけに、呼吸投げを消滅させたなら、もう合気道とは申せません。

晩年の開祖の説明は入身投げと呼吸投げが大半を占めていました。その頃の開祖のビデオを見たことのある人なら誰もが認めることでしょう。合気道を志す者には、ぜひ呼吸投げをご研究願いたいものです。そうでなければ合気道にはなりません。

開祖の教えはかなり技数が多いのが特徴です。前に後ろに、右に左に、上に下に、外に中に、無限に近い変化が生まれます。それはまさに武産そのものです。

この本で全てを紹介することはとても不可能であります。限られた技だけですが、これらにより数々の応用変化の技を考案されるご参考になれば、幸いに存じます。

齊藤守弘

平成9年6月19日

岩間にて

## *Foreword*

I have been planning to publish a volume dealing with kokyunage for some time. Kokyunage are the most numerous and important techniques in aikido, hence my decision to devote an entire volume to this subject. If kokyunage techniques were to be removed from the art, it would no longer be worthy of being called aikido.

During his last years, the Founder placed great emphasis on kokyunage and iriminage techniques. Anyone who has viewed the films of O-Sensei from that period will recognize this fact. I would encourage all who aspire to learn aikido well to dedicate themselves to the study of kokyunage techniques.

The Founder's teachings are remarkable for the large number of techniques they contain. Aikido includes infinite variations of movements performed to the front and rear, left and right, up and down, and inside and outside. This is the essence of the concept of *takemusu aiki*.

Space limitations have prevented the inclusion of all possible kokyunage techniques in this book. Even though the number of techniques covered is limited, I will be pleased if those shown provide a helpful reference for aikidoka permitting them to devise numerous other variations and applications of kokyunage.

Morihiro Saito  
Iwama, June 19, 1997

## 刊行にあたって

『武産合気道』第4巻をここにお届けできますことを、私ども合気ニューススタッフはたいへん光栄に思います。斉藤守弘師範が疲れを知らぬかのように、この仕事を続けてくださるお陰で、師範が、第二次世界大戦後の岩間時代に開祖から教えを受けた、最も精錬された合気道技の数々を収録し、ご説明いただくことができました。

この第4巻では、合気道において非常に重要な技のひとつである呼吸投げの中から、80に近い技を念入りに取り扱っています。このシリーズの第3巻までと同様、今回も写真と解説によって、数多くの素晴らしい、そして緻密な技の持つ優れたポイントをご紹介しますと試みました。この技術書が、大先生の伝統的な合気道に興味のある方々のご参考になり、お役に立てることが私達の願いです。

この本で紹介されている多くの技を順序立てて演武して下さった、斉藤仁弘師範6段に感謝を申し上げます。また、受けとしてご協力をいただいた、斉藤先生の熱心な弟子の方々、パトリス・ヘンドリックス、パオロ・コラッリーニ、高橋大輔およびヨーラン・ファーゲルルンドの各氏にも御礼申し上げます。

最後に、編集と翻訳において優れた仕事をしてくださった田中園子さんに感謝いたします。田中さんは、斉藤先生のご協力のもとに、正確な技術書作りに奮闘され、この仕事の完成には無くてはならない存在でした。また、合気ニュースの、日本の編集スタッフにも、原稿の仕上げにあたって尽力をいただき、あわせて感謝いたします。

スタンレー・A・プランシ

合気ニュース編集長

1997年6月29日

## *Editor's Note*

The publication of Volume 4 of *Takemusu Aikido* is a source of great pride for all of the staff of Aiki News. Morihiro Saito Shihan continues his tireless work in recording and explaining the highly refined aikido techniques of Founder Morihei Ueshiba as taught during the Iwama years following World War II.

Volume 4 covers in exhaustive detail some eighty kokyunage, among the most important techniques of the aikido curriculum. As in the previous volumes of this series, we have attempted to present through photographs and words, the fine points of these many wonderful and subtle techniques. It is our hope that this manual will serve as a useful reference to all those interested in the traditional aikido of O-Sensei.

I would like to express our thanks to Hitohiro Saito Shihan, 6th dan, for demonstrating many of the technical sequences presented in this book. A debt of gratitude is also owed to Patricia Hendricks, Paolo Corallini, Daisuke Takahashi, and Jöran Fagerlund, all devoted students of Saito Sensei, for their assistance in taking ukemi.

Finally, I would like to congratulate Sonoko Tanaka for her fine work in editing and translating the text in coordination with Saito Sensei to insure a high degree of accuracy. Sonoko's collaboration was an essential factor in bringing this work to fruition. Aiki News Japanese editor Ikuko Kimura also kindly reviewed the final manuscript.

Stanley A. Pranin  
Editor-in-chief, *Aikido Journal*  
June 29, 1997

表紙写真：斎藤守弘 1993年 東京

# 呼吸投げ編 (基本・応用技) *Kokyunage*

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解説：齊藤守弘



齊藤守弘師範、ご子息仁弘師範 1993 年  
Morihiro Saito Shihan with son , Hitohiro (1993)

## 呼吸投げについて

呼吸投げにも他の技同様、基本があり、応用変化の技があり、各攻撃に対する技があります。昔から数々の実戦の例が証明しておりますが、何等かのトラブルに巻きこまれた人達は、呼吸投げにより多人数の相手を制し、その難を逃れております。呼吸投げは、最も実戦に有効な技です。

呼吸投げでは、特に半身による腰の捻りが大切です。勿論、その他の技でも腰の捻りは欠かすことができませんが、大いにご研究、修練が必要です。

よく見かけますが、呼吸投げをあまり稽古しない人は一目でわかります。それは、腰の働きが乏しいからです。私はいつも、そういう人達に、腰が死んでいると言います。

呼吸投げの腰の動きは武器技の腰と共通していますので、自分自身の勉強のためにも、また合気道の名誉のためにも、格段のご研究を願いたいものです。

## *Kokyunage techniques*

As is the case with other aikido movements, kokyunage techniques include basics, applied techniques and variations that change according to the attack. Kokyunage techniques have been used over the years in real altercations to control numerous opponents and thus enable one to escape from difficulty. Thus, I consider kokyunage to be among the most effective techniques for use in an actual fighting situation.

It is particularly important to twist your hips from a correct hanmi position when executing kokyunage techniques. Naturally, this is also the case for other techniques of aikido. A great deal of study and training is required to master the subtleties of these hip movements.

I can easily recognize students who have neglected kokyunage practice. This is because they move their hips poorly. I tell such students that their hips are "dead." The hip movements of kokyunage are also the same as those used in weapon techniques. For the above reasons, I would especially like students to give sufficient attention to these essential movements for the sake of their own training and for the preservation of the integrity of aikido techniques.



# 正面打ち *Shomenuchi*



## 正面打ち呼吸投げ 1



- 1 逆半身で相対する。
- 2 相手が右手で正面を打ってきた場合
- 3 側面に入り、左手で相手の右手を制し
- 4 右手に持ちかえて相手の右手首を掴み、左腕を突き出し相手の首に左肘をあて
- 5 6 払いのけるようにして腰をひねって投げる。



- 1 Face your partner in gyaku hanmi.
- 2 3 When your partner strikes your face with her right hand, move to the right side of your partner and grab her right hand with your left hand.
- 4 Change your left hand grip on her hand to a right hand grip. Extend your left arm and place your left elbow against her neck.
- 5 6 Twisting your hips, throw your partner as though sweeping her away.

### ポイント

呼吸投げの基本は、相手の側面に入ったときにいつも相手と同じ方向を見ることである。投げる時も相手を見ない。いつも他の敵が自分の後ろにいることを考える。

### COMMENTARY

When you move to the side of your partner, be sure to look in the same direction as your partner. Do not look at your partner even when you throw her. Always keep in mind that another opponent might be standing behind you. This is one of the basics of kokyunage.

*Shomenuchi kokyunage 1*



## 正面打ち呼吸投げ2



- ① 相半身で相對する。
- ② 右手で相手の正面を打つ。相手は右手で受ける。
- ③ 自分の左手を上から交差させ
- ④ 左手で相手の右手首を掴み、左足を左に進め、右手で相手の頸動脈を押し払いながら
- ⑤⑥ 腰をひねって投げる。



- ① Face your partner in ai hanmi.
- ② Initiate the technique by extending your right hand towards your partner's face. Your partner blocks with her right hand.
- ③ Place your left hand over your right hand.
- ④ Grab your partner's right wrist with your left hand. Step to the side with your left foot.
- ⑤⑥ Twist your hips while pushing her carotid artery down with your right tegatana and throw your partner.

### ポイント

この技は、相手が正面打ちを受けとめてこちらの手を払いのけようと押ししてきたときに、特に有効である。

### COMMENTARY

This technique is especially useful when your partner pushes against your hand in an effort to block your shomen strike.

*Shomenuchi kokyunage 2*



③の拡大 Detail of photo ③



## 正面打ち呼吸投げ3



- ① 相半身で相對する。
- ② 右手で相手の正面を打つ。相手は右手で受ける。
- ③ 自分の左手を上から交差させて相手の手首を左手で掴み、左足を大きく前に進めながら右手で相手の肘を内側から掴み
- ④⑤ 振り落とすように投げる。

- ① Face your partner in ai hanmi.
- ② Initiate the technique by extending your right hand towards your partner's face. Your partner blocks with her right hand.
- ③ Place your left hand over your right hand and grab your partner's right wrist with your left hand. Hold her elbow from the inside with your right hand while taking a large step forward with your left foot.
- ④⑤ Throw your partner as though swinging her down.

### ポイント

写真③のとき、左手で相手の手首を掴んだら、上に引き上げる。そして、右手で相手の肘を掴み、強く切り落とす気持ちで投げる。

### COMMENTARY

In the movement shown in photo ③, grab your partner's right wrist and pull her hand up. Then hold her elbow with your right hand and throw as though cutting down powerfully with a sword.

*Shomenuchi kokyunage 3*



③の拡大 Detail of photo ③



③の拡大 Detail of photo ③



## 正面打ち呼吸投げ4



- ❶ 相半身で相対する。
- ❷ 右手で相手の正面を打つ。相手は右手で受ける。
- ❸ 自分の左手を上から交差させて相手の手首を左手で掴み
- ❹ 左足を大きく右後ろに開きながら右手で相手の肘を内側から掴み
- ❺❻ 左膝をついて投げる。

- ❶ Face your partner in ai hanmi.
- ❷ Initiate the technique by extending your right hand towards your partner's face. Your partner blocks with her right hand.
- ❸ Place your left hand over your right hand and grab your partner's right wrist with your left hand.
- ❹ Hold your partner's elbow from the inside with your right hand while opening with your left foot to the right rear in a large movement.
- ❺❻ Lower to your left knee to throw.

### ポイント

正面打ち呼吸投げ3と同じだが、最後に前に進まず、足を開いて投げる。

### COMMENTARY

This is the same as shomenuchi kokyunage 3, however, you throw your partner in the end while opening with your back foot instead of going forward.

*Shomenuchi kokyunage 4*



## 正面打ち呼吸投げ5



- ① 相半身で相對する。
- ② 右手で相手の正面を打つ。相手は右手で受ける。
- ③ 相手が強く押さえてきた場合、左足を引き身体を開きながら相手の力を流し
- ④ 右手で円を描くように丸く相手を巻きこみ
- ⑤ 右腕で相手の首を引っ掛けながら

- ① Face your partner in ai hanmi.
- ② Initiate the technique by extending your right hand towards your partner's face. Your partner blocks with her right hand.
- ③ If your partner pushes strongly against your hand, pivot with your left foot while opening to the right rear and lead your partner's strike to allow her power to flow past.
- ④ Execute an upward, circular movement with your right hand while wrapping in your partner.
- ⑤ Push your partner's neck down with your inside right elbow as though hooking her head.
- ⑥ ⑦ Twist your hips to throw your partner.

*Shomenuchi kokyunage 5*





# 横面打ち *Yokomenuchi*



## 横面打ち呼吸投げ1



- ① 相半身で相対する。
- ② 相手が右足を一步踏みこんで右手で横面を打ってきた場合、左斜め前に進みながら左手で横面を受け、同時に右手で相手の正面を打つ。
- ③④ 相手の右手首を左手で内側から掴み、右足を進めて右手刀で投げる。



②の拡大 Detail of photo ②

## Yokomenuchi kokyunage 1



- ① Face your partner in ai hanmi.
- ② As your partner advances forward with her right foot and executes a yokomenuchi strike with her right hand, step diagonally forward with your left foot and parry her strike with your left hand while at the same time striking her face with your right hand.
- ③④ Grab your partner's right wrist from the inside with your left hand. Step forward with your right foot and throw your partner while pushing her down with your right tegatana.

## 横面打ち呼吸投げ2 気の流れ



- ① 相半身で相対する。
- ② 相手が右足を一步踏みこんで右手で横面を打ってきた場合、右足を右に移し左足を引いて右半身になり、左手で相手の右手を受け流すと同時に右手で相手の正面を打ち
- ③ 相手の右手首を左手で内側から掴み、右手刀で相手を打ち払いつつ
- ④ ⑤ 腰をひねって投げる。

- ① Face your partner in ai hanmi.
- ② As your partner advances forward with her right foot and executes a yokomenuchi strike with her right hand, step to the right to assume right hanmi and parry her right hand with your left hand while at the same time striking her face with your right hand.
- ③ Grab your partner's right wrist from the inside with your left hand.
- ④ ⑤ Twist your hips and throw your partner while pushing her down with your right tegatana.

### ポイント

横面打ち呼吸投げ1の基本では、相手の横面打ちを受けとめて投げるが、この気の流れでは、相手の攻撃を流す。

### COMMENTARY

In the basic technique of yokomenuchi kokyunage 1, you receive your partner's yokomenuchi strike. However, in this ki no nagare variation, you parry your partner's strike and allow her attack to flow past.

*Yokomenuchi kokyunage 2 ki no nagare*



## 横面打ち呼吸投げ3



- ① 相半身で相對する。
- ② ③ 相手が右足を一步踏みこんで右手で横面を打ってきた場合、左足を後ろに引きながら左手で相手の右手を切り落とし
- ④ 右手で内側から相手の右手首を掴み、相手の腕を前方に押し出し、左腕を相手の右肘の下にいれながら
- ⑤ ⑥ 左足を踏みこみ肘を攻めつつ、投げる。

### ポイント

写真⑤のとき、自分の左肘で相手の右肘を攻める。



- ① Face your partner in ai hanmi.
- ② ③ As your partner advances forward with her right foot and executes a yokomenuchi strike with her right hand, cut your partner's right hand down with your left hand while stepping to the rear with your left foot.
- ④ Grab your partner's right wrist from the inside with your right hand and push forward your partner's right arm while placing your left arm under her right elbow.
- ⑤ ⑥ Step through with your left foot and throw your partner while applying pressure against her elbow.

### COMMENTARY

In the movement shown in photo ⑤, apply pressure against your partner's elbow by pushing with your left elbow.

Yokomenuchi kokyunage 3



⑤の拡大 Detail of photo ⑤



## 横面打ち呼吸投げ4 気の流れ



- ❶ 相半身で相對する。
- ❷ 相手が右足を一步踏みこんで右手で横面を打ってきた場合、足を踏みかえて右半身になりながら、左手で相手の右手を払い
- ❸ 左手で相手の右手首を内側から掴み、相手の右肘の下に右腕をいれて相手の肘を攻めながら
- ❹❺ 腰をひねって投げる。

- ❶ Face your partner in ai hanmi.
- ❷ As your partner advances forward with her right foot and executes a yokomenuchi strike with her right hand, cut her right hand down with your left hand while shifting from one foot to the other to assume right hanmi.
- ❸ Grab your partner's right wrist from the inside with your left hand, and place your right arm under her right elbow.
- ❹❺ Twist your hips and throw your partner while applying pressure against her elbow.

*Yokomenuchi kokyunage 4 ki no nagare*



## 横面打ち呼吸投げ5 気の流れ



- ① 相半身で相対する。
- ② 相手が右足を一步踏みこんで右手で横面を打ってきた場合、足を踏みかえて右半身になりながら左手で相手の右手を受け流し
- ③ 右手を相手の脇の下にいれ
- ④ 左手で相手の右手首を掴み、右手で深く袖下を掴み
- ⑤⑥ 左足を少し斜め後ろに引いて開き、体を落として左膝をつきながら相手を引き落とすように投げる。

### ポイント

写真④のとき、右手で相手の肘の所の腕を内側から掴んでもいい。袖よりも腕を掴んだほうが効果的である。

また、袖を上から掴むこともできる。

- ① Face your partner in ai hanmi.
- ② As your partner advances forward with her right foot and executes a yokomenuchi strike with her right hand, parry her right hand with your left hand while shifting from one foot to the other to assume right hanmi.
- ③ Place your right hand under your partner's right armpit.
- ④ Grab your partner's right wrist with your left hand and hold her upper sleeve from below with your right hand.
- ⑤⑥ Take a small step diagonally to the rear with your left foot and lower to your left knee to throw your partner as though pulling her down.

### COMMENTARY

In the movement shown in photo ④, you can also grab your partner's inside elbow instead of her sleeve. It is more effective to grab your partner's arm rather than her sleeve. Another possibility is to grab your partner's sleeve from above.

*Yokomenuchi kokyunage 5 ki no nagare*



## 横面打ち呼吸投げ6 気の流れ



- ❶ 相半身で相対する。
- ❷ 相手が右足を一步踏みこんで右手で横面を打ってきた場合、右足を右に移し左足を引いて右半身になり、左手で相手の攻撃を受け流し、右手刀で相手の右手を切り落としながら
- ❸❹ 右腕を一回転させて相手を巻きこみつつ相手の首を引っ掛け
- ❺❻ 左足を開いて相手を払い落とすように投げる。

- ❶ Face your partner in ai hanmi.
- ❷ As your partner advances forward with her right foot and executes a yokomenuchi strike with her right hand, step to the right to assume right hanmi and parry her right hand with your left hand, then cut down her right hand with your right tegatana.
- ❸❹ Execute an upward, circular movement with your right hand while wrapping in your partner. Push your partner's neck down with your inside right elbow as though hooking her head.
- ❺❻ Open with your left foot to the right rear and throw your partner as though sweeping her away.

Yokomenuchi kokyunage 6 ki no nagare



## 横面打ち呼吸投げ 7 気の流れ



- ① 相半身で相對する。
- ② ③ 相手が右足を一步踏みこんで右手で横面を打ってきた場合、左足を相手の左側面に大きく進め、相手の前方を通り抜けながら、相手と入れ違いになるように相手の側面に入り、体を①80度轉換して相手と同じ右半身になり
- ④ 右手で相手の左手首を掴み、左手を相手の顎の下にあてて突き飛ばすようにしながら
- ⑤ ⑥ 左足を進めて投げる。

- ① Face your partner in ai hanmi.
- ② ③ As your partner advances forward with her right foot and executes a yokomenuchi strike with her right hand, take a large step to the left side of your partner with your left foot while passing her in entering. As you enter to the side, turn 180 degrees to assume right hanmi and face the same direction as your partner.
- ④ Grab your partner's left wrist with your right hand and place your left hand under her chin.
- ⑤ ⑥ Step forward with your left foot to throw your partner while pushing her chin downward.

### ポイント

写真④のとき、左手は相手の顎を攻めても、相手の頸動脈を攻めても、どちらでもよい。

### COMMENTARY

In the movement shown in photo ④, you can push against either your partner's chin or her carotid artery with your left hand.

*Yokomenuchi kokyunage 7 ki no nagare*





# 片手取り *Katatedori*



## 片手取り呼吸投げ 1



- ❶ 相手が右手で左手首を掴んできた場合
- ❷ 掴まれた手が自分の腹の前にくるようにしながら左足を相手の側面に進めつつ、180度腰をひねって体の向きを変える。
- ❸ 相手と同じ方向を見たまま両手をあげて相手を崩し、左肘を相手の首にあてて
- ❹❺ 左足に重心を移しつつ腰をひねって払うように投げる。

- ❶❷ When your partner grabs your left wrist with her right hand, step to the side of your partner with your left foot and turn your hips 180 degrees to assume right hanmi while bringing your left hand in front of your abdomen.
- ❸ Raise both your hands upward to break your partner's balance while continuing to look in the same direction as your partner and place your left elbow against her neck.
- ❹❺ Shift your weight to your left foot while twisting your hips and throw your partner as though sweeping her away.

*Katatedori kokyunage 1*



③の拡大 Detail of photo ③



## 片手取り呼吸投げ2 変化技



- ① 相手が右手で左手首を掴んできた場合
- ② 掴まれた手が自分の腹の前にくるようにしながら左足を相手の側面に進めつつ、180度腰をひねって体の向きを変える。
- ③ 相手と同じ方向を見たまま左手をあげて、左肘を相手の首にあてて相手を崩し
- ④⑤ 右手で相手の帯を掴み、左手で相手の顎を押しさえこみ、投げる。

### ポイント

相手はこの技では受け身が取れないので、気を付けて静かに投げる。片手取り呼吸投げ1の変化技である。

- ①② When your partner grabs your left wrist with her right hand, step to the side of your partner with your left foot and turn your hips 180 degrees to assume right hanmi while bringing your left hand in front of your abdomen.
- ③ Raise your left hand upward to break your partner's balance while continuing to look in the same direction as your partner and place your left elbow against her neck.
- ④⑤ Grab your partner's belt with your right hand and press down on her chin with your left hand to throw.

### COMMENTARY

Throw your partner gently and with care because she cannot take an ukemi with this technique. This is a henkawaza of katatedori kokyunage 1.

*Katatedori kokyunage 2 henkawaza*



④の拡大 Detail of photo ④



## 片手取り呼吸投げ3 変化技



- ① 相手が右手で左手首を掴んできた場合
- ② 掴まれた手が自分の腹の前にくるようにしながら左足を相手の側面に進めつつ、180度腰をひねって体の向きを変える。
- ③ 相手と同じ方向を見たまま左手をあげて、左肘を相手の首にあてて相手を崩し
- ④ 左腕を相手の首にまわして相手の首を締め
- ⑤⑥ 右手で相手の腹部に当て身を入れる。

- ①② When your partner grabs your left wrist with her right hand, step to the side of your partner with your left foot and turn your hips 180 degrees to assume right hanmi while bringing your left hand in front of your abdomen.
- ③ Raise your left hand upward to break your partner's balance while continuing to look in the same direction as your partner and place your left elbow against her neck.
- ④ Place your left arm around your partner's neck and hold it tight.
- ⑤⑥ Execute an atemi to your partner's abdomen with your right hand.

### ポイント

相手はこの技では受け身が取れないので気をつけること。これも片手取り呼吸投げ1の変化技である。

### COMMENTARY

Be careful because your partner cannot take an ukemi with this technique. This is also a henkawaza of katatedori kokyunage 1.

*Katatedori kokyunage 3 henkawaza*



④の拡大 Detail of photo ④



## 片手取り呼吸投げ4



- ① 相手が右手で左手首を掴んできた場合
- ② 掴まれた手が自分の腹の前になるようにしながら左足を相手の側面に進めつつ、180度腰をひねって体の向きを変える。
- ③ また180度腰をひねって体の向きを変えつつ、掴まれた手を円を描くように大きく回転させて、相手の背後にもっていき
- ④ 相手のあがった肘の下に右肩をいれ
- ⑤ 右足を進めながら右内肘で相手の首を払い落とすように
- ⑥ 投げる。

### ポイント

相手の肘があがるように、掴まれた手で大きな円を描いて相手の背後に低く落とす。(写真④'⑤'を参照。ただし、これは相手が左手で右手首を掴んできた場合である。)

- ① ② When your partner grabs your left wrist with her right hand, step to the side of your partner with your left foot and turn your hips 180 degrees to assume right hanmi while bringing your left hand in front of your abdomen.
- ③ Move your left hand upward as if drawing a large circle while turning your hips again 180 degrees to change to left hanmi, then bring your left hand down to the rear of your partner.
- ④ Place your right shoulder under your partner's raised right elbow.
- ⑤ ⑥ Step through with your right foot and throw your partner by pushing her neck down with your inside right elbow.

### COMMENTARY

Be sure to execute an upward, circular movement with your left hand as though drawing a large circle and then bring your left hand down to the rear of your partner so that her right elbow will be raised.

Also, refer to photos ④' and ⑤'. However, these photos show the technique when your partner grabs your right wrist with her left hand.

Katatedori kokyunage 4



反対側から見た ④ Opposite view of photo ④



反対側から見た ⑤ Opposite view of photo ⑤



## 片手取り呼吸投げ5



- ① 相手が右手で左手首を掴んできた場合
- ② 左足を相手の側面に進めつつ左手をあげながら右手で相手の顔面に当て身を入れ、左手で相手の右手首を内側から掴み
- ③ 右手で相手の肘の内側を掴み、右足を進めながら
- ④ 腰をひねって投げる。



- ①② When your partner grabs your left wrist with her right hand, step to the side of your partner with your left foot while raising your left hand. Execute an atemi to her face with your right hand and grab her right wrist from the inside with your left hand.
- ③ Grab her elbow from the inside with your right hand while stepping through with your right foot.
- ④ Twist your hips to throw.

### ポイント

写真②のとき、掴まれた左手をあげながら相手の身体を浮かすようにする。また、相手の左手の攻撃を防ぐために、右手で当て身を入れることは重要である。

### COMMENTARY

In the movement shown in photo ②, raise your left hand in order to raise your partner's body. It is also important to execute an atemi with your right hand so as to prevent your partner's attack with her left hand.

*Katatedori kokyunage 5*



反対側から見た ③    Opposite view of photo ③

## 片手取り呼吸投げ6



- ① 相手が右手で左手首を掴んできた場合
- ② 左足を相手の右後ろに進めながら左手を相手の右後ろに低く突き出し
- ③ 右手を相手の顎下にあて、右足を進めて
- ④ 相手を押し倒す。



- ① ② When your partner grabs your left wrist with her right hand, take a large step to her right rear with your left foot while extending your left arm to her right rear in a low position.
- ③ Place your right hand under your partner's chin while stepping through with your right foot.
- ④ Throw your partner while pushing her chin downward.

*Katatedori kokyunage 6*



開祖植芝盛平 野間道場にて 1935年 受け：米川成美氏  
Founder at Noma Dojo, 1935. Uke: Shigemi Yonekawa

## 片手取り呼吸投げ7



- ① 相手が右手で左手首を掴んできた場合
- ② 左手をあげながら右半身になり、右手で相手の顔面に当て身を入れ
- ③ 左手で相手の右手首を内側から掴み、右手で相手の右襟を深く掴み、左足を大きく斜め後ろに開きながら
- ④ 左膝をついて引き落とすように投げる。



②の拡大 Detail of photo ②

## Katatedori kokyunage 7



① ② When your partner grabs your left wrist with her right hand, change to right hanmi while raising your left hand. Execute an atemi to your partner's face with your right hand.

③ Grab your partner's right wrist from the inside with your left hand and hold the upper right side of her collar with your right hand while taking a large step diagonally to the rear with your left foot.

④ Lower to your left knee to throw your partner as though pulling her down.

## 片手取り呼吸投げ 8



- ① 相手が右手で左手首を掴んできた場合
- ② 相手の右手首を四方投げの要領で右手で掴み(呼吸力で左手首を内側に回しつつ自分の腹の前に左手をもってきて、相手の右手首の脈部が見えたところで、右手で相手の右手首の内側を上から掴む)
- ③ 左足を相手の側面に進めつつ、180度腰をひねって体の向きを変え、掴まれていた左手を外す。
- ④⑤⑥ 左足をさらに相手の背後に進めつつ、左腕で相手を払い落とす。

### ポイント

写真④のとき、胸を開く気持ちで両腕を大きく広げる。

- ①② When your partner grabs your left wrist with her right hand, grab her right wrist with your right hand in the same manner as in shihonage. Turn your left wrist inward using kokyū power while bringing your left hand in front of your abdomen. When the inside of your partner's right wrist turns up, grab her right wrist from above with your right hand.
- ③ Step to the side with your left foot while turning your hips 180 degrees to assume right hanmi and free your left hand from her grip.
- ④⑤⑥ Step to the rear of your partner with your left foot to throw her as though sweeping her away with your left arm.

### COMMENTARY

In the movement shown in photo ④, open your arms wide as though expanding your chest.

*Katatedori kokyunage 8*



## 片手取り呼吸投げ9



- ① 相手が右手で左手首を掴んできた場合
- ② 相手の右手首を四方投げの裏技の要領で右手で掴み
- ③ 左足を軸にして右足を大きく開きつつ、180度腰をひねって相手の側面に並びながら左腕を相手の右肘の下にいれ
- ④ ⑤ 肘を攻めつつ少し前に進んで投げる。

- ① ② When your partner grabs your left wrist with her right hand, grab her right wrist with your right hand in the same manner as in shihonage urawaza.
- ③ Pivot on your left foot while opening with your right foot in a large movement and turn your hips 180 degrees. Stand side by side with your partner and place your left arm under your partner's right elbow.
- ④ ⑤ Step forward with your left foot and throw your partner while applying pressure against her elbow.

*Katatedori kokyunage 9*



③の拡大 Detail of photo ③



## 片手取り呼吸投げ10 変化技



- ① 相手が右手で左手首を掴み、左手で正面を打ってきた場合
- ② 相手の右手首を四方投げの裏技の要領で右手で掴み
- ③ 左足を軸にして右足を大きく開きつつ、180度腰をひねって相手の側面に回りこみ、相手の右腕を左肩に担ぎあげつつ相手の右肘を肩にのせて
- ④ 腰を落としつつ肘を攻める。

- ①② When your partner grabs your left wrist with her right hand and strikes your face with her left hand, grab her right wrist with your right hand in the same manner as in shihonage urawaza.
- ③ Pivot on your left foot while opening with your right foot in a large movement and turn your hips 180 degrees. Stand side by side with your partner and place her right elbow on your left shoulder as though lifting her right arm up on your left shoulder.
- ④ Lower your hips and apply pressure against her elbow.

### ポイント

片手取り呼吸投げ9の変化技である。

### COMMENTARY

This is a henkawaza of katatedori kokyunage 9.

*Katatedori kokyunage 10 henkawaza*



④の拡大 Detail of photo ④

## 片手取り呼吸投げ 11 気の流れ



- 1 相手が左手で右手首を掴んできた場合
- 2 3 右足を後ろに引きながら相手の動きを流しつつ、相手の掴みにきた手に合わせて右手首を返し
- 4 5 右足を進めながら投げる。

- 1 2 3 When your partner comes to grab your right wrist with her left hand, step to the rear with your right foot and lead your partner's movement allowing her power to flow past. Then turn your right wrist forward in harmony with your partner's grabbing movement.
- 4 5 Step forward with your right foot to throw your partner.

### ポイント

正しい角度でないとこの技はできない。

### COMMENTARY

You will not be able to execute this technique successfully if you do not form a correct angle with your right wrist.

*Katatedori kokyunage 11 ki no nagare*



③の拡大 Detail of photo ③



反対側から見た ③ Opposite view of photo ③





# 両手取り *Ryotedori*



## 両手取り呼吸投げ1 (外)



- ① 相手が両手首を掴んできた場合
- ② 右手が自分の腹の前にくるようにしながら右足を相手の側面に進めつつ、左手は相手の右手の下から外側に向け、180度腰をひねって体の向きを変える。
- ③ 相手の右手の外側から左手を返しつつ、相手と同じ方向を見たまま両手をあげて相手を崩し、右肘を相手の首にあてて
- ④ 右足に重心を移しつつ腰をひねって払うように投げる。



②の拡大 Detail of photo ②

### ポイント

右手の動きは片手取り呼吸投げ1の要領である。

## Ryotedori kokyunage 1 (soto)



① ② When your partner grabs both your wrists, step to her side with your right foot and turn your hips 180 degrees to assume left hanmi. At the same time, bring your right hand in front of your abdomen and turn your left hand outward under your partner's right hand.

③ Raise both your hands upward to break your partner's balance while turning your left hand inward from the outside of your partner's right hand. Be sure to continue to look in the same direction as your partner and place your right elbow against her neck.

④ Shift your weight to your right foot while twisting your hips, and throw your partner as though sweeping her away.

### COMMENTARY

The movement of your right hand is the same as in katatedori kokyunage 1.

## 両手取り呼吸投げ2 (内)



- ① 相手が両手首を掴んできた場合
- ② 右手が自分の腹の前にくるようにしながら右足を相手の側面に進める。左手は相手の右手の内側から呼吸法の要領。180度腰をひねって体の向きを変える。
- ③ 相手と同じ方向を見たまま両手をあげて相手を崩し、腕を伸ばしながら右肘が相手の首にかかるようにし
- ④ ⑤ 腰をひねって払うように投げる。



②の拡大 Detail of photo ②

### ポイント

右手の動きは片手取り呼吸投げ1の要領である。両手取り呼吸投げ1では左手は相手の右手の外側にあったが、ここでは左手は相手の右手の内側にある。投げるときには掌は上を向くようにする。

## Ryotedori kokyunage 2 (uchi)



①② When your partner grabs both your wrists, step to her side with your right foot and turn your hips 180 degrees to assume left hanmi while bringing your right hand in front of your abdomen. At the same time, place your left hand inside your partner's right hand by executing a kokyuhō movement.

③ Raise both your hands upward to break your partner's balance while continuing to look in the same direction as your partner. Extend your arms and place your right elbow against her neck.

④⑤ Twist your hips and throw your partner as though sweeping her away.

### COMMENTARY

The movement of your right hand is the same as in katatedori kokyunage 1. In ryotedori kokyunage 1, your left hand should be placed outside your partner's right hand. However, in this technique, your left hand should be placed inside your partner's right hand. Turn your palms upward when you throw.



## 両手取り呼吸投げ3



- 1 相手が両手首を掴んできた場合
- 2 右足を右横に進め左に腰をひねりつつ、左足を調整して左半身となりながら、左手で内側から相手の右手首を掴み、右手刀で下から相手の左肘を押し上げ
- 3 4 右足を進めて投げる。



四教のように掴んだとき

With yonkyo grab

### ポイント

写真②のとき、右手刀を使う代わりに、右手で相手の左手首の少し上の部分を四教のように掴んでもよい。(写真②')

## Ryotedori kokyunage 3



① ② When your partner grabs both your wrists, step to her side with your right foot. Twist your hips to the left and assume left hanmi while adjusting your left foot. Grab your partner's right wrist from the inside with your left hand and push your partner's left elbow upward with your right tegatana.

③ ④ Step forward with your right foot to throw.

### COMMENTARY

In the movement shown in photo ②, instead of using your right tegatana, you can also grab your partner's forearm with your right hand in the area slightly above her left wrist as though applying yonkyo pressure. (See photo ②')

## 両手取り呼吸投げ4 気の流れ



- ① 逆半身で相対する。
- ② 相手が両手首を掴んできたなら、右足を後ろに引き相手の動きを流しつつ
- ③ 右手で内側から相手の左手首を掴み、左手刀で下から相手の右肘を押し上げながら腰をひねりつつ
- ④ ⑤ 前に進んで投げる。



- ① Face your partner in gyakuhanmi.
- ② When your partner comes to grab both your wrists, step to the rear with your right foot and lead your partner's movement allowing her power to flow past.
- ③ Grab your partner's left wrist from the inside with your right hand and push your partner's right elbow upward with your left tegatana while twisting your hips.
- ④ ⑤ Step forward with your right foot to throw.

### ポイント

写真③のとき、手刀を使うかわりに、左手で相手の右手首の少し上の部分を四教のように掴んでもよい。

### COMMENTARY

In the movement shown in photo ③, instead of using your left tegatana, you can also grab your partner's forearm with your left hand in the area slightly above her right wrist as though applying yonkyo pressure.

*Ryotedori kokyunage 4 ki no nagare*



## 両手取り呼吸投げ5 気の流れ



- ① 逆半身で相対する。
- ② 相手が両手を掴んできた場合、右足を少し後ろに引き、座り技呼吸法の要領で、持ち上げるように相手を浮かしつつ
- ③④ 腰をひねって相手を後方に投げる。

### ポイント

この場合、特に右手の呼吸法が完璧でないとうまくいかない。

## Ryotedori kokyunage 5 ki no nagare



- ① Face your partner in gyakuhanmi.
- ② When your partner comes to grab both your wrists, step slightly to the rear with your right foot while breaking your partner's balance as though raising his body in the same manner as in suwariwaza kokyuhō.
- ③④ Twist your hips and throw your partner to the rear.

### COMMENTARY

You must perform a perfect kokyuhō especially with your right hand in order to execute this technique successfully.

## 両手取り呼吸投げ6 気の流れ



- ① 逆半身で相対する。
- ② 相手が両手を掴みにきた場合
- ③ 呼吸法により相手を浮かして
- ④ 右足を進めて投げる。

### ポイント

両手取り呼吸投げ5の技と比べた場合、呼吸法はあくまでも同じ。5では腰をひねって投げるが、この技では右足を前に進めて、相手を相手の後方に投げる。

## Ryotedori kokyunage 6 ki no nagare



- ① Face your partner in gyakuhanmi.
- ② When your partner comes to grab both your wrists, break his balance as though raising his body in the same manner as in suwariwaza kokyuhō.
- ③④ Step forward with your right foot to throw.

### COMMENTARY

The kokyuhō movement in this technique is exactly the same as in ryotedori kokyunage 5. When you throw your partner, you twist your hips in ryotedori kokyunage 5. However, in this technique, you step forward with your right foot and throw your partner to his rear.

## 両手取り呼吸投げ 7 気の流れ



- ① 逆半身で相對する。
- ② 相手が両手首を掴んできた場合、呼吸法によって内側から相手の両手を引っかけて相手の身体を浮かし
- ③ 両手を振りかざして後ろにおろしながら体を沈め
- ④⑤ 右膝をついて相手を背後に投げる。



- ① Face your partner in gyakuhanmi.
- ② When your partner comes to grab both your wrists, break your partner's balance in the same manner as in suwariwaza kokyūho and raise his body as though hooking his hands from the inside.
- ③ Raise both your hands and then bring them down to the rear while lowering your body.
- ④⑤ Lower to your right knee and throw your partner to the rear.

### ポイント

正面に入ると相手に突き当たる恐れがあるので、相手を右肩の上から落としたほうがよい。相手が思い切りかかってこないで、この技はうまくかからない。

### COMMENTARY

If you stay in front of your partner, you might clash with him. Rather you should throw your partner from above your right shoulder. You will be able to execute this technique successfully only when your partner comes to attack you with full power.

*Ryotedori kokyunage 7 ki no nagare*



## 両手取り呼吸投げ 8 気の流れ



- ❶ 相手が両手首を掴んできた場合
- ❷ 左足を後ろに引き身体を左に開きつつ、相手の動きを流し
- ❸ 腕を回しながら右手首を返し、左腕を相手の左肘の下に入れながら左足を進め
- ❹ ❺ 投げる。



反対側から見た② Opposite view of photo ②

### ポイント

写真②のとき、右手は掌が上を向き、左手は下を向いている。(写真②'を参照。)

## Ryotedori kokyunage 8 ki no nagare



① ② When your partner comes to grab both your wrists, open to the left while stepping to the rear with your left foot and lead your partner's movement allowing her power to flow past.

③ Step through with your left foot while moving both your arms in a circular movement. At the same time, turn your right wrist and place your left arm under your partner's left elbow.

④ ⑤ Throw your partner.



### COMMENTARY

In the movement shown in photo ②, turn your right hand upward and your left hand downward. (See photo ②')





諸手取り *Morotedori*



## 諸手取り呼吸投げ1 気の流れ



- ① ② 相手が諸手で右手首を掴んできた場合
- ③ 相手の掴みにきた動きに合わせてながら、掌を返すようにして
- ④ 右腕を相手の右肩の方向に突き出し、右足を少し相手の後方に進めて投げる。

- ① ② ③ When your partner comes to grab your right wrist with both hands, turn your right wrist while blending with your partner's movement.
- ④ Extend your right arm over your partner's right shoulder and step slightly to his rear with your right foot to throw him.

*Morotedori kokyunage 1 ki no nagare*



④の拡大 Detail of photo ④

## 諸手取り呼吸投げ2



- ① 相手が諸手で左手首を掴んできた場合、持たれた手に気を込めて
- ② 左足の爪先を相手の右足の爪先に合わせ、肩と肘と腰を下げるようにしながら
- ③ 左足を軸にして右足を後ろに開き、180度回転して相手の側面に回り
- ④ 持たれた左手を振りかぶるように頭上に持っていきながら、180度腰をひねって右半身になり
- ⑤ ⑥ 左手を相手の後方に切り落としつつ、右手刀で相手を押し倒す。

### ポイント

写真⑤のとき、左手を大きく切り落とすこと。

- ① When your partner grabs your left wrist with both hands, extend ki through your arm.
- ② Bring the toes of your left foot to meet the toes of your partner's right foot and drop your shoulders, elbows and hips.
- ③ Pivot on your left foot while moving your right foot to the rear and turn 180 degrees to your partner's side.
- ④ Raise your left hand over your head while turning your hips 180 degrees to assume right hanmi.
- ⑤ ⑥ Bring your left hand down to the rear of your partner and push her down with your right tegatana to throw her.

### COMMENTARY

In the movement shown in photo ⑤, be sure to bring your left hand down as though cutting down with a sword in a large movement.

Morotedori kokyunage 2



反対側から見た④ Opposite view of photo ④



反対側から見た⑤ Opposite view of photo ⑤



## 諸手取り呼吸投げ3



- ① 相手が諸手で左手首を掴んできた場合、持たれた手に気を込めて
- ② 左足の爪先を相手の右足の爪先に合わせ、肩と肘と腰を下げるようにしながら
- ③ 左足を軸にして右足を後ろに開き、180度回転して相手の側面に回りつつ、呼吸法を使って両手を自分の正面にもってくる。このとき、左肘を相手の右肘の下に入れて相手を浮かすようにする。
- ④⑤ 少し前に進みつつ、切り落とすように投げる。

### ポイント

写真③の形がとても重要である。この形が正しくできないと投げにならない。基本の諸手の呼吸法をしっかり学んでいないと、この写真③の形はできない。

基本の諸手取り呼吸法については、『武産合気道』第1巻を参照。

- ① When your partner grabs your left wrist with both hands, extend ki through your arm.
- ② Bring the toes of your left foot to meet the toes of your partner's right foot and drop your shoulders, elbows and hips.
- ③ Pivot on your left foot while moving your right foot to the rear and turn 180 degrees to your partner's side. At the same time, bring both your hands in front of you by using kokyuhō and place your left elbow under your partner's right elbow as though raising her body.
- ④⑤ Take a small step forward with your left foot to throw your partner as though cutting down with a sword.

### COMMENTARY

The position shown in photo ③ is very important. If you are not in the right position there, you will not be able to throw your partner. You must master the basic morotedori kokyuhō. Otherwise, you will not be able to assume the position shown in photo ③. (See *Takemusu Aikido, Volume 1* for the basic morotedori kokyuhō.)

*Morotedori kokyunage 3*



## 諸手取り呼吸投げ4



- ① 相手が諸手で左手首を掴んできた場合、持たれた手に気を込めて
- ② 左足の爪先を相手の右足の爪先に合わせ、肩と肘と腰を下げるようにしながら、180度腰をひねって右半身になりつつ、呼吸法を使って両手を自分の正面にもってくる。
- ③ 左手で下から大きく円を描くようにしながら腰をまた180度ひねり、左半身になって右手で相手の腹部に当て身を入れる。
- ④ 左手で相手の左手首を握り、右足を進めつつ右手を相手の右腕の下に深く入れて袖を掴み
- ⑤ 投げる。

- ① When your partner grabs your left wrist with both hands, extend ki through your arm.
- ② Bring the toes of your left foot to meet the toes of your partner's right foot and drop your shoulders, elbows and hips. Turn your hips 180 degrees to assume right hanmi while bringing both your hands in front of you by using kokyūho.
- ③ Execute an upward, circular movement with your left hand as though drawing a large circle and, at the same time, turn your hips again 180 degrees to assume left hanmi. Execute an atemi to your partner's abdomen with your right hand.
- ④ Grab your partner's left wrist with your left hand and place your right hand under your partner's right arm while stepping through with your right foot. Then hold your partner's upper right sleeve with your right hand.
- ⑤ Throw your partner.

Morotedori kokyunage 4



反対側から見た④ Opposite view of photo ④



## 諸手取り呼吸投げ5



- ① 相手が諸手で左手首を掴んできた場合、持たれた手に気を込めて
- ② 諸手取り呼吸法の要領で相手の側面に入り
- ③ 180度腰をひねり体の向きを変えて左半身になりつつ、両腕を上から下に大きく回して相手を流し
- ④ 右足を踏みこみ、右手首を返し相手の肘を右腕で攻めつつ
- ⑤ さらに前に進んで投げる。

- ① When your partner grabs your left wrist with both hands, extend ki through your arm.
- ② Step in to your partner's right side in the same manner as in morotedori kokyuhō.
- ③ Turn your hips 180 degrees to assume left hanmi while executing a large, circular movement downward with both your hands and leading your partner's movement.
- ④ Step through with your right foot and turn your right wrist while placing your right arm under your partner's arms. Apply pressure against her left elbow with your right arm.
- ⑤ Step forward with your right foot to throw your partner.

### ポイント

写真③のとき、右手は掌を上に向け、写真④のときに掌を返す。

呼吸投げでは、いつも自分のほうからびったりと相手に合わせて投げる。相手が動けないように、相手が崩れるようにと相手に合わせる大切である。

### COMMENTARY

In the movement shown in photo ③, turn your right hand upward, then in the movement shown in photo ④, turn your right hand downward.

In kokyunage techniques, you should blend your movement perfectly with your partner's in order to throw her. It is important to be in harmony with your partner's movement in order to control her movement and to break her balance.

Morotedori kokyunage 5



反対側から見た④ Opposite view of photo ④



## 諸手取り呼吸投げ6



- ① 相手が諸手で右手首を掴んできた場合、持たれた手に気を込めて
- ② 右足の爪先を相手の左足の爪先に合わせ、肩と肘と腰を下げるようにしながら
- ③ 右足を軸にして左足を後ろに開き、180度回転して相手の側面に回りつつ、呼吸法を使って両手を自分の正面にもってくる。この時、右肘を相手の左肘の下に入れて相手を浮かすようにする。
- ④ 右腕で上から下へと大きく円を描きつつ
- ⑤ 下から右手刀で相手の左肘を持ち上げ
- ⑥ 前に進みつつ腰をひねって投げる。

- ① When your partner grabs your right wrist with both hands, extend ki through your arm.
- ② Bring the toes of your right foot to meet the toes of your partner's left foot and drop your shoulders, elbows and hips.
- ③ Pivot on your right foot while moving your left foot to the rear and turn 180 degrees to your partner's side. At the same time, bring both your hands in front of you by using kokyūho and place your right elbow under your partner's left elbow as though raising her body.
- ④ Execute a downward, circular movement with your right arm as though drawing a large circle.
- ⑤ Push your partner's left elbow upward with your right tegatana.
- ⑥ Step forward with your right foot and twist your hips to throw your partner.

*Morotedori kokyunage 6*





# 袖口取り *Sodeguchidori*



## 袖口取り呼吸投げ1



- ① 相手が右手で左袖口を掴んできた場合
- ② 左半身から右半身に半身をかえながら左手で相手の右袖を掴みつつ、右手で相手の右襟を深く掴み
- ③④ 左足を後ろに大きく引いて、体を沈め、左膝をついて投げる。

## Sodeguchidori kokyunage 1



- ①② When your partner grabs your left cuff with her right hand, grab your partner's right sleeve with your left hand while changing to right hanmi, and at the same time, hold the upper right side of her collar with your right hand.
- ③④ Take a large step to the rear with your left foot and lower to your left knee to throw your partner.

## 袖口取り呼吸投げ2



- ① 相手が右手で左袖口を掴んできた場合
- ② 左足を軸にして右足を後ろに開き、180度回転して相手の側面に回りつつ、左肘で相手の右肘を攻め
- ③④⑤ 左足を大きく前に進めて投げる。



②の拡大 Detail of photo ②

## Sodeguchidori kokyunage 2



**① ②** When your partner grabs your left cuff with her right hand, pivot on your left foot while opening to the rear with your right foot and turn 180 degrees to your partner's side. Then place your left elbow under your partner's right elbow while applying pressure against her elbow.

**③ ④ ⑤** Take a large step with your left foot to throw your partner.



## 袖口取り呼吸投げ3



- 1 相手が右手で左袖口を掴んできた場合
- 2 相手の右斜め後方に右足を進め、右手にて相手の右足を後ろから払って
- 3 投げる。



②の拡大 Detail of photo ②

### ポイント

両手を大きく広げること。

## *Sodeguchidori kokyunage 3*



- ① ② When your partner grabs your left cuff with her right hand, step diagonally to the right rear of your partner with your right foot. Trip her up from behind with your right hand as though sweeping her right leg away.
- ③ Throw your partner.

### COMMENTARY

Spread your arms wide apart.



袖取り *Sodedori*



## 袖取り呼吸投げ1



反対側から見た① Opposite view of photo ①

反対側から見た② Opposite view of photo ②

- ① 相手が右手で左袖を掴んできた場合
- ② 左手を下から外側に回して相手の右肘にあて、腰をひねりつつ左手刀で相手の右肘を相手の左のほうに押し曲げ
- ③ 左腕を伸ばして相手の首を払いつつ、右手で相手の腹部に当て身を入れ
- ④⑤ 腰をひねって投げる。

- ①② When your partner grabs your left sleeve with her right hand, move your left hand outward from below and place it against your partner's right elbow. Push and twist your partner's right elbow to her left with your left tegatana while turning your hips.
- ③ Extend your left arm and push your partner's neck down while at the same time executing an atemi to your partner's abdomen with your right hand.
- ④⑤ Twist your hips to throw your partner.

### ポイント

投げるときに、左肘が相手の首から離れないようにする。



手の拡大 Detail of hand position

**COMMENTARY**

When you throw, be sure that your left elbow does not separate from your partner's neck.



## 袖取り呼吸投げ2



- ① 相手が右手で左袖を掴んできた場合
- ② 左足を少し斜め前に進めながら、左手を内側から回し
- ③ 相手の右腕を巻きこんで抱えこむようにし
- ④ 右手を相手の顎の下にあてながら右足を進め
- ⑤ 腰をひねって突き倒す。



- ① ② When your partner grabs your left sleeve with her right hand, take a small step diagonally forward with your left foot while moving your left hand upward on the inside.
- ③ Place your left forearm over your partner's right arm as though wrapping her arm in and holding it under your left arm.
- ④ Place your right hand under your partner's chin while stepping through with your right foot.
- ⑤ Twist your hips and throw your partner by pushing her chin down.



③の拡大 Detail of photo ③



反対側から見た ④ Opposite view of photo ④





# 胸取り *Munadori*



## 胸取り呼吸投げ1



- ① 相手が右手で胸を掴んできた場合
- ② 両腕を高くあげつつ左足を軸にして右足を後ろに開き、180度回転して相手の側面に回り
- ③④ 左足を後方に進め、左腕で相手を払いつつ、腰をひねって投げる。



- ①② When your partner grabs your chest with her right hand, pivot on your left foot while opening to the rear with your right foot and turn 180 degrees to your partner's side. At the same time, raise both your hands high up.
- ③④ Place your left elbow against your partner's neck. Step to the rear with your left foot and twist your hips to throw your partner as though sweeping her away.

### ポイント

写真②のとき、万歳する気持ちで両手を高くあげる。

### COMMENTARY

In the movement shown in photo ②, raise both your hands high up as though executing a "Banzai" movement.

*Munadori kokyunage 1*



全日本合気道演武大会にて 1992年  
Performing at All-Japan Aikido Demonstration in 1992

## 胸取り呼吸投げ2 (捻じりあげられた場合)



- ❶ 相手が右手で胸を掴み捻じりあげてきた場合
- ❷ 右手で相手の右袖を下から掴み、左手刀を外側から相手の右肘にあて
- ❸ 腰をひねり体の向きを変えて右半身になり、相手の右袖を引き、左手刀で相手の右肘を相手の左方に押し曲げ
- ❹❺ 左腕で相手の首を払いながら投げる。

- ❶❷ When your partner grabs your chest with her right hand and twists her grip, grab your partner's right sleeve from below with your right hand and place your left tegatana against her right elbow from the outside.
- ❸ Turn your hips to assume right hanmi. Pull your partner's right sleeve with your right hand while pushing and twisting your partner's right elbow to her left with your left tegatana.
- ❹❺ Place your left elbow against your partner's neck and throw her as though sweeping her away.

*Munadori kokyunage 2*



## 胸取り呼吸投げ3



- ① 相手が右手で胸を掴んできた場合
- ② 左足を相手の側面に進めつつ、左手刀で外側から相手の右肘を相手の左方に押し曲げて
- ③ 右手を相手の顎の下にあて、右足を進めつつ
- ④ 相手を押し倒す。



②の拡大 Detail of photo ②

- ① ② When your partner grabs your chest with her right hand, step in to your partner's right side with your left foot while pushing and twisting your partner's right elbow from the outside to her left with your left tegatana.
- ③ Place your right hand under your partner's chin while stepping through with your right foot.
- ④ Throw your partner while pushing her chin downward.

*Munadori kokyunage 3*



合気会本部道場で指導する植芝盛平翁 1967年頃  
Founder instructing at Aikikai Hombu Dojo, 1967, courtesy of Walther von Krenner

## 胸取り呼吸投げ4



- ① 相手が右手で胸を掴んできた場合
- ② 左腕を相手の右肘の下にいれながら
- ③ 左足を軸にして右足を後ろに開き、180度回転して相手の側面に回りつつ、左肘で相手の右肘を攻めながら
- ④ ⑤ 左足を進めて投げる。



- ① ② When your partner grabs your chest with her right hand, place your left arm under your partner's right elbow.
- ③ Pivot on your left foot while opening to the rear with your right foot and turn 180 degrees to your partner's side. At the same time, apply pressure against your partner's right elbow with your left elbow.
- ④ ⑤ Step forward with your left foot to throw your partner.

### ポイント

写真③のとき、相手と相並ぶようにする。

### COMMENTARY

In the position shown in photo ③, be sure to stand side by side with your partner.



③の拡大 Detail of photo ③



## 胸取り呼吸投げ5



- 1 相手が右手で胸を掴んできた場合
- 2 右足を少し右側に移し、それを軸にして左足を開き、180度回転して相手を巻きこみながら右腕を相手の右肘の下にいれ
- 3 4 5 相手の右肘を攻めつつ、腰をひねって投げる。



- 1 2 When your partner grabs your chest with her right hand, step slightly to the right with your right foot. Place your right arm under your partner's right elbow. Pivot on your right foot while opening to the rear with your left foot and turn 180 degrees dragging your partner into your movement as though wrapping her in.
- 3 4 5 Apply pressure against your partner's right elbow and twist your hips to throw her.

*Munadori kokyunage 5*





肩取り *Katadori*



## 肩取り呼吸投げ1



- ① 相手が左手で右肩を掴んで
- ② 右手で正面を打ってきた場合
- ③ 右足を軸にして左足を後ろに開き、180度回転して相手の側面に回りつつ、両腕を腰の左後方にもって行って肩と腰をひねり
- ④ 両腕をあげ、右足を大きく相手の後方に進め
- ⑤ 腰をひねりつつ右腕で相手の首を払って投げる。

### ポイント

写真③とき、よく腰をひねって相手の左腕を巻きこむようにする。

- ①②③ When your partner grabs your right shoulder with her left hand and strikes your face with her right hand, pivot on your right foot while opening to the rear with your left foot, and turn 180 degrees to your partner's left side. At the same time, twist your shoulders and hips while bringing both your hands to your left rear.

- ④ Raise both your hands and take a large step with your right foot to the rear of your partner.
- ⑤ Place your right elbow against your partner's neck and twist your hips to throw her as though sweeping her away.

### COMMENTARY

In the movement shown in photo ③, twist your hips completely so that you can drag your partner's left arm into your movement as though wrapping it in.

Katadori kokyunage 1



③の拡大 Detail of photo ③



## 肩取り呼吸投げ2



- ① 相手が左手で右肩を掴んできた場合
- ② 左足を少し斜め前に進め、右足を大きく後ろに引いて左半身になり、左手刀で相手の頸動脈を打ち払いつつ
- ③④ 腰をひねって投げる。

- ①② When your partner grabs your right shoulder with her left hand, take a small step with your left foot diagonally forward and step to the rear with your right foot in a large movement to assume left hanmi.
- ③④ Twist your hips while pushing your partner's carotid artery down with your left tegatana and throw her.

### ポイント

右足を大きく引いて相手を崩して投げる。袖取り、胸取りの場合でもこれと全く同じ技ができる。

### COMMENTARY

In order to throw your partner, be sure to take a large step to the rear with your right foot and break your partner's balance. You can execute exactly the same technique also when your partner grabs your sleeve or your chest.

*Katadori kokyunage 2*



全日本合気道演武大会にて 1992年  
Performing at All-Japan Aikido Demonstration in 1992



突き *Tsuki*



## 突き呼吸投げ1



- ① 相半身で相對する。
- ② 相手が右足を踏みこんで右手で突いてきた場合、左足を少し進め右足を少し開いて相手の突きをかわしつつ、左手で相手の突きを制し
- ③ 右手で相手の右手首を握り、体の向きを変えて右半身になり
- ④⑤ さらに左足を相手の後方に進めながら、左腕で相手の首を払いつつ投げる。



- ① Face your partner in ai hanmi.
- ② When your partner steps forward with her right foot and punches with her right hand, move slightly forward with your left foot and step off the line of attack with your right foot. At the same time, block your partner's punch with your left hand.
- ③ Grab your partner's right wrist with your right hand and turn to assume right hanmi.
- ④⑤ Place your left elbow against your partner's neck and throw her as though sweeping her away while stepping to the rear of your partner with your left foot.



④の拡大 Detail of photo ④



## 突き呼吸投げ2



1



2

- 1 相半身で相對する。
- 2 相手が右足を踏みこんで右手で突いてきた場合、左足を少し進め右足を少し開いて相手の突きをかわしつつ、左腕を相手の右肘の下に置いて制し
- 3 右手で相手の右手首を掴み、左足を軸にして右足を開き、180度回転して相手の側面に回りつつ、左肘で相手の右肘を攻めながら
- 4 5 左足を前に進めて投げる。

- 1 Face your partner in ai hanmi.
- 2 When your partner steps forward with her right foot and punches with her right hand, move slightly forward with your left foot and step off the line of attack with your right foot. At the same time, place your left arm under your partner's right elbow and block her attack.
- 3 Grab your partner's right wrist with your right hand, pivot on your left foot while opening to the rear with your right foot, and turn 180 degrees to your partner's right side. At the same time, apply a pressure against her right elbow with your left elbow.
- 4 5 Step forward with your left foot to throw your partner.

### ポイント

左肘で相手の右肘を厳しく攻める。

### COMMENTARY

Be sure to apply strong pressure against your partner's right elbow with your left elbow.

*Tsuki kokyunage 2*



## 突き呼吸投げ3



- ① 相半身で相對する。
- ② 相手が左足を踏みこんで左手で突いてきた場合、右足を左後ろに開きつつ、左手で相手の左手首を下から掴み
- ③ 右足を相手の左足の脇に進め、これを軸にして左足を開き、180度回転して相手の側面に回りつつ、右腕を相手の左肘の下に入れて右肘で相手の左肘を攻めながら
- ④ ⑤ 右足を進めるようにして腰をひねって投げる。



- ① Face your partner in ai hanmi.
- ② When your partner steps forward with her left foot and punches with her left hand, step to the left rear with your right foot and grab your partner's left wrist from below with your left hand.
- ③ Move your right foot forward and place it beside your partner's left foot. Then pivot on your right foot while opening to the rear with your left foot, and turn 180 degrees to your partner's left side. At the same time, place your right arm under your partner's left elbow and apply pressure against her elbow with your right elbow.
- ④ ⑤ Step forward with your right foot and twist your hips to throw your partner.

*Tsuki kokyunage 3*



## 突き呼吸投げ4 変化技



- ① 相半身で相対する。
- ② 相手が左足を踏みこんで左手で突いてきた場合、右足を左後ろに開きつつ左手で相手の左手首を下から掴み
- ③ 右足を相手の左足の脇に進め、相手の左腕を右肩に担ぎ上げつつ相手の左肘を右肩にのせて
- ④ 右足を軸にして左足を後ろに開き、180度回転して相手の側面に回り
- ⑤ 腰を落としつつ肘を攻める。

- ① Face your partner in ai hanmi.
- ② When your partner steps forward with her left foot and punches with her left hand, step to the left rear with your right foot and grab your partner's left wrist from below with your left hand.
- ③④ Move your right foot forward and place it beside your partner's left foot. Then pivot on your right foot while opening to the rear with your left foot, and turn 180 degrees to your partner's left side. At the same time, bring your partner's left elbow on your right shoulder as though lifting her left arm on your right shoulder.
- ⑤ Lower your hips to apply pressure against your partner's left elbow.

### ポイント

突き呼吸投げ3の変化技である。

### COMMENTARY

This is a henkawaza of tsuki kokyunage 3.

*Tsuki kokyunage 4 henkawaza*



## 突き呼吸投げ5



- ① 相半身で相對する。
- ② 相手が右足を踏みこんで右手で突いてきた場合、右足を斜め後ろに開きつつ左手で相手の右手首を下から掴み
- ③ 左足を左に進め、右手を相手の顎の下にあて
- ④ ⑤ 右足を相手の後方に進めつつ押し倒す。



- ① Face your partner in ai hanmi.
- ② When your partner steps forward with her right foot and punches with her right hand, step to the left rear with your right foot and grab your partner's right wrist from below with your left hand.
- ③ Place your right hand under your partner's chin while stepping to the left with your left foot.
- ④ ⑤ Step to the rear of your partner with your right foot and throw your partner while pushing her chin downward.



③の拡大 Detail of photo ③



## 突き呼吸投げ6



- ① 相半身で相對する。
- ② 相手が右足を踏みこんで右手で突いてきた場合、右足を斜め後ろに開き相手の突きをかわしつつ、左手で相手の右袖を掴み
- ③④ 右足を大きく斜め後ろに開きながら相手を引き落とし、押さえこむ。



- ① Face your partner in ai hanmi.
- ② When your partner steps forward with her right foot and punches with her right hand, move your right foot to the left rear in order to step off the line of attack. At the same time, grab your partner's right sleeve with your left hand.
- ③④ Pull your partner down while taking a large step to the left rear with your right foot and press her down to the floor.



③の拡大 Detail of photo ③

## 突き呼吸投げ7



- ① 逆半身で相対する。
- ② 相手が右足を踏みこんで右手で突いてきた場合、右足を引いて左半身になりつつ、右手で相手の右手首を上から掴み
- ③ 右足を大きく開き左手で相手の首の後ろを押さえ
- ④ 左膝をついて相手を押さえこむ。

### ポイント

写真④のとき、相手を押さえこむ際には、相手の肘が上を向くようにする。



- ❶ Face your partner in *gyaku hanmi*.
- ❷ When your partner steps forward with her right foot and punches with her right hand, step to the rear with your right foot to assume left *hanmi* and grab your partner's right wrist from above with your right hand.
- ❸ Take a large step to the rear with your right foot and push down the back of your partner's neck with your left hand.
- ❹ Lower to your left knee and press your partner down.

#### COMMENTARY

In the position shown in photo ❹, when you press your partner down, be sure to turn your partner's right elbow upward.

## 突き呼吸投げ8 (上段)



- ① 相半身で相対する。
- ② 相手が右足を踏みこんで右手で顔を突いてきた場合、足を踏みかえて右半身になり
- ③ 左手で相手の右手首を内側から握り、後ろに大きく足を進めつつ相手の右手首を引き、同時に右手刀で相手の頸動脈を打ち払い
- ④ 投げる。



- ① Face your partner in ai hanmi.
- ② When your partner steps forward with her right foot to punch you in the face with her right hand, shift from one foot to the other to assume right hanmi.
- ③④ Grab your partner's right wrist from the inside with your left hand and pull it while taking a large step to the rear. At the same time, push your partner's carotid artery down with your right tegatana and throw your partner as though sweeping her away.

*Tsuki kokyunage 8 (jodan)*



合気ニュース主催 友好演武会にて 1985年  
Demonstrating at 1985 Friendship Demonstration sponsored by Aiki News

## 突き呼吸投げ9 (上段)



- ① 相半身で相對する。
- ② 相手が左足を踏みこんで左手で顔を突いてきた場合、左足を大きく開き、右手で相手の左手首を下から握り
- ③ 足を踏みかえて左半身になり、相手の左手をあげるようにし、左手で相手の左肘を内側から掴み
- ④⑤ 左足を進めて切りおろすように投げる。

- ① Face your partner in ai hanmi.
- ② When your partner steps forward with her left foot to punch you in the face with her left hand, take a large step to the right rear with your left foot and grab your partner's left wrist from below with your right hand.
- ③ Shift from one foot to the other to assume left hanmi and raise your partner's left hand. Then grab your partner's left elbow from the inside with your left hand.
- ④⑤ Step forward with your left foot and throw your partner as though cutting down with a sword.

*Tsuki kokyunage 9 (jodan)*





# 交差取り *Kosadori*



## 交差取り呼吸投げ 1



- 1 相手が左手で左手首を掴んできた場合
- 2 左手で相手の左手首を掴みながら、右手で相手の正面を打つ。
- 3 右足を相手の後方に進めつつ腰をひねって左半身となり、右腕で相手の首を払い
- 4 腰をひねって相手を後方に投げる。



反対側から見た② Opposite view of photo ②

### ポイント

写真③のとき、左手を十分引き寄せ、右手で呼吸投げをする。

## Kosadori kokyunage 1



- ① ② When your partner grabs your left wrist with her left hand, grab your partner's left wrist with your left hand and, at the same time, strike her face with your right hand.
- ③ Step in to the rear of your partner with your right foot and turn your hips to assume left hanmi and place your right elbow against your partner's neck.
- ④ Twist your hips and throw your partner to the rear.



③の拡大 Detail of photo ③

### COMMENTARY

In the movement shown in photo ③, pull your partner's left hand fully toward your left and, at the same time, throw your partner with your right hand by using kokyū power.

## 交差取り呼吸投げ2



- ① 相手が左手で左手首を掴んできた場合
- ② 左手で相手の左手首を掴み、右足を相手の左足の脇に進め、これを軸にして左足を開き、180度回転して相手の側面に回りつつ、右腕を相手の左肘の下に入れて右肘で相手の左肘を攻めながら
- ③④⑤ 右足を進めて投げる。



- ①② When your partner grabs your left wrist with her left hand, grab her left wrist with your left hand. Move your right foot forward and place it beside your partner's left foot. Then pivot on your right foot while opening to the rear with your left foot and turn 180 degrees to your partner's left side. At the same time, place your right arm under your partner's left elbow and apply pressure against it with your right elbow.
- ③④⑤ Step forward with your right foot to throw your partner.

*Kosadori kokyunage 2*



## 交差取り呼吸投げ3



- ① 相手が左手で左手首を掴んできた場合
- ② 右手で相手の正面を打つ。
- ③ 左手で相手の左手首を握り、右手で相手の右手首を掴み、右足を大きく斜め後ろに開きつつ
- ④⑤ 体を沈め右膝をついて投げる。



- ①② When your partner grabs your left wrist with her left hand, strike her face with your right hand.
- ③ Grab your partner's left wrist with your left hand and hold your partner's right wrist with your right hand.
- ④⑤ Take a large step to the left rear with your right foot and lower to your right knee to throw your partner.

### ポイント

交差取り呼吸投げ1では相手の後ろに入って投げるが、ここでは開いて投げる。

### COMMENTARY

In kosadori kokyunage 1, you throw your partner while stepping in to the rear of your partner. However, in this technique, in order to throw your partner, you step to the left rear with your right foot while pivoting on your left foot.

*Kosadori kokyunage 3*





両襟締め *Ryoerijime*



## 両襟締め呼吸投げ 1



- ① 相手が腕を交差して両襟を掴み首を締めてきた場合
- ② 上になっているほうの相手の腕(この場合は左腕)の下から当て身を入れる。
- ③ 左足を引き、右手刀で相手の右腕を切り落とし、左手で顔面を打つ。
- ④ 左手で相手の後頭部を持ち、右手を相手の顎にあて
- ⑤ ⑥ 首投げに入る。

- ① ② When your partner grabs your collar with both hands, arms crossed and chokes you, execute an atemi with your right hand from below your partner's upper arm (in this case from below his left arm).
- ③ Step to the rear with your left foot and strike down your partner's right arm with your right tegatana while at the same time executing an atemi to his face with your left hand.
- ④ Hold your partner's head with your left hand and place your right hand against his chin.
- ⑤ ⑥ Throw your partner.

### ポイント

交差している相手の腕の上になっているほうの下から当て身を入れる。

写真③のとき、足の動きと両手の動き、この三つの動作が一つになって一度に行なわれなければならない。

写真④のとき、顎にかける右手は指を上にする。

### COMMENTARY

Be sure to execute an atemi from below your partner's upper arm. In the movement shown in photo ③, the three movements, your footwork and the movements of both your hands should be executed at the same time as though they were one movement together. In the position shown in photo ④, when you place your right hand against your partner's chin, be sure your fingers point upward.

Ryoerijime kokyunage 1



③の拡大 Detail of photo ③



## 両襟締め呼吸投げ2



- ❶ 相手が腕を交差して両襟を掴み首を締めてきた場合
- ❷ 交差している相手の腕の下になっているほうの下から(この場合では左腕の下から)右手で当て身を入れる。
- ❸ 右腕を相手の右肘下にいれ、肘を攻めながら
- ❹❺ 腰をひねって投げる。

- ❶❷ When your partner grabs your collar with both hands, arms crossed and chokes you, execute an atemi with your right hand from below your partner's lower arm (in this case from below his left arm).
- ❸ Place your right arm under your partner's right elbow and apply pressure against his elbow.
- ❹❺ Twist your hips to throw your partner.

### ポイント

投げるときには右手で呼吸力を十分に使う。

### COMMENTARY

In order to throw your partner, exert kokyu power fully with your right hand.

*Ryoerijime kokyunage 2*



## 両襟締め呼吸投げ3



- ❶ 相手が腕を交差して両襟を掴み首を締めてきた場合
- ❷ 上になっているほうの相手の腕(この場合は左腕)の下から右手をいれる。
- ❸ 左足を引き、右手刀で相手の右肘を切り落としつつ
- ❹❺ 腰をひねって投げる。

- ❶❷ When your partner grabs your collar with both hands, arms crossed and chokes you, execute an atemi with your right hand from below your partner's upper arm (in this case from below his left arm).
- ❸ Step to the rear with your left foot and strike down your partner's right elbow with your right tegatana.
- ❹❺ Twist your hips to throw your partner.

*Ryoerijime kokyunage 3*





後両手取り *Ushiro ryotedori*



## 後両手取り呼吸投げ1



- ① 相手に後ろから両手首を掴まれた場合
- ② 右足を斜め後ろに進め、右手を自分の腰の後ろにもっていきながら相手と相並び
- ③ 左足を相手の後方に進め左腕で相手の首を払い
- ④ 腰をひねって投げる。



③の拡大 Detail of photo ③

- ①② When your partner grabs both your wrists from behind, step diagonally to the rear with your right foot while bringing your right hand to the back, and stand side by side with your partner.
- ③ Move your left foot to the rear of your partner and place your left elbow against your partner's neck.
- ④ Twist your hips to throw your partner.

*Ushiro ryotedori kokyunage 1*



東京での講習会にて 1992年  
At 1992 Tokyo seminar

## 後両手取り呼吸投げ2



- ① 相手に後ろから両手首を掴まれた場合
- ② 左足を引いて少し斜め後ろに下がりつつ、両手を高く振りかざし
- ③④ 右半身のまま前に進みつつ、大きく切りおろすように投げる。

- ①② When your partner grabs both your wrists from behind, step slightly to the left rear with your left foot while raising both your hands high up.
- ③④ Step forward keeping right hanmi and throw your partner as though cutting down in a large movement with a sword.

### ポイント

ここでは前に進んで投げているが、右足を引いて、相手を前に落とすように投げることもできる。

### COMMENTARY

In the movement shown in photo ③, you throw your partner while stepping forward. However, you can also throw your partner while stepping back with your right foot as though dropping your partner in front of you.

*Ushiro ryotedori kokyunage 2*



岩間武道館にて 受け：ダニエル・ツータン氏  
At Iwama Budokan. Uke: Daniel Toutain

## 後両手取り呼吸投げ3



- ① 相手に後ろから両手首を掴まれた場合
- ② 腰を引くようにし、指先をつき合わせるようにしながら両手を腹の前にもってくる。
- ③ 両手を高く振りかざしたあと、180度腰をひねり体の向きを変えて左半身になりつつ、両腕を左肩の上から切りおろし
- ④⑤ 左足を大きく進めて投げる。

- ①② When your partner grabs both your wrists from behind, draw your hips to the rear while extending your fingers and bringing both your hands in front of your abdomen.
- ③ Raise both your hands high up and turn your hips 180 degrees to assume left hanmi. Then bring both your hands down from above your left shoulder.
- ④⑤ Take a large step forward with your left foot to throw your partner.

*Ushiro ryotedori kokyunage 3*



手の拡大 Detail of hand position





後両肩取り *Ushiro ryokatadori*



## 後両肩取り呼吸投げ1



- ① 相手が後ろから両肩を掴んできた場合
- ② 右足を引いて、両手を右側にもっていきながら腰と肩を右にひねり
- ③ 両手を高くあげながら左足を相手の後方に進め
- ④ ⑤ 腰をひねりつつ左腕で相手の首を払って投げる。

- ① ② When your partner grabs both your shoulders from behind, step to the right rear with your right foot and twist your hips and shoulders to the right while bringing both your hands to the right rear.
- ③ Raise both your hands high up and step to the rear of your partner with your left foot.
- ④ ⑤ Place your left elbow against your partner's neck and twist your hips to throw your partner as though sweeping her away.

### ポイント

呼吸投げの基本であるが、投げたあとは、相手の蹴りを警戒して両手をしっかりと突き出す。

### COMMENTARY

After throwing your partner, extend both your arms fully in order to avoid a possible kick from your partner. This is one of the basics of kokyunage.

*Ushiro ryokatadori kokyunage 1*



## 後両肩取り呼吸投げ2



- ① 相手が後ろから両肩を掴んできた場合
- ② 左手を額にあて左足を丸く進め、腰をひねりつつ頭を相手の両腕の間にいれてくぐり抜け
- ③ 右半身になって相手に相並び両手を高くあげ
- ④⑤ 左足を相手の後方に進めて、左腕で相手の首を払いつつ腰をひねって投げる。

- ①② When your partner grabs both your shoulders from behind, place your left hand on your forehead. Step forward with your left foot in a circular motion. Put your head between your partner's arms and pass through while turning your hips.
- ③ Assume right hanmi and stand side by side with your partner while raising both your hands high up.
- ④⑤ Step to the rear of your partner with your left foot. Place your left elbow against your partner's neck and twist your hips to throw your partner as though sweeping her away.

### ポイント

写真③のとき、大きく万歳する気持ち(口伝)。

### COMMENTARY

In the movement shown in photo ③, O-Sensei said: "**Raise both your hands high up in a large movement as though executing a 'Banzai.'**"

*Ushiro ryokatadori kokyunage 2*



③の拡大 Detail of photo ③



## 後両肩取り呼吸投げ3



- ❶ 相手が後ろから両肩を掴んできた場合
- ❷ 右足を右斜め後ろに引きながら両手を高くあげ
- ❸ 左足を大きく引いて体を沈めながら、右手で相手の顔面に、左手で相手の腹部に当て身を入れ
- ❹ 右手で相手の後頭部を押さえ、左手刀で相手の脇腹を攻撃しつつ
- ❺❻ 相手を前に押し倒す。

- ❶❷ When your partner grabs both your shoulders from behind, raise your hands high up while stepping to the right rear with your right foot.
- ❸ Take a large step to the rear with your left foot and lower your hips. Execute an atemi to your partner's face with your right hand and, at the same time, execute another atemi to her abdomen with your left hand.
- ❹ Hold your partner's head down with your right hand and strike her right side with your left tegatana.
- ❺❻ Throw your partner by pushing her forward.

*Ushiro ryokatadori kokyunage 3*



## 後両肩取り呼吸投げ4



- ① 相手が後ろから両肩を掴んできた場合
- ② 左足を左斜め後ろに引きながら両手を高くあげ
- ③ 右足を大きく引いて体を沈めながら、左手で相手の胸に、右手で相手の腹部に当て身を入れ
- ④ 左手で相手の右襟を内側から掴み
- ⑤⑥ 左足を引いて体を開き、脇腹を攻撃して投げる。

- ①② When your partner grabs both your shoulders from behind, raise your hands high up while stepping to the left rear with your left foot.
- ③ Take a large step to the rear with your right foot and lower your hips. Execute an atemi to your partner's chest with your left hand and, at the same time, execute another atemi to her abdomen with your right hand.
- ④ Grab the right side of your partner's collar from the inside with your left hand.
- ⑤⑥ Open to the left while stepping to the rear with your left foot and throw your partner by pushing her left side with your right tegatana.

Ushiro ryokatadori kokyunage 4



③の拡大 Detail of photo ③





後襟取り *Ushiro eridori*



## 後襟取り呼吸投げ 1



- ① 相手が右手で後襟を掴んできた場合
- ② 右足から後ろに下がり、両手を右側にもっていきながら腰と肩を右にひねり
- ③ 左足を相手の後方に進め、腰をひねりながら左肘を相手の首にかけ
- ④ ⑤ 相手の首を払って後方に投げる。

- ① ② When your partner grabs your collar from behind with her right hand, step to the rear with your right foot and twist your shoulders and hips to the right while bringing both your hands to the right rear.
- ③ Move your left foot to the rear of your partner and place your left elbow against her neck while twisting your hips.
- ④ ⑤ Throw your partner to the rear as though sweeping her neck away.

*Ushiro eridori kokyunage 1*



## 後襟取り呼吸投げ2



- ① 相手が右手で後襟を掴んできた場合
- ② 腰を右にひねりつつ
- ③ 左足を丸く相手の側面に進め、180度回転し左半身となりながら、右手で相手の脇腹を攻撃し
- ④ 右手を相手の顎の下にあて、左手で相手の右袖を下から掴み
- ⑤⑥ 右足を進めて押し倒す。



- ①② When your partner grabs your collar from behind with her right hand, twist your hips to the right.
- ③ Step to the side of your partner with your left foot in a circular motion and turn 180 degrees to assume left hanmi. Then strike your partner's right side with your right hand.
- ④ Place your right hand under your partner's chin and grab her right sleeve from below with your left hand.
- ⑤⑥ Step through with your right foot and push your partner down.

### ポイント

写真④のとき、左手で相手の右袖を掴んでいるが、基本的には持たなくてよい。

### COMMENTARY

In the movement shown in photo ④, you grab your partner's right sleeve. However, you do not need to do so for the basic technique.

*Ushiro eridori kokyunage 2*



反対側から見た ③    Opposite view of photo ③



## 後襟取り呼吸投げ3 (押された場合)



- ① 相手が左手で後襟を掴んで前方に押してきた場合
- ② 相手に押される動きに合わせて左足を左斜め前に一歩進め、右手で相手の面を攻撃し
- ③④ 右に腰をひねって、右手刀で相手の面を打ち倒す。

### ポイント

写真②のとき、必ず左斜め前に進むこと。まっすぐには進まないこと。

## *Ushiro eridori kokyunage 3*



① ② When your partner grabs your collar from behind with her left hand and pushes you forward, blend your movement with her pushing movement and step diagonally forward with your left foot. At the same time, strike her face with your right hand.

③ ④ Twist your hips to the right and throw your partner by striking her face down with your right tegatana.

### COMMENTARY

In the movement shown in photo ②, be sure to step to the left and forward. Do not step directly forward.

## 後襟取り呼吸投げ4 (引かれた場合)



- ① 相手が左手で後襟を掴んで後ろに引いた場合
- ② 相手に引かれる動きに合わせて、右に回りつつ右足を相手の後方に引き、右手刀で相手の面を打ち、左手で相手の腹部に当て身を入れ
- ③④ 腰をひねって相手を後方に倒す。

- ①② When your partner grabs your collar from behind with her left hand and pulls you back, blend your movement with her pulling movement and step to her rear with your right foot while turning to the right. At the same time, strike your partner's face with your right tegatana and execute an atemi to her abdomen with your left hand.
- ③④ Twist your hips and throw your partner to the rear.

### ポイント

相手の引く動きに合わせる事が大切である。

### COMMENTARY

It is important to harmonize with your partner's pulling movement.

*Ushiro eridori kokyunage 4*



全日本合気道演武大会にて 1992年 受け：斉藤仁弘師範  
Performing at All-Japan Aikido Demonstration; uke: Hitohiro Saito, 6th dan, 1992



後片手・胸取り *Ushiro katate munadori*



## 後片手・胸取り呼吸投げ1



- ① 相手が後ろから右手で右手首を、左手で胸を掴んできた場合
- ② 右手を腹の前にもってくる。
- ③ 右手を頭の上に振りかぶりながら腰を180度ひねって左半身になり、右手を頭の上から大きく切りおろし
- ④⑤ 左手で相手の左袖を下から深く掴み、左足を前に進めながら投げる。

- ①② When your partner grabs your right wrist with her right hand and your chest with her left hand from behind, bring your right hand in front of your abdomen.
- ③ Raise your right hand over the head while turning your hips 180 degrees to assume left hanmi. Then bring your right hand down from above the head in a large movement as though striking down.
- ④⑤ Grab your partner's upper left sleeve from below with your left hand and step forward with your left foot to throw your partner.

### ポイント

写真②から写真③へと180度体の向きを変えることがとても大切である。最後に前に進まず、右足を斜め後ろに開いて投げることもできる。

### COMMENTARY

In the movement between photo ② and photo ③, it is very important to turn 180 degrees and change from one hanmi to another. In the end, instead of stepping forward, you can also open to the left rear with your right foot to throw your partner.

*Ushiro katate munadori kokyunage 1*



3



手の拡大 Detail of hand position



4



5

## 後片手・胸取り呼吸投げ2 (引かれた場合)



- 1 相手に後ろから右手で右手首を、左手で胸を掴まれ、さらに後ろに引かれた場合
- 2 右手を腹の前にもってくる。
- 3 右手を頭の上に振りかぶりながら、腰を180度ひねって左半身になり、左手で相手の左袖を下から深く掴み
- 4 右手で相手の右手首を掴み、右足を大きく進めて回りこみ
- 5 相手を後方に倒す。

- 1 2 When your partner grabs your right wrist with her right hand and your chest with her left hand from behind, and pulls you back, bring your right hand in front of your abdomen.
- 3 Raise your right hand over your head while turning your hips 180 degrees to assume left hanmi. Grab your partner's upper left sleeve from below with your left hand.
- 4 Grab your partner's right wrist with your right hand and take a large step forward with your right foot while turning your hips.
- 5 Throw your partner backward.

*Ushiro katate munadori kokyunage 2*



## 後片手・胸取り呼吸投げ3 (引かれた場合)



- 1 相手に後ろから右手で右手首を、左手で胸を掴まれ、さらに後ろに引かれた場合
- 2 右手を腹の前にもってくる。
- 3 右手を頭の上に振りかぶりながら大きく右足を引き、左手で相手の左袖を深く掴み
- 4 5 右膝をついて投げる。

- 1 2 When your partner grabs your right wrist with her right hand and your chest with her left hand from behind, and pulls you back, bring your right hand in front of your abdomen.
- 3 Raise your right hand over your head and grab your partner's upper left sleeve from below with your left hand while taking a large step to the rear with your right foot.
- 4 5 Lower to your right knee to throw your partner.

### ポイント

引き落とすようにして投げる。

### COMMENTARY

Throw your partner as though tugging her down.

*Ushiro katate munadori kokyunage 3*



# Takemusu Aikido

## Volume 4 Kokyunage

by Morihiro Saito, 9th dan



**T**his book, *Takemusu Aikido, Volume 4: Kokyunage* is the fourth volume of a comprehensive technical series covering the aikido of the Founder Morihei Ueshiba, as taught in Iwama following World War II. This manual presents some 80 variations of kokyunage and is profusely illustrated with more than 450 photos including step-by-step explanations. The contents present kokyunage techniques executed from the following attacks: shomenuchi, yokomenuchi, katatedori, ryotedori, morotedori, sodeguchidori, sodedori, munadori, katadori, tsuki, kosadori, ryoerijime, as well as numerous ushiro attacks.

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.

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