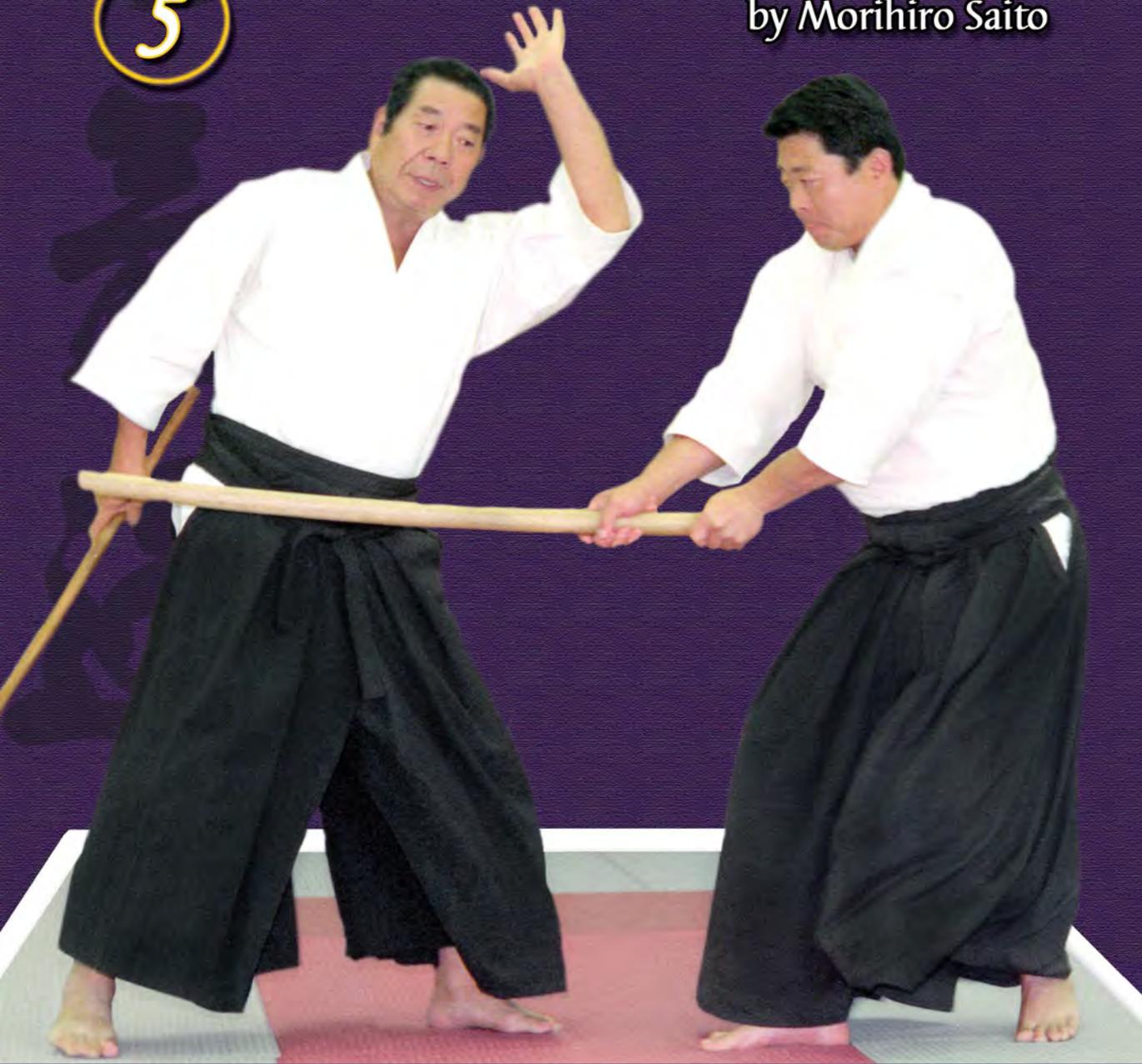


TAKEMUSU AIKIDO

VOLUME

5

by Morihiro Saito



~ Bukidori & Ninindori ~

Takemusu Aikido

たけ むす
武産合気道

第5巻

武器取り・二人取り編

合気会9段

齊藤守弘 著

Volume 5, Bukidori & Ninindori

by Morihiro Saito, 9th dan

Translated by Sonoko Tanaka & Stanley A. Pranin

Tokyo
Aiki News

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はじめに

合気道では、体術でも武器取りでも体捌きは同じです。

ただし、武器取りとなればいくつか注意しなければならない事があります。

- 1) 取り上げた武器により自分を傷つける恐れのあるような危ない技は良くない。
- 2) 失敗率の少ない技を選ぶ。
- 3) 左右で可能な技と、一方のみで可能な技の区別をはっきりと習得する。
- 4) 自分なりにいくつかの武器取りの技を試みて新しい技を見出す。

この本の技は、ごく一部の技だとお考え下さい。

最後に、開祖からの「口伝」というよりも「秘伝」と言うべきお言葉がありますので、皆様にお伝え致します。まずは開祖の技（『武産合気道 別巻』参照）を十分ご研究されてから、開祖から直接お言葉を戴いたお気持ちになってご研鑽下されば私にとっては大変嬉しいこととなります。

「相手が振り上げた剣に飛び込むことは危険である。振り上げる剣に合わせることに相手の動きに合わせることである。」

開祖のこの一言以外、武器取りに関して言葉はありません。合気道は体術も武器技も合わせから始まるのです。剣は「上がる」に合わせ、杖は「突き」に合わせることを念頭にしっかりと入ってご研究下さることを、私は期待して止みません。

2000年6月8日 朝4時

開祖のお教えを臉に

齊藤守弘

Foreword

In aikido, body movements are the same in both taijutsu (empty-handed techniques) and bukidori (weapon techniques). However, when you practice bukidori, there are some important points to be kept in mind:

1. You should not apply dangerous techniques that risk causing you injury with the weapon when you take it away from your partner.
2. Choose those techniques that you can execute most successfully.
3. Learn clearly the distinction between those techniques that can be executed on both sides and those that can be done on one side only.
4. Discover new techniques by trying out various bukidori techniques on your own.

Please consider the techniques in this book as merely one part of the whole curriculum of aikido techniques.

Finally, I would like to transmit to you O-Sensei's words that can be considered as a "secret teaching" of the Founder. I will be greatly pleased if, after studying thoroughly the Founder's techniques (see *Takemusu Aikido Special Edition on Budo*), you come to feel as if you have received these words directly from him for the purpose of continuing your own research. His words are:

"It is dangerous to jump in under the sword after your partner has raised it. Blend with the movement of the sword at the moment he is raising it."

In bukidori, there is no need to add any other words to these words of the Founder. In aikido, both taijutsu and bukiwaza start with *awase*, that is, blending movements. It is my earnest wish that you constantly keep in mind the importance of harmonizing with the sword as it is being "raised," and with the *jo* as it is being "thrust" when pursuing your training.

4:00 am, June 8, 2000

With the presence of the Founder in my eyes,
Morihiro Saito

刊行にあたって

斉藤守弘9段の技術書『武産合気道』第5巻をここにお届けできますことを、合気ニューススタッフはたいへん光栄に思います。斉藤先生は、第二次世界大戦後の岩間で、開祖植芝盛平翁から教授された合気道の精練された技の数々を、前巻同様解説されています。

この第5巻では、太刀取り、杖取り、杖投げ、短剣取り、そして二人取りの技の数々が細かい点にまで掘り下げて説明されています。これらの技には他の合気道にはあまり見られない技が多くふくまれており、またその一連の技は、さまざまな状況への応用度が高い技であるといえます。前巻と同様、今回も写真と解説によって、数多くのすばらしい、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、大先生の燈錘Y合気道狼ノ興味を持たれた、すべての方々のご参考になることを私どもは願っています。

本巻中の技の多くは斉藤仁弘6段が演武してくださいました。心より御礼申し上げます。また、受けをつとめてくださった佐野節夫、ダニエル・ツータン、渡邊晃正、ジョーダン・クレイマーの諸氏にも御礼申し上げます。

最後に、編集や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、この仕事には無くてならぬ一員でした。また、日本の合気ニュース編集部員にも、デザイン、編集で尽力いただき、あわせて感謝をいたします。

スタンレー・A・プラニン

合気ニュース編集長

2000年11月30日

Editor's Note

Aiki News is pleased to publish the fifth volume of the *Takemusu Aikido* technical series by Morihiro Saito Shihan, 9th dan. Saito Sensei continues with his explanations of the highly-refined aikido techniques of Founder Morihei Ueshiba as taught during the Iwama years following World War II.

Volume 5 covers in great depth the following series of techniques: tachidori, jodori, jonage, tankendori and ninindori. These techniques are rarely shown in most styles of aikido and reveal the broad adaptability of the art to diverse situations. As in the previous volumes of this series, we have attempted to present through photographs and words, the fine points of the myriad of wonderful techniques of aikido. It is our hope that this manual will prove a valuable reference to all those interested in the “takemusu aikido” of O-Sensei.

I would like to express our deep gratitude 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 Setsuno Sano, Daniel Toutain, Akimasa Watanabe, and Jordan Kramer for their assistance as ukemi in the technical and supplemental photos.

Finally, I would like to thank 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, and staff members Yurie Ebisawa and Hisako Ishida are also to be greatly thanked for their design and editing work, respectively.

Stanley A. Pranin
Editor-in-chief, *Aikido Journal*
November 30, 2000

太刀取り *Tachidori*

太刀取り 呼吸投げ1



- ① 相半身で相対する。
- ② 相手が剣を振りかぶり、こちらの正面を切ってくるのに合わせて右手を振りかぶる。
- ③ 相手の左側面にはいり、右手で相手の剣の柄を握る。
- ④ 自分の右肘を相手の左肘の下に入れて肘を攻めあげ
- ⑤⑥ 右半身のまま右足を進め、相手を投げて太刀を奪う。

- ① Face your partner in ai hanmi.
- ② When your partner steps forward with his right foot executing a shomenuchi strike with a sword, blend with the movement of his sword and raise your right hand.
- ③ Step to the left side of your partner with your right foot and grab the hilt of the sword with your right hand.
- ④ Place your right elbow under his left elbow and apply pressure against the elbow joint.
- ⑤⑥ Keeping right hanmi, advance with your right foot to throw your partner; then take his sword away.

ポイント

太刀取りには、基本的に、相半身からの技と逆半身からの技の区別がある。またそのどちらでもできる技もある。杖の場合は、相手が杖を持ちかえて右からと左からと両方から突くことができるので、右半身でも左半身でも同じ技ができる。剣の場合は、剣の持ち方はひとつに決まっているので、相対する場合、相半身からの技と逆半身からの技の区別を学ぶことが大切である。

COMMENTARY

In tachidori techniques, we need to make a clear distinction between the techniques from ai hanmi and techniques from gyaku hanmi, although some techniques can be executed from either hanmi. In techniques against the jo, the attacker can thrust at you from either the right or left side by changing his grip on the jo. However, there is only one way to hold a sword. Therefore, it is important to learn to make a distinction between techniques according to the hanmi from which you face your partner.

Tachidori kokyunage 1



太刀取り 呼吸投げ2



杖を使った同じ技 岩間神社にて 2000年9月 受：渡邊晃正

Similar technique using jo in front of the Iwama Shrine, Sept. 2000. Uke Akimasa Watanabe



- ① 相半身で相対する。
- ② 相手が正面を切ってきた場合、相手の左側に進み、右手で相手の動きを制する。
- ③ 右手で押さえていたところを左手にかえて柄を握り、相手の顎の下に右手を当て
- ④ 右足を進めて相手を押し倒し太刀を取る。

- ① Face your partner in ai hanmi.
- ② When your partner steps forward with his right foot executing a shomenuchi strike with a sword, step to the left side of your partner and block his movement with your right hand.
- ③ Place your left hand on the hilt between your partner's hands replacing your right hand. Then grab the hilt with your left hand and place your right hand under your partner's chin.
- ④ Step forward with your right foot and throw your partner by pushing his chin downward.

太刀取り 呼吸投げ3



- ① 逆半身で相對する。
- ② 相手が打ち込んでくるのに合わせて相手の右側面にはいり
- ③ 相手の両腕の下から左手で相手の左袖を掴み
- ④⑤⑥⑦ 右手で柄を握り、左足を進めて相手を投げ、太刀を取る。

ポイント

写真③で左手で下から相手の左袖を掴むときには、なるべく上腕のあたり、脇下近くを掴むほうが効果的である。

Tachidori kokyunage 3



- 1 Face your partner in gyaku hanmi.
- 2 When your partner steps forward with his right foot executing a shomenuchi strike with a sword, blend with the movement of his sword and step to the right side of your partner.
- 3 Place your left hand under both his arms and grab his left sleeve from below.
- 4 5 6 7 Grab the hilt of his sword with your right hand. Step forward with your left foot and throw your partner taking his sword away.

COMMENTARY

When you grab your partner's left sleeve from below with your left hand, as shown in photo 3, it will be most effective if you grab at his upper arm near his armpit.

太刀取り 呼吸投げ4



- ❶ 逆半身で相対する。
- ❷ 相手が打ち込んでくるのに合わせて左手を上げ
- ❸ 打ち下ろした剣の右側にはいり、右半身になって左手で相手の動きを制す。左手で押さえていたところを右手とかわして、右手で柄を握り、左肘を相手の喉に当て
- ❹❺ 呼吸投げの基本の要領で相手を投げ、太刀を取る。

- ❶ Face your partner in gyaku hanmi.
- ❷ When your partner steps forward with his right foot executing a shomenuchi strike with a sword, blend with the movement of his sword and raise your left hand.
- ❸ Step to the right side of the sword as your partner swings down, assuming the right hanmi and blocking his movement with your left hand. Then replace your left hand with your right hand and grab the hilt of the sword with your right hand while placing your left elbow against his throat.
- ❹❺ Throw your partner in the same manner as in the basic kokyunage and take his sword away.

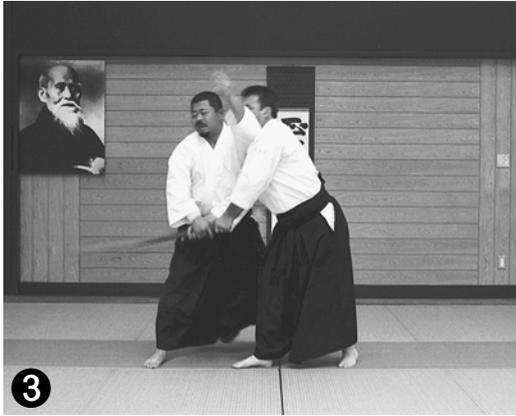
ポイント

呼吸投げの基本については、『武産合気道』第四巻呼吸投げ編16頁を参照。

COMMENTARY

See *Takemusu Aikido, Volume 4*, p. 16 for the basic kokyunage.

Tachidori kokyunage 4



太刀取り 呼吸投げ5



- ❶ 逆半身で相対する。
- ❷ 相手が打ち込んできた場合、右足を進めながら相手が剣を上げるのに合わせて右手を上げ
- ❸ 相手の左側面にはいり、右手で相手の剣の柄を握る。
- ❹ 右足を左足に踏みかえて右足を開き、左手で相手の左袖を下から深く掴み
- ❺❻❼ 相手を投げて太刀を取る。

- ❶ Face your partner in gyaku hanmi.
- ❷ When your partner steps forward with his right foot executing a shomenuchi strike with a sword, blend with the movement of his sword and raise your right hand while stepping forward with your right foot.
- ❸ Turn to his left side and grab the hilt of his sword with your right hand.
- ❹ Turn the sword over with your right hand while replacing your right foot with your left foot and turning to his right side. Hold his upper left sleeve from below both his arms with your left hand.
- ❺❻❼ Throw your partner and take his sword away.

Tachidori kokyunage 5



別角度から見た③
Opposite view of photo ③

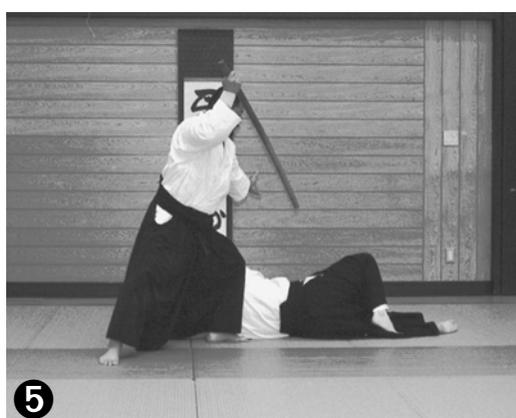
太刀取り 呼吸投げ6



- ① 相半身で相対する。
- ②③ 相手が打ち込んできた場合、相手の右側面に右足を進め、180度体の向きを変え
- ④ 右手で柄を上から握り、左肘を相手の喉に当て、呼吸投げで相手を倒し
- ⑤ 太刀を取る。

- ① Face your partner in ai hanmi.
- ②③ When your partner steps forward with his right foot executing a shomenuchi strike with a sword, step to the right side of your partner with your right foot and turn your hips 180 degrees.
- ④ Grab the hilt of the sword from above with your right hand and place your left elbow against his throat to throw him with the basic kokyunage technique.
- ⑤ Take the sword away from your partner.

Tachidori kokyunage 6



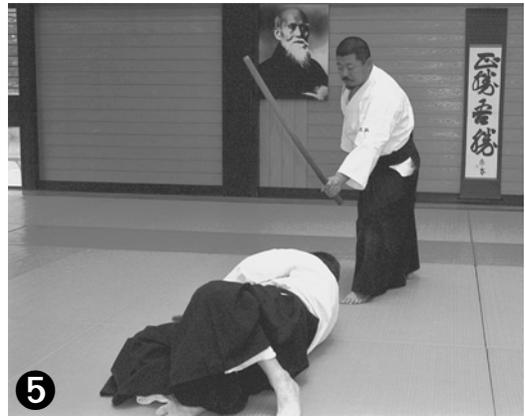
太刀取り 呼吸投げ7



- ① 逆半身で相對する。
- ② 相手が打ち込んできた場合、相手の右側面に左足を進め、右足を後方に開いて体の向きを変えながら左手で相手の右腕の下から柄を掴み
- ③④ 左足を前に進め、左肘で相手の右肘を攻めつつ相手を投げ
- ⑤ 太刀を取る。

- ① Face your partner in gyaku hanmi.
- ② When your partner steps forward with his right foot executing a shomenuchi strike with a sword, step to the right side of your partner with your left foot and pivot on it while bringing your right foot to the rear and turning 180 degrees. At the same time, grab the hilt of the sword from below his right arm with your left hand.
- ③④ Advance your left foot forward and throw your partner by applying pressure against his right elbow with your left elbow.
- ⑤ Take his sword away.

Tachidori kokyunage 7



太刀取り 入り身投げ



- ❶ 逆半身で相對する。
- ❷ 相手が打ち込んでくるのに合わせて左手を上げ、相手の右後ろに入り身し
- ❸ 左手で相手の後ろ襟を掴み、相手を引き寄せながら右手で柄を握り
- ❹❺ 柄頭で相手の顔面を突き上げるようにして相手を投げ、太刀を取る。

- ❶ Face your partner in gyaku hanmi.
- ❷ When your partner steps forward with his right foot executing a shomenuchi strike with a sword, blend with the movement of his sword and raise your left hand while stepping to his right rear.
- ❸ Hold your partner's collar from behind with your left hand. Pull your partner toward your chest while grabbing the hilt of his sword with your right hand.
- ❹❺ Throw your partner as if thrusting his face upward with the bottom of the hilt, then take his sword away.

Tachidori iriminage



④ と ⑤ の間

Position between photos ④ and ⑤



太刀取り 小手返し



- ① 逆半身で相対する。
- ② 相手が打ち込んでくるのに合わせて左手を上げ、左足を相手の側面に進めつつ
- ③ 左足を軸にして右足を後方に開き、相手の右側に回り込んで左手で相手の右手を上から掴み、右手で相手の顔面に当て身を入れる。

- ① Face your partner in gyaku hanmi.
- ② When your partner steps forward with his right foot executing a shomenuchi strike with a sword, blend with the movement of his sword and raise your left hand while stepping to his right side with your left foot.
- ③ Pivot on your left foot while bringing your right foot to the rear and turning your hips 180 degrees to his right side. At the same time, grab his right hand from above with your left hand and execute an atemi to his face with your right hand.



デンバー（コロラド州）にて 1999年9月
Denver, Colorado, September 1999

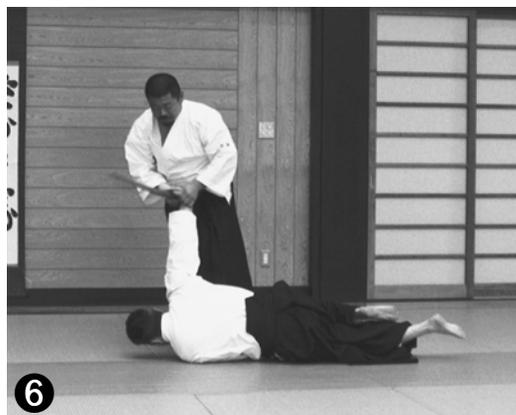
Tachidori kotegaeshi



④⑤ 左足を引きながら右手を上から添える。このとき、右手の小指と薬指が柄にかかるように握る。小手返しの要領で相手を投げる。

④⑤ Place your right hand on the back of your partner's right hand while stepping to the rear with your left foot. Make sure to grab the hilt of the sword with your right little finger and ring finger. Then throw him with the basic kotegaeshi technique.

太刀取り 小手返し



⑥ 相手の頭上を左側に回り

⑦ 太刀を奪う。

ポイント

写真③では、左手の親指は相手の薬指の付け根に当てる。写真④の時には、必ず右手の小指と薬指で剣の柄を握る。写真⑥では、両手で相手の手の甲を押さえつけると手首が圧迫されて相手は握っている剣を離す。

小手返しの基本については、『武産合気道』第二巻を参照。

⑥ Turn around your partner's head to the left and pin his right shoulder against the floor.

⑦ Take the sword away from him with your right hand.

COMMENTARY

In the position shown in photo ③, place your left thumb at the base of your partner's right ring finger.

In the position shown in photo ④, make sure to grab the hilt of the sword with your right little finger and ring finger.

In the position shown in photo ⑥, apply pressure against his wrist by pressing his hand down with both your hands so that he will release his sword.

(See *Takemusu Aikido, Volume 2* for the basic kotegaeshi)



⑥



⑦



岩間神社にて 2000年9月 受：佐野節夫
In front of the Iwama Shrine, Sept. 2000. Uke: Setsuo Sano

太刀取り 腰投げ



- ① 逆半身で相対する。
- ② 相手が打ち込んできた場合、右足を進めながら相手が剣を上げるのに合わせて右手を上げ、剣を下から掴む。
- ③④⑤ 腰投げで相手を投げ
- ⑥ 太刀を奪う。

- ① Face your partner in gyaku hanmi.
- ② When your partner steps forward with his right foot executing a shomenuchi strike with a sword, blend with the movement of his sword and raise your right hand while stepping forward with your right foot, then grab the hilt of his sword from below with your right hand.
- ③④⑤ Throw your partner with the basic koshinage technique.
- ⑥ Take the sword away from him.

ポイント

腰投げでは、自分と相手の身体が十字になるように腰板の部分を相手の下腹に当てがう。腰投げについては『武産合気道』第三巻を参照。

COMMENTARY

Bring your partner's abdomen onto the small of your back in such a way that your two bodies form a cross. (See *Takemusu Aikido, Volume 3* for koshinage)

Tachidori koshinage



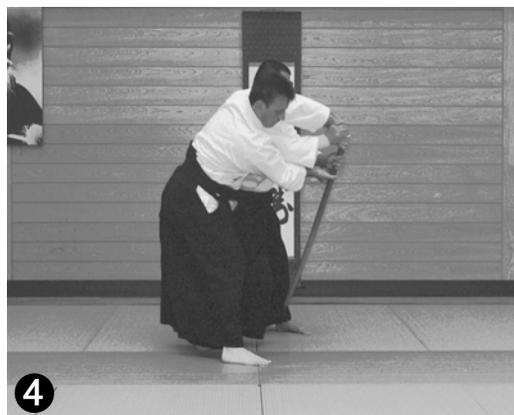
太刀取り 三教



- ① 相半身で相對する。
- ② 相手が打ち込んできた場合、右手を相手の左手の下に当て
- ③ 左手で上から柄を握り、右足を引き
- ④ 相手の左側面に相並び、右手で相手の左手を三教に取り
- ⑤⑥⑦⑧ 相手を三教に押さえ込み、太刀を取る。

ポイント

写真④では、相手の左手を三教に取るときに、必ず基本通りに相手と相並ぶことが大切である。



- 1 Face your partner in ai hanmi.
- 2 When your partner steps forward with his right foot executing a shomenuchi strike with a sword, blend with his movement and place your right hand under his left hand.
- 3 Grab the hilt of the sword from above with your left hand while stepping to the rear with your right foot.
- 4 Step to the left side of your partner to stand side by side and grab his left hand in a sankyo lock with your right hand.
- 5 6 7 8 Pin your partner to the floor by applying sankyo pressure, then take his sword away.

COMMENTARY

When you take your partner's left hand in a sankyo lock as shown in photo 4, it is important that you make sure to stand side by side with your partner in the same manner as in the basic sankyo technique.

太刀取り 三教





合気会本部道場で指導する植芝盛平翁 1968年頃
Morihei Ueshiba instructing at new Aikikai Hombu Dojo, c. 1968, courtesy of Jean Greslé

太刀取り 六教



① 逆半身で相対する。

② 相手が打ち込んできた場合、相手の右側面に左足を進め、右手で相手の右手を下から掴み、左手で相手の右手首を握る。

③④ 左足を軸にして右足を大きく後方に開き体の向きを変えながら、相手の右肘が上を向くようにして相手の右手を右胸につけ、左肘で相手の右肘を攻める。



① Face your partner in gyaku hanmi.

② When your partner steps forward with his right foot executing a shomenuchi strike with a sword, step to the right side of your partner with your left foot while grabbing his right hand from below with your right hand and his right wrist with your left hand.

③④ Pivot on your left foot while bringing your right foot to the rear in a large movement and turning your hips 180 degrees. Turn his right elbow upward and bring his right hand to the right side of your chest. Apply rokkyo pressure against his right elbow with your left elbow.

Tachidori rokkyo



杖の攻撃に対して六教できめる
Rokkyo arm bar against a jo attack

太刀取り



- ① 逆半身で相対する。
- ② 相手が打ち込んできた場合、相手の右側面に左足を進めながら相手が剣を上げるのに合わせて左手を上げ
- ③ 相手の打ち下ろした剣の柄を左手で握り、右手を剣の峰に添えて
- ④⑤ 右足を進め、これを軸として左足を大きく後方に開きながら引いて体の向きを変え、太刀を取る。

ポイント

これは相半身で行なうと失敗する危険がある。逆半身ではとても有効な技である。剣を足で取れ。手で取るのではない。(口伝) 体捌きで取るということである。

このとき、柄頭が相手の両手の間を通るようにして、太刀を奪う。

- ① Face your partner in gyaku hanmi.
- ② When your partner steps forward with his right foot executing a shomenuchi strike with a sword, blend with the movement of his sword and raise your left hand while stepping to his right side with your left foot.
- ③ Grab the hilt of his sword with your left hand as he swings down and place your right hand on the back of the sword.
- ④⑤ Step forward with your right foot and pivot on it while taking the sword away from your partner, bringing your left foot to the rear in a large movement, and turning 180 degrees.

COMMENTARY

If you try this technique from ai hanmi, there is a risk that you may not be able to do it successfully. It is a very effective technique if you execute it from gyaku hanmi. O-Sensei said, "**Take his sword with your footwork. Don't try to take it away with your hand.**" This means you should take his sword with your whole body movement. Make sure that the bottom of the hilt passes between your partner's arms as you take his sword away.



杖取り *Jodori*

杖取り 呼吸投げ1



- ① 逆半身で相對する。
- ② 相手が杖で突いてきた場合、相手の左側面に右足を進めながら、右手で相手の左手首を握り相手の動きを制する。
- ③ 左手で杖の中ほどを掴み、右肘を相手の喉に当て、呼吸投げで相手を投げ
- ④ 杖を取る。

- ① Face your partner in gyaku hanmi.
- ② When your partner steps forward with his left foot and thrusts at you with a jo, step to the left side of your partner with your right foot and block his movement by grabbing his left wrist with your right hand.
- ③ Hold the jo at about the middle with your left hand and place your right elbow against his throat to throw him with the basic kokyunage technique.
- ④ Take his jo away.

Jodori kokyunage 1



杖取り 呼吸投げ2



- ❶ 相半身で相對する。
- ❷ 相手が杖で突いてきた場合、相手の左側面に左足を進め



- ❶ Face your partner in ai hanmi.
- ❷ When your partner steps forward with his left foot and thrusts at you with a jo, step to his left side with your left foot.



岩間道場で 1987 年頃
Demonstrating inside the Iwama Dojo, c. 1987



- ③ 体の向きを変えて相手の左側面に相並び
- ④ 左手で杖を掴み、右肘を相手の喉に当て、呼吸投げで相手を投げ
- ⑤ 杖を取る。



- ③ Turn your hips 180 degrees and stand side by side with your partner.
- ④ Grab his jo with your left hand and place your right elbow against his throat to throw him with the basic kokyunage technique.
- ⑤ Take his jo away.



杖取り 呼吸投げ3



① 逆半身で相對する。

② 相手が杖で突いてきた場合、相手の左側面に右足を進め、右手で相手の肋骨に当て身を入れ

① Face your partner in gyaku hanmi.

② When your partner steps forward with his left foot and thrusts at you with a jo, step to the left side of your partner with your right foot and execute an atemi against his left ribs with your right hand.



『武道』 P 32 93 図より
Budo, 1938, p. 32



③ 右手で相手の左腕の下から杖の中ほどを握り、左手で杖の先のあたりを上から掴む。相手の左側面に回り込みながら、右肘で相手の左肘を下から攻め上げ

④⑤⑥ 右足を進めながら相手を投げ、杖を取る。



③ Grab the jo between his grip from below his left arm with your right hand and take the other end of the jo from above with your left hand. Then pivot on your right foot to the left side of your partner while applying pressure from below against his left elbow with your right elbow.

④⑤⑥ Step forward with your right foot to throw your partner and take his jo away.



杖取り 呼吸投げ4



- ① 逆半身で相対する。
- ② 相手が杖で突いてきた場合、左足を右後方に移して体を開きながら、右手で杖の先のあたりを上から握る。
- ③ 握った杖を右手で大きく回しながら左手で杖の中ほどを掴み
- ④ 左足を進めて相手を投げ
- ⑤ 杖を取る。

- ① Face your partner in gyaku hanmi.
- ② When your partner steps forward with his left foot and thrusts at you with a jo, move your left foot to your right rear turning your body to the left and grab the top of the jo from above with your right hand.
- ③ While turning the jo over in a large motion, hold it at the middle with your left hand.
- ④ Step forward with your left foot and throw your partner.
- ⑤ Take his jo away.



別角度から見た③
Opposite view of photo ③



杖取り 呼吸投げ5



- ① 逆半身で相対する。
- ② 相手が杖で突いてきた場合、右手で相手の左脇腹に当て身を入れ
- ③ 右手で相手の左腕の下から杖を下から握り、左手で杖の先のあたりを上から掴み、四方投げ裏技の要領で180度体の向きを変え
- ④ さらに右足を相手の後方に進めて相手を投げ
- ⑤ 杖を取る。

- ① Face your partner in gyaku hanmi.
- ② When your partner steps forward with his left foot and thrusts at you with a jo, execute an atemi against his left ribs with your right hand.
- ③ Grab the jo from below his left arm with your right hand and the top of the jo from above with your left hand. Then turn your hips 180 degrees in the same manner as in the shihonage urawaza technique.
- ④ Take a further step to the rear of your partner with your right foot and throw him.
- ⑤ Take his jo away.

ポイント

四方投げの基本については、『武産合気道』第二巻を参照。

COMMENTARY

See *Takemusu Aikido, Volume 2* for the basic shihonage technique.



杖取り 呼吸投げ6



- ① 相半身で相對する。
- ② 相手が杖で突いてきた場合、左斜め後ろに体を開きながら、相手の突きに合わせて両手で杖を掴んで引き、相手の体制を崩す。
- ③④ 相手の左後方に杖を突き、相手を投げ
- ⑤ 杖を取る。

- ① Face your partner in ai hanmi.
- ② When your partner steps forward with his left foot and thrusts at you with a jo, step diagonally to the left rear with your right foot. At the same time, while blending with his thrusting movement, grab his jo with both your hands and pull it to break his balance.
- ③④ Thrust the jo toward the left rear of your partner and throw him.
- ⑤ Take his jo away.

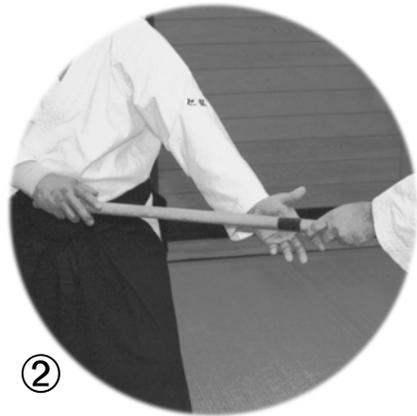
ポイント

必ず相手の突きの動きに合わせて相手を引き寄せ、相手の体制を崩してから杖を相手の後方に突いて投げる。

COMMENTARY

Make sure that first you blend well with the thrusting movement of your partner and pull him to yourself in order to break his balance, then thrust the jo toward his rear and throw him.

Jodori kokyunage 6



杖取り 呼吸投げ7



別角度から見た③
Opposite view of photo ③

- ① 相半身で相對する。
- ② 相手が杖で突いてきた場合、左足を進めて相手の前に体を移し
- ③ 右手で杖の先端を上から握り、左手で杖の中ほどを下から握み、左手を引き寄せて杖を上げながら
- ④ 左足を進めて相手を投げ
- ⑤ 杖を取る。

ポイント

左手で相手の杖を大きく引き寄せて、相手の体制を崩してから投げる。



- ① Face your partner in ai hanmi.
- ② When your partner steps forward with his left foot and thrusts at you with a jo, advance with your left foot toward your partner.
- ③ Grab the top of the jo from above with your right hand and at about the middle from below with your left hand. Then pull the jo toward you with your left hand while raising it.
- ④ Step forward with your left foot and throw your partner.
- ⑤ Take his jo away.

COMMENTARY

In order to throw your partner, first pull his jo toward you with your left hand in a large motion and break his balance.

杖取り 呼吸投げ8



劍の攻撃に対する同じ技『武道』P 28 77 図より
Similar technique against sword attack. *Budo*, 1938, p. 28



- ① 相半身で相対する。
- ② 相手が杖で突いてきた場合、左足を進めて相手の前に体を移し、左手で相手の杖を制し
- ③ 右手で相手の杖を上から掴み、左手を相手の顎の下に当て、左足を進めて相手を押し倒し
- ④ 杖を取る。

- ① Face your partner in ai hanmi.
- ② When your partner steps forward with his left foot and thrusts at you with a jo, advance with your left foot toward your partner and block his jo with your left hand.
- ③ Grab his jo from above with your right hand and place your left hand under his chin. Then step forward with your left foot and throw him by pushing his chin downward.
- ④ Take his jo away.

杖取り 呼吸投げ9

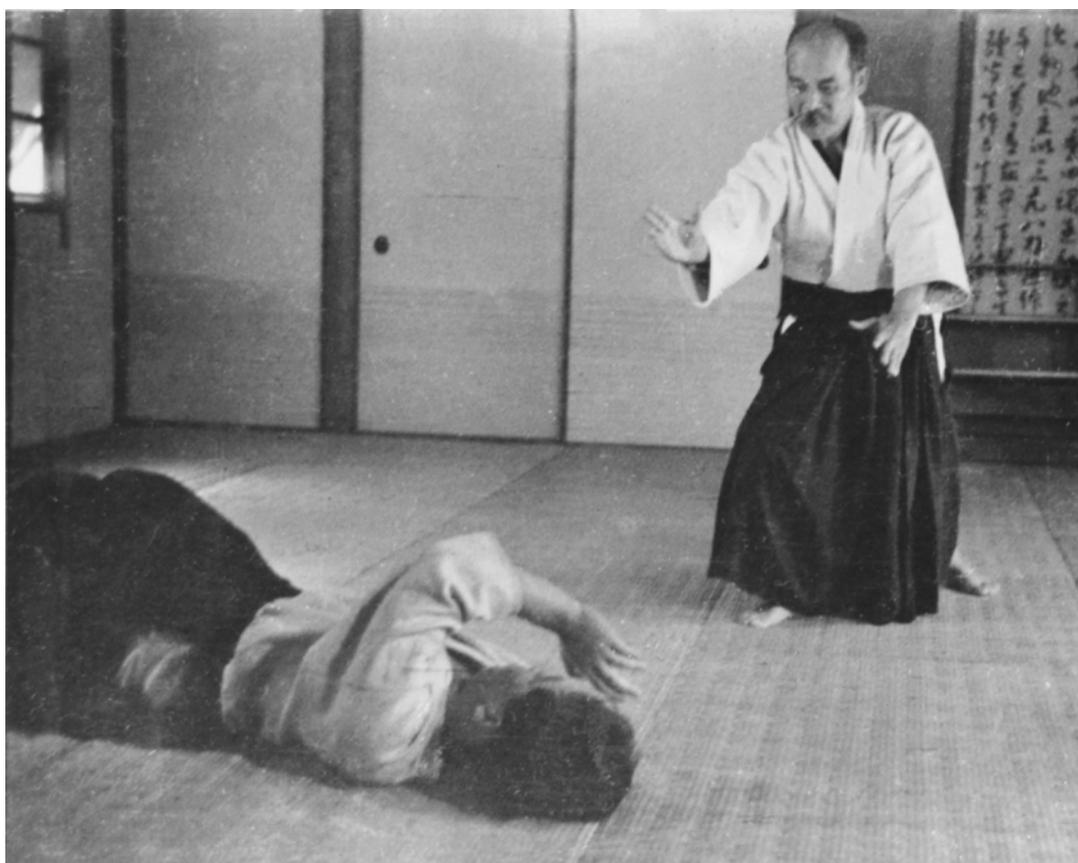


① 逆半身で相対する。

②③④ 相手が杖で突いてきた場合、相手の突きの流れに合わせて杖を両手で掴み、左足を右後方に開きながら相手を投げて杖を取る。

① Face your partner in gyaku hanmi.

②③④ When your partner steps forward with his left foot and thrusts at you with a jo, blend with his thrusting movement and grab his jo with both your hands. Then pivot on your right foot bringing your left foot to the right rear and throw your partner. Take his jo away.



残心をとる植芝盛平翁 野間道場にて 1935年 受：米川成美
The moment of zanshin. Uke: Shigemi Yonekawa, Noma Dojo, 1935

杖取り 呼吸投げ 10



- ① 逆半身で相對する。
- ② 相手が杖で突いてきた場合、右足を相手の左側面に進め
- ③ 右足を軸として左足を開き、体の向きを変えながら右手で相手の左腕の下から杖を掴み
- ④ 右肘で相手の左肘を下から攻めつつ、右足を進めて相手を投げ
- ⑤ 杖を取る。

- ① Face your partner in gyaku hanmi.
- ② When your partner steps forward with his left foot and thrusts at you with a jo, step to the left side of your partner with your right foot.
- ③ Pivot on your right foot bringing your left foot to the rear and turning your hips 180 degrees. At the same time, grab the jo from below his left arm with your right hand.
- ④ While applying pressure against his left elbow with your right elbow, step forward with your right foot and throw him.
- ⑤ Take his jo away.

Jodori kokyunage 10

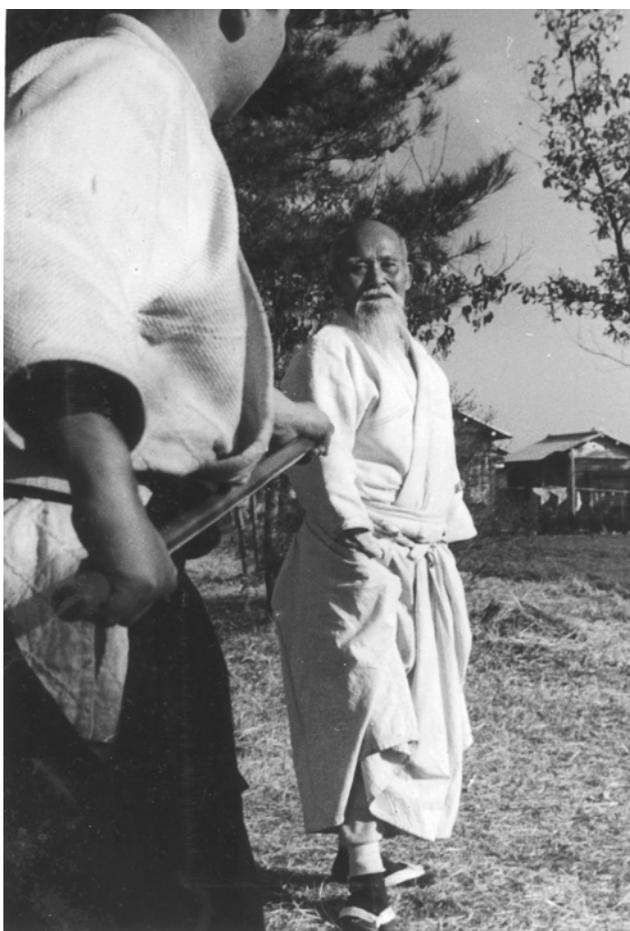


杖取り 呼吸投げ 11



- ① 逆半身で相對する。
- ② 相手が杖で突いてきた場合、右足を相手の左側面に進め、右手で相手の左手の手前で杖を上から掴み
- ③ 杖を引きながら腰をひねり、左足を進めて相手を投げ
- ④ 杖を取る。

- ① Face your partner in gyaku hanmi.
- ② When your partner steps forward with his left foot and thrusts at you with a jo, step to the left side of your partner with your right foot and grab his jo from above placing your right hand just above his left hand.
- ③ Twist your hips while pulling his jo and throw him by stepping forward with your left foot. Then throw your partner by stepping forward with your right foot.
- ④ Take his jo away.



杖の指導をする植芝盛平翁 岩間にて 1958年頃
Outdoor jo training with the Founder. Iwama, c. 1958

杖取り 六教



① 逆半身で相対する。相手が杖で突いてきた場合、相手の左側面に右足を進め、左手で相手の左手を下から握り、右手で相手の左手首を握る。

②③④ 右足を軸にして左足を大きく後方に開き体の向きを変えながら、相手の左肘が上を向くようにして相手の左手を左胸につけ、右肘で相手の左肘を攻める。

ポイント

六教では、相手の肘が上を向くようにして自分の肘で相手の肘を攻める。

① Face your partner in gyaku hanmi. When your partner steps forward to thrust at you with a jo, step to his left side with your right foot. Then grab his left hand from below with your left hand and his left wrist with your right hand.

②③④ Pivot on your right foot bringing your left foot to the rear in a large motion and turning your hips 180 degrees. At the same time, turn his left elbow upward and bring his left hand to the left side of your chest. Apply the rokkyo pressure against his left elbow with your right elbow.

COMMENTARY

In the rokkyo technique, make sure that his elbow faces upward when you apply pressure against his elbow with your elbow.



『武道』 P 33 96 図より
Budo, 1938, p. 33

杖取り



- ① 逆半身で相対する。
- ② 相手が杖で突いてきた場合、右手で相手の左腕を掴み
- ③ 下に押しえつけて、左足を杖に乗せて押しえつける。
- ④ 右手の裏拳で相手の顔面を打つ。

- ① Face your partner in gyaku hanmi.
- ② When your partner steps forward with his left foot and thrusts at you with a jo, grab his left arm with your right hand.
- ③ Push your partner downward and immobilize him by placing your left foot on the jo.
- ④ Execute an atemi against his face with the back of your right fist.

ポイント

杖を足で押しえつけているので、相手が杖を離せば相手の左足の上に杖が落ち、相手の足を砕くことになる。だからこの状態で相手は動けなくなるのである。これは槍取りの技の応用である。

COMMENTARY

When you are pressing your foot downward against the jo, if your partner releases the jo, the jo will fall on his left foot breaking his foot. This is why your partner becomes immobilized in this situation. It is an application of the technique with a spear.



杖投げ *Jonage*

杖投げ1



- ① 杖を持って相半身で相對する。
- ② 相手が正面から杖を掴みにきた場合、相手の動きに合わせて杖を引き
- ③④⑤ 杖を相手の左後方に突いて相手を投げる。

- ① Hold a jo and face your partner in ai hanmi.
- ② When your partner comes to grab your jo from the front, blend with his movement and pull the jo toward you.
- ③④⑤ Thrust the jo to his left rear and throw him.

ポイント

杖投げには、正面から掴まれた場合と後ろから掴まれた場合とがある。

COMMENTARY

In jonage techniques, there are two kinds of attacks; when your partner comes to grab your jo from the front, and from behind.



杖投げ2



- ① 相手が正面から杖を掴みにきた場合
- ② 右手を下にし、左手を引くようにして杖を回して相手の頭上後方にもっていき
- ③④ 左足を進めて相手を後ろに倒す。

- ①② Hold a jo and face your partner in ai hanmi. When your partner comes to grab your jo from the front, lower your right hand and pull your jo with your left hand while turning and raising it over your partner's head. Then bring it behind his head.
- ③④ Step forward with your left foot and throw your partner to the rear.



杖投げ2の変化



- ① 相手が正面から杖を掴みにきた場合
- ② 左足を進めながら、相手が掴む直前に杖を相手の頭上後方に上げ
- ③ 相手の後ろから杖を相手の左足に掛け
- ④ 杖で相手の左足をすくって倒す。

- ① Hold a jo and face your partner in ai hanmi.
- ② When your partner comes to grab your jo from the front, step forward with your left foot and raise your jo over and behind his head before he grabs your jo.
- ③ Place your jo against his left leg from behind.
- ④ Throw your partner by tripping him up with your jo.

Jonage 2 henkawaza



杖投げ 四方投げ 表



- ①② 相手が正面から杖を掴みにきた場合
- ③ 杖で相手を突くようにして相手の体勢を崩し
- ④⑤⑥ 四方投げ表技の要領で相手を投げる。

- ①②③ When your partner comes to grab your jo from the front, while stepping forward with your right foot, bring the jo forward as if thrusting at your partner.
- ④⑤⑥ Throw your partner in the same manner as in the shihonage omotewaza.

Jonage shihonage omote



別角度から見た ③ と ④
Opposite views of photos ③ and ④

杖投げ 四方投げ 裏



- ①② 相手が正面から杖を掴みにきた場合
③ 右足を相手の左足の爪先の前に進め、杖を立てるようにして右手を相手の左足のくるぶしのところにもっていき
④⑤⑥ 四方投げ裏技の体捌きで相手を投げる。

- ①②③ When your partner comes to grab your jo from the front, align your right toes with the toes of your partner's left foot and bring your right hand over the heel of his left foot while turning the jo into a vertical position.
④⑤⑥ Throw your partner in the same manner as in the shihonage urawaza.

ポイント

足捌きは四方投げの裏技と同じである。杖を立てながら右手を相手の左のくるぶしのところにもっていきることが大切である。

COMMENTARY

Your footwork is the same as in the shihonage urawaza. It is important that you bring your right hand over the heel of his left foot turning the jo into a vertical position.

Jonage shihonage ura



杖投げ 二教 1



- ①② 相手が正面から杖を掴みにきた場合
- ③ 杖を回して相手の右手を二教で攻め
- ④⑤ 杖を相手の腕にからませて相手を押さえつける。

- ① Hold a jo and face your partner in ai hanmi.
- ②③ When your partner comes to grab your jo from the front, turn the jo in such a way that you can apply the nikyo pressure against his right hand.
- ④⑤ Entwine the jo around his right arm and pin him down to the floor.

ポイント

相手の手首を二教で攻めるときは、杖の先端を持っているほうの手(この場合は左手)をうまく使う。

COMMENTARY

When applying the nikyo pressure against your partner's wrist, make skillful use of your hand holding the jo at the top part (the left hand in the photos shown here).

Jonage nikyo 1



杖投げ 二教1





岩間での演武 1987年頃 受：パトリア・ヘドリックス
Demonstrating jonage inside the Iwama Dojo, c. 1987. Uke: Patricia Hendricks, 6th dan

杖投げ 二教2 後ろから掴まれた場合



- ①② 相手が後方から杖を掴みにきた場合
- ③ 体の向きを変え、右手で相手の右手を二教で攻め
- ④ 相手を倒して制す。

- ①②③ When your partner comes to grab your jo from behind, turn your hips 180 degrees and apply nikyo pressure against his right hand using the jo skillfully with your right hand.
- ④ Bring your partner downward and pin him to the floor.

Jonage nikyo 2 - grab from behind



杖投げ 後ろから掴まれた場合 1 Jonage - grab from behind 1



①② 相手が後方から杖を掴みにきた場合

③④ 右足を相手の後方に進めながら杖を相手の右肩後方にもっていき、腰をひねって相手を後ろに倒す。

①②③ When your partner comes to grab your jo from behind, bring your jo to the rear of his right shoulder while stepping to his rear with your right foot.

④ Throw your partner by twisting your hips.



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

杖投げ 後ろから掴まれた場合 2



①② 相手が後方から杖を掴みにきた場合
③ 左足を引き、相手の左側面に回り込み
④⑤ 左手を下げて杖を立てるようにして、右足を
進めて相手を投げる。

①②③ When your partner comes to grab your
jo from behind, step to the rear with your left
foot and stand side by side with your partner.
④⑤ Lower your left hand and bring the jo into
a vertical position, then throw your partner by
stepping forward with your right foot.

Jonage - grab from behind 2



杖投げ 後ろから掴まれた場合 3



- ①② 相手が後方から杖を掴みにきた場合
- ③ 体の向きを変え
- ④⑤ 右足を引いて相手を投げる。

- ①②③ When your partner comes to grab your jo from behind, turn your hips 180 degrees.
- ④⑤ Throw your partner stepping to the right rear with your right foot.

Jonage - grab from behind 3



短剣取り *Tankendori*

短剣取り 横面打ち五教



②

② と ③ の間

Position between photos ② and ③

- ① 相半身で対する。
- ② 相手が左足を踏み込んで左手で横面を突いてきたら、右足を右斜め前に進めて、右手で相手の横面打ちを受け、左手で相手の顔面を打つ。
- ③ 左手で相手の手首を内側から握り、体を開きながら右手で相手の左肘を掴み
- ④ 相手を制し
- ⑤ 短剣を取る。

- ① Face your partner in ai hanmi.
- ② When your partner advances forward with his left foot executing a yokomenuchi strike with a knife, step diagonally to the right with your right foot and parry his strike with your right hand, while at the same time striking his face with your left hand.
- ③ Grab his left wrist from the inside with your left hand. Then hold his left elbow with your right hand while pivoting on your right foot, bringing your left foot to the rear, and turning your hips 180 degrees.
- ④ Pin your partner to the mat.
- ⑤ Take his knife away.

Tankendori yokomenuchi gokyo



ポイント

写真②では、体術の横面の鍛練の受け方とまったく同じである。『武産合気道』第一巻参照)

COMMENTARY

In the position shown in photo ②, the way of parrying his yokomenuchi strike is exactly the same as in the empty-handed yokomenuchi techniques. (See *Takemusu Aikido, Volume 1*)



短剣取り 横面打ち六教



- ① 相半身で相對する。
②③ 相手が左足を踏み込んで左手で横面を突いてきたら、右足を右斜め前に進めて右手で相手の横面打ちを受け、左手で相手の顔面を打つ。



- ① Face your partner in ai hanmi.
②③ When your partner advances forward with his left foot executing a yokomenuchi strike with a knife, step diagonally to the right with your right foot and parry his strike with your right hand, while at the same time striking his face with your left hand.

Tankendori yokomenuchi rokkyo



④ 左手で相手の手首を内側から握り、右手で外側から握り変え、左手で相手の左手を掴み

④ Grab his left wrist from the inside with your left hand. Then replace your left hand with your right hand from the outside, and hold his left hand with your left hand.

短剣取り 横面打ち六教



⑤



⑤'



⑥

短剣の取り方 Knife take-away

⑤ 右足を軸にして左足を大きく後方に開き体の向きを変えながら、相手の左肘が上を向くようにして相手の左手を左胸につけ、右肘で相手の左肘を攻める。

⑥ 短剣を取る。

⑤ Pivot on your right foot bringing your left foot to the rear and turning your hips 180 degrees, while at the same time turning his left elbow upward and bringing his left hand to the left part of your chest. Apply pressure against his left elbow with your right elbow.

⑥ Take his knife away.



『武道』 P 29 80 図より 受 : 塩田剛三
Budo, 1938, p. 29, Uke: Gozo Shioda

短剣取り 突き五教



- 1 相半身で相對する。
- 2 相手が左足を踏み込んで左手で突いてきたら、右足を引いて左手で相手の左手首を上から握り



- 1 Face your partner in ai hanmi.
- 2 When your partner advances forward with his left foot and thrusts at you with a knife, step to the rear with your right foot and grab his left wrist from above with your left hand.



③④ 右足を相手の左足の爪先の前に進めながら右手で相手の左肘を下から掴み、右足を軸にして相手の左側に体を開き

⑤ 相手を五教で制し、短剣を取る。



③④ While aligning your right toes with the toes of your partner's left foot, grab his left elbow from below with your right hand. Then pivot on your right foot bringing your left foot to the rear and turning your hips 180 degrees to the left side of your partner.

⑤ Pin your partner to the floor applying the gokyo lock, and take his knife away.

短剣取り 突き六教 1



- ① 相半身で相對する。
- ② 相手が左足を踏み込んで左手で突いてきたら、右足を左後方に開いて左手で相手の左手を上から掴み

- ① Face your partner in ai hanmi.
- ② When your partner advances forward with his left foot and thrusts at you with a knife, step to the left rear with your right foot and grab his left wrist from above with your left hand.

Tankendori tsuki rokkyo 1



③ 右手で相手の左手首を下から握り

④⑤⑥ 右足を相手の左足の爪先の前に進め、これを軸にして左足を大きく後方に開きながら、相手の左肘が上を向くようにして相手の左手を左胸につけ、右肘で相手の左肘を攻め

③ Hold his left wrist from below with your right hand.

④⑤⑥ Align your right toes with the toes of your partner's left foot. Then pivot on your right foot bringing your left foot to the rear and turning your hips 180 degrees, while at the same time turning his left elbow upward and bringing his left hand to the left side of your chest. Apply pressure against his left elbow with your right elbow.

短剣取り 突き六教1



⑦ 短剣を取る。

⑦ Take his knife away.



剣の稽古をする盛平翁 岩間にて 1958年頃
Outdoor ken training with Founder in Iwama, c. 1958

短剣取り 突き六教2



- ① 相半身で相対する。
- ②③ 相手が左足を踏み込んで左手で突いてきたら、左足を右後方に引いて左手で相手の左手を下から握り、右手で相手の左手首を上から握り
- ④⑤ 右足を軸にして大きく体を開いて、右肘で相手の左肘を攻め
- ⑥ 短剣を取る。

ポイント

短剣取り突き六教1では、相手が短剣で突いてきたとき、右足を左後方に開いて相手の正面に回り込んだが、ここでは左足を右後方に開く。

- ① Face your partner in ai hanmi.
- ②③ When your partner advances forward with his left foot and thrusts at you with a knife, step to the right rear with your left foot and grab his left hand from below with your left hand, and his left wrist from above with your right hand.
- ④⑤ Pivot on your right foot bringing your left foot to the rear and turning your hips 180 degrees, while at the same time turning his left elbow upward and bringing his left hand to the left part of your chest. Apply pressure against his left elbow with your right elbow.
- ⑥ Take his knife away.



別角度から見た③
Opposite view of photo ③

COMMENTARY

In the tankendori tsuki rokkyo 1, when your partner comes to thrust at you with a knife, you step to the left rear with your right foot facing your partner; however, in this technique, you move your left foot to the right rear.

短剣取り 突き小手返し



① 相半身で相対する。

②③ 相手が右足を踏み込んで右手で突いてきたら、左足を軸にして右足を大きく開き、左手で相手の右手を上から握り、右手で相手の顔面に当て身を入れる。

この時、左手の親指は相手の右手の薬指の付け根に当てる。

④ 右手を相手の右手の上に添えて、左足を大きく開き

⑤ 相手を小手返しで投げ

⑥ 相手の頭上を左側に回り相手を制し

⑦ 短剣を取る。

Tankendori tsuki kotegaeshi



- ❶ Face your partner in ai hanmi.
- ❷❸ When your partner advances forward with his right foot and thrusts at you with a knife, pivot on your left foot bringing your right foot to the rear and turning your hips 180 degrees and, at the same time, grab his right hand from above with your left hand while executing an atemi against his face with your right hand. Make sure to place your left thumb at the base of his right ring finger.
- ❹ Place your right hand on the back of his right hand while taking a large step to the rear with your left foot.
- ❺ Throw your partner applying the kotegaeshi technique.
- ❻ Step around his head to the left and pin him to the floor.
- ❼ Take his knife away.

短剣取り 突き呼吸投げ



- ① 相半身で相對する。
- ② 相手が左足を踏み込んで左手で突いてきたら、右足を左後方に開きながら左手で相手の左手首を下から掴み
- ③④ 右足を相手の左足の前に進め、これを軸にして左足を開き、相手の左側面に回り込みながら右肘を相手の左肘の下に入れ
- ⑤⑥ 右肘で相手の左肘を攻めながら、右足を進めて相手を投げる。

- ① Face your partner in ai hanmi.
- ② When your partner advances forward with his left foot and thrusts at you with a knife, step to the left rear with your right foot and grab his left wrist from below with your left hand.
- ③④ Align your right toes with the toes of your partner's left foot. Then pivot on your right foot bringing your left foot to the rear and turning your hips 180 degrees to the left side of your partner, while placing your right elbow under his left elbow.
- ⑤⑥ Apply pressure against his left elbow with your right elbow and throw your partner while stepping forward with your right foot.

Tankendori tsuki kokyunage



別角度から見た④
Opposite view of photo ④



短剣取り



- ① 相半身で相對する。
- ② 相手が左足を踏み込んで左手で突いてきたら、右足を左後方に開きながら左手で相手の左手を下から掴み
- ③ 右手で相手の左手首を下から握り
- ④ 右足を相手の左足の前に進め、これを軸にして相手の左側面に回り込みながら、相手の左腕を右肩にかつぎ上げ
- ⑤ 相手の左肘を肩に当て、両手で相手の左手を下げながら相手の左肘を攻め
- ⑥ 短剣を取る。

ポイント

写真⑤では、相手の肘が肩に乗るようにつぐ。相手の腕を深くかつぐと効果がない。相手の側面に回り込むときに正しい間合いをとることが大切である。

- ① Face your partner in ai hanmi.
- ② When your partner advances forward with his left foot and thrusts at you with a knife, step to the left rear with your right foot and grab his left hand from below with your left hand.
- ③ Grab his left wrist from below with your right hand.
- ④ Align your right toes with the toes of your partner's left foot. Then pivot on your right foot bringing your left foot to the rear and turning your hips 180 degrees to the left side of your partner and, at the same time, bring his left elbow on your right shoulder as though lifting his left arm on your right shoulder.
- ⑤ Lower his left hand with both your hands while applying pressure against his left elbow.
- ⑥ Take the knife away from him.

COMMENTARY

In the position shown in photo ⑤, make sure that his left elbow is just on your right shoulder. Otherwise, the technique will not be effective. It is important that you take a proper distance between you and your partner when you turn to his left side.



短剣の取り方
Knife take-away

短剣取り 肘固め



- 1 相半身で相對する。
- 2 相手が右足を踏み込んで右手で突いてきたら、左足を右後方に開きながら右手で相手の右手を下から掴み

- 1 Face your partner in ai hanmi.
- 2 When your partner advances forward with his right foot and thrusts at you with a knife, step to the right rear with your left foot and grab his right hand from below with your right hand.

Tankendori hijigatame



③ 左足を相手の右側面に進めながら、左手で相手の右肘を上から掴み

④⑤⑥⑦ 左足を軸として右足を大きく開いて相手を押さえ込み、相手の右肘が下になるように右腕を逆に制し、短剣を取る。

③ While stepping to the right side of your partner with your left foot, grab his right elbow from above with your left hand.

④⑤⑥⑦ Pivot on your left foot bringing your right foot to the rear and turning your hips 180 degrees while bringing your partner down to the floor and bending his right arm. Pin him to the floor with his right elbow downward and take his knife away.

短剣取り 六教 相手がこちらの腹を横から切ってきた場合



- ① 相半身で相対する。
- ② 相手が右足を踏み込んで右手で払うように突いてきた場合、左足を軸として右足を開き、相手の右側に体を移し

- ① Face your partner in ai hanmi.
- ② When your partner advances forward with his right foot and thrusts at you diagonally from the left with a knife, pivot on your left foot bringing your right foot to the rear and turning your hips 180 degrees to the right side of your partner.

Tankendori rokkyo - lateral knife attack to stomach



- ③ 左腕で相手の右肘を制し
- ④ 右手で相手の右手を下から握り

- ③ Block his right elbow with your left arm.
- ④ Grab his right hand from below with your right hand.

短剣取り 六教 相手がこちらの腹を横から切ってきた場合



⑤⑥⑦ 左手で相手の右手首を上から掴み、右足を開いて相手の右側面に回り込みながら、相手の右肘が上を向くようにして相手の右手を右胸につけ、左肘で相手の右肘を攻め、短剣を取る。

Tankendori rokkyo - lateral knife attack to stomach



567 Hold his right wrist from above with your left hand, then pivot on your left foot while bringing your right foot to the rear and turning your hips 180 degrees to his right side. At the same time turn his right elbow upward and bring his right hand to the right part of your chest. Apply pressure against his right elbow with your left elbow. Take his knife away.

短剣取り 小手返し 相手が胸を掴み喉を切ろうとした場合



- ❶ 逆半身で相対する。相手が左手で胸を掴み、右手で短剣を喉に向けた場合
- ❷ 素早く左手で相手の右手を握り、右足を開き右手で相手の顔面に当て身を入れ
- ❸❹ 左足を大きく引いて小手返しで相手を倒し、相手の頭上を左側に回り
- ❺ 相手を押さえつけて短剣を取る。

- ❶❷ Face your partner in gyaku hanmi. When your partner grabs your chest with his left hand and points his knife against your throat with his right hand, grab his right hand quickly with your left hand while pivoting on your left foot and bringing your right foot to the rear and, at the same time, execute an atemi to his face with your right hand.

Tankendori kotegaeshi - chest grab with throat thrust



③④ Take a large step to the rear with your left foot and throw your partner applying the kotegaeshi technique, then step around his head to the left.

⑤ Pin him to the floor and take his knife away.

短剣取り 小手返し 相手が後ろから突いてきた場合

- ❶ 相手に後ろから短剣を背中に当てられた場合
- ❷❸ 素早く相手の右側に回り込み、相手の右手を左手で上から握り、同時に相手の顔面に当て身を入れ



- ❶❷❸ When your partner points his knife against your back from behind with his right hand, turn quickly into his right side and grab his right hand from above with your left hand at the same time executing an atemi.



Tankendori kotegaeshi - rear attack



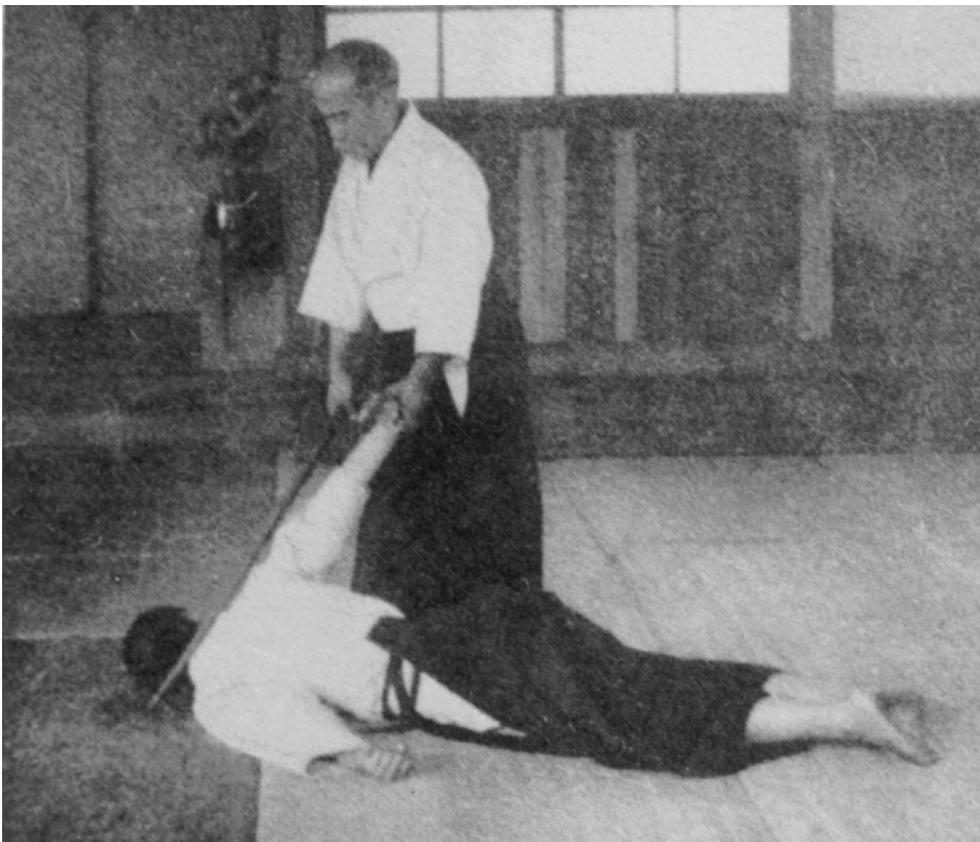
短剣取り 小手返し 相手が後ろから突いてきた場合



- ④ 小手返しで相手を投げ
- ⑤ 相手の頭上を左側に回って相手を押さえつけ
- ⑥ 短剣を取る。

- ④ Throw your partner applying the kotegaeshi technique.
- ⑤ Step around his head to the left.
- ⑥ Pin him to the floor and take his knife away.

Tankendori kotegaeshi - rear attack



小手返し抑え『武道』P 27 71 図より
Standing kotegaeshi pin with sword, *Budo*, 1938, p. 27

二人取り *Ninindori*

二人取り 基本



① 二人に両手首を両手で掴まれた場合

② 右足を前に進めながら、呼吸法により右手を前に出し

①② When two partners grab your wrists from each side with both hands, step forward with your right foot while extending your right hand and applying kokyuhō.



- ③ 左手を返して左に回りつつ
④⑤ 左足を後方に引き、両手を振りかぶり

- ③ Turn your left hand over while turning your hips to the left.
④⑤ Step to the rear with your left foot raising both your hands high up.

二人取り 基本



⑥⑦ 右足を進めて二人を押し倒す。

⑥⑦ Step forward with your right foot and throw both your partners pushing them downward.



ポイント

右手を呼吸法で前にもってくるときは右足を進め、左手なら左足を進める。写真④⑤では左足を後ろに引くことが大切である。足を引きながら両手を上げることによって、二人をひとつにまとめることができる。二人は一カ所にまとめられて互いにもつれ合い抵抗力を失う。そこで押し倒すのである。

COMMENTARY

When you bring your right hand in front of your center applying kokyūho, step forward with your right foot, and if you bring your left hand forward instead, move your left foot forward. In the movement shown in photos ④ and ⑤, it is important that you step to the rear with your left foot. You will be able to gather two partners by stepping to the rear and raising both your hands high up. Your partners lose the power to resist when being put together and entangled. Then you will be able to throw them by pushing them downward.

二人取り 上に持ち上げられた場合



① 二人に両手首を両手で掴まれ、上に持ち上げられた場合

② 両腕の力を抜き、後方に身体をもっていくようにして腰を落とし、二人の体勢を崩し

①② When two partners grab your wrists from each side with both hands and raise your wrists, relax both your arms and lower your hips as if bringing your body to the rear, and break their balance.

Ninindori - when lifted upward



③④⑤⑥⑦ 二人取り基本と同じ要領で二人を押し倒す。

③④⑤⑥⑦ Throw both partners in the same manner as in the basic ninindori technique.

二人取り 上に持ち上げられた場合



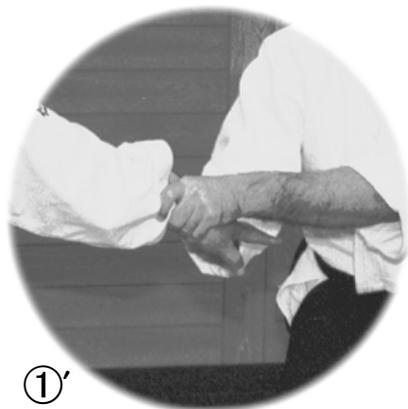


二人取り 引かれた場合

- ❶ 二人に両手首を両手で掴まれ、引かれた場合
- ❷ 左側の相手の引く力に合わせて右手を引き、右側の相手の体勢を崩して引き寄せる。
- ❸❹❺❻ 右足を進めながら右手を呼吸法で前に押し出し、二人取り基本の要領で二人を押し倒す。



- ❶❷ When two partners grab your wrists from each side with both hands and pull your wrists, while blending with the pulling power of the left partner, pull your right hand breaking the balance of your right partner and bringing him toward you.
- ❸❹❺❻ Extend your right hand in front of your center applying kokyūho while stepping forward with your right foot, then throw both your partners in the same manner as in the basic ninindori technique.



Ninindori - when pulled



二人取り 引かれた場合





二人取り 呼吸投げ



- ❶ 二人に両手首を両手で掴まれた場合
- ❷ 呼吸法の要領で両手を前にもってきて
- ❸ 左足を前に進めながら両手の間を狭め、二人の体勢を崩し
- ❹❺ 呼吸投げで二人を前方に投げる。

- ❶❷ When two partners grab your wrists from each side with both hands, bring both your hands forward applying kokyuhō.
- ❸ While stepping forward with your left foot, bring your hands closer to each other and break the balance of both partners.
- ❹❺ Throw both partners forward applying the kokyunage technique.



ポイント

前に進むときは、必ず両手の間を狭めることが重要である。両手の間が開いたままでは前に進めない。また、肘も腰も十分下げる。

呼吸投げについては、『武産合気道』第四巻を参照。



COMMENTARY

When stepping forward with your left foot, make sure to bring both hands closer to each other. You will not be able to advance forward if the distance between your hands is wide. At the same time, lower both your hips and elbows sufficiently. (See *Takemusu Aikido, Volume 4* for the kokyunage techniques)



二人取り



別角度から見た②
Opposite view of photo ②

- ① 二人に両手首を両手で掴まれた場合
- ② 右足を引きながら後方に下がり、二人を引き寄せ
- ③④⑤⑥ 両手を下から外側に回して円を描くようにして二人を重ね合わせる。

ポイント

二人をひとつにすることが大事である。自分の身体を下げると二人が寄ってくる。

- ①② When two partners grab your wrists from each side with both hands, step to the rear with your right foot and pull your two partners together.
- ③④⑤⑥ Turn both your hands outwardly from below as if drawing a circle and bring both partners together, then throw them one over the other.

COMMENTARY

It is important that you bring the two partners together as if one body. You can pull them toward you by lowering your hips.



別角度から見た 4 Opposite view of photo 4



別角度から見た 5 Opposite view of photo 5



二人取り 一人は呼吸投げ、一人は入り身投げ



- ① 二人に両手首を両手で掴まれた場合
- ② 右足を前に進め右手を呼吸法で前に押し出し
- ③④ 右側の相手を二人取り呼吸投げ(p142)の要領で前に投げ
- ⑤ 左手を上に戻して右足をもう一人の相手の後ろに進めて入り身し
- ⑥⑦⑧ 入り身投げで相手を投げる。

ポイント

入り身投げについては、『武産合気道』第二巻を参照。

Ninindori - kokyunage and iriminage throws



1**2** When two partners grab your wrists from each side with both hands, step forward with your right foot while extending your right hand in front of your center applying kokyuhō.

3**4** Throw your right partner in the same manner as in the basic ninindori technique.

5 Turn your left palm upward and step to the rear of the other partner with your right foot.

6**7****8** Throw him applying the iriminage technique.

COMMENTARY

See *Takemusu Aikido, Volume 2* for the iriminage techniques.

二人取り 氣の流れ 四方投げ

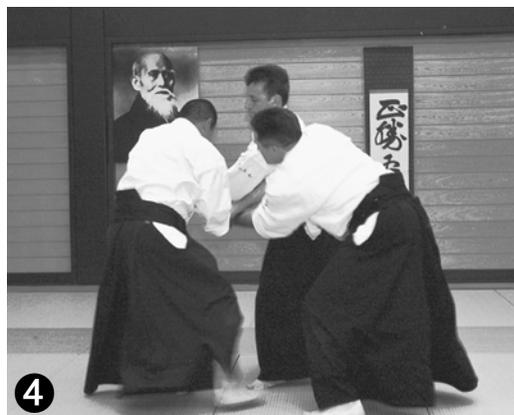


- ① 二人が両手首を両手で掴んできた場合
- ② 諸手取りの四方投げの要領で
- ③ 右足を引きながら右手を外に向け右側の相手の左手首を内側から掴み、同時に左側の相手の左手首を下から左手で掴み
- ④⑤⑥⑦⑧ 両手をひとつにまとめて二人をひとつにし、四方投げ表技の要領で二人を投げる。

ポイント

諸手取り四方投げの外取りと内取りをひとりずつに同時に行なう。(『武産合気道』第二巻 40頁～47頁を参照。)

Ninindori ki no nagare shihonage



①②③ When two partners come to grab both your wrists from each side with both hands, as in morotedori shihonage, step to the rear with your right foot while turning your right palm outward, and grab the left wrist of your right partner from the inside with your right hand. At the same time, hold the left wrist of your left partner from below with your left hand.

④⑤⑥⑦⑧ Bring both your hands together uniting two partners and throw both partners applying the shihonage omotewaza technique.

COMMENTARY

Execute the morotedori shihonage sotodori and uchidori techniques at the same time, applying each technique on each partner. (See *Takemusu Aikido, Volume 2*, p. 40-47)

二人取り 気の流れ 四方投げ



Ninindori kinonagare shihonage



二人取り 一人は後ろから胸を掴む

- ① 一人が後ろから右手で右手首を、左手で胸を掴み、もう一人が両手で左手首を掴んできた場合
- ② 右手を腹の前にもってくる。
- ③ 左手を上に戻し、右手を頭上に振りかぶりながら腰を180度ひねり



- ①② When one partner holds your right wrist from behind with his right hand and your chest, with his left hand and, at the same time, another partner grabs your left wrist with both hands, bring your right hand in front of your abdomen.
- ③ Turn your left hand over and raise your right hand high up while turning your hips 180 degrees.



Ninindori - one partner grabs chest from behind



二人取り 一人は後ろから胸を掴む



④ 二人取り基本の要領で、左足を引き両手を上げて二人をひとつにまとめ

⑤⑥ 右足を進めて二人を押し倒す。

Ninindori - one partner grabs chest from behind



④ Step to the rear with your left foot while raising both your hands and bringing your partners together in the same manner as in the basic ninindori technique.

⑤⑥ Step forward with your right foot and throw both partners by pushing them downward.

二人取り 二人に片腕を諸手で掴まれた場合



- ① 二人が両手で右腕を掴んできた場合
- ② 右足を外側の相手の左足の脇に置き、肩、肘、腰を落としながら
- ③ 腰をひねって左半身になり、相手と同じ方向を見る。
- ④⑤⑥ 両手をあげて二人を崩し、右足を後方に進めて二人を投げる。

ポイント

一人に掴まれた諸手取り呼吸法の基本とまったく同じである。(『武産合気道』第一巻参照)

どのような力で掴まれても、無理のない角度で呼吸法を行ない、正しい半身で体捌きをすれば、できる。腰を十分落として相手に近寄っていくことが大切である。

Ninindori - when both partners grab one arm



別角度から見た④
Opposite view of photo ④

- ①② When two partners hold your right arm with both their hands, place your right foot beside the left foot of the partner who is furthest away, and lower your shoulder, elbow and hips.
- ③ Turn your hips to assume the left hanmi and look in the same direction as your partners.
- ④⑤⑥ Raise both your hands and bring your partners off balance, then throw them while stepping to the rear with your right foot.

COMMENTARY

This technique is done in exactly the same manner as in basic morotedori kokyūho when you are grabbed by one partner. (See *Takemusu Aikido, Volume 1*)

No matter how strongly your partner grabs you, you will be able to execute the technique successfully if you apply kokyūho from the correct angle and execute your movements from the correct hanmi position. It is important that you lower your hips sufficiently and get closer to your partners.

二人取り 二人で片腕を諸手に掴まれた場合





デンバー（コロラド州）にて 1997年9月
Denver, Colorado, September 1997

二人取り 四方投げ 一人は両手取り、一人は諸手取りで掴まれた場合



❶ 一人に両手首を掴まれ、もう一人に右腕をさらに両手で掴まれた場合

❷ 右足を側面に進め、腰を下げてひねりながら、ふたりに掴まれている方の手(右手)に十分気を入れ、正しい呼吸法の手の角度と正しい半身の形で二人に近寄っていきながら、両手首を掴んでいるほうの相手の左手首をしっかり左手で握り

❸ 右足を進め両手を振りかぶりながら180度回転し

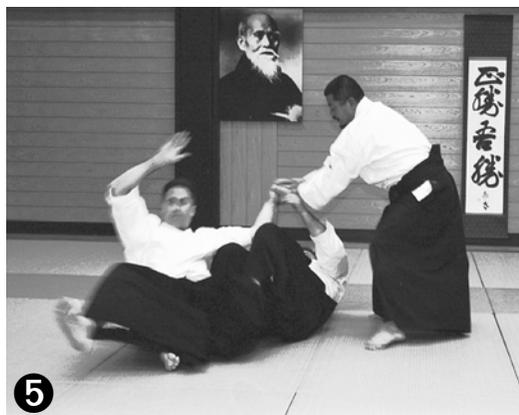
Ninindori - against ryotedori and morotedori grabs



①② When one partner holds both your wrists and the other partner grabs your right arm with both his hands, step to the side with your right foot while lowering and twisting your hips. At the same time, fill your right hand fully with ki energy and get closer to both partners keeping the correct angle of the kokyūho movement with your right hand and the correct hanmi position as well; then grab firmly the left wrist of the partner who is holding both your wrists with your left hand.

③ Step forward with your right foot while raising both your hands high up, and turn your hips 180 degrees.

二人取り 四方投げ 一人は両手取り、一人は諸手取りで掴まれた場合



④⑤⑥ 剣を振り下ろすようにして二人を投げる。

④⑤⑥ Throw both partners as if cutting down with a sword.

ポイント

両手取り四方投げの場合とまったく同じである。(『武産合気道』第二巻36頁 参照)

日々、諸手取り呼吸法をしっかり鍛練して呼吸力を養成することが大切である。力でやろうとしてはいけない。

COMMENTARY

This technique is done in exactly the same manner as the ryotedori shihonage. (See *Takemusu Aikido, Volume 2*, p.36) It is important that you cultivate kokyū power by practicing the morotedori kokyūho seriously and diligently day after day. Do not try to execute the technique with your physical strength.



二人取り呼吸投げ 1991年
Ninindori kokyunage, Tokyo, 1991

二人取り 二人に肩と手首を掴まれた場合 1



- ① 二人に肩と手首をそれぞれに掴まれた場合
- ② 二人取り基本と同じ要領で、右足、右手を前に進め
- ③ 左肩を下げて肩を縦にしながら180度回転し
- ④ 左足を引き、両手を上げて二人をひとつにまとめ
- ⑤⑥⑦ 右足を進めて二人を押し倒す。

ポイント

写真③では、相手が肩を掴んでいる腕に頭がかからないように、肩を縦にすることが重要である。後両肩取りの稽古を正しく身につけていれば、うまくできる。

Ninindori - when both wrists and shoulders grabbed 1



①② When two partners grab your shoulders and wrists from each side, bring your right foot and right hand forward in the same manner as when executing the basic ninindori technique.

③ Lower your left shoulder in such a way that your shoulder line becomes vertical at the same time turning your hips 180 degrees.

④ Step to the rear with your left foot and raise both your hands bringing your partners together.

⑤⑥⑦ Step forward with your right foot and throw both partners by pushing them downward.

COMMENTARY

In the position shown in photo **③**, it is important that you lower your left shoulder sufficiently and place both shoulders on a vertical line so that your head does not become entangled in the arms of your partners. You will be able to execute this technique successfully if you have mastered the ushiro ryokatadori techniques correctly through practice.

二人取り 二人に肩と手首を掴まれた場合 1





呼吸投げ 全日本合気道演武大会にて 1990年頃
Kokyunage at All-Japan Aikido Demonstration, c. 1990

二人取り 二人に肩と手首を掴まれた場合 2



- ① 二人に肩と手首をそれぞれに掴まれた場合
- ② 右手を上にあげ、左手を左後ろに伸ばし
- ③ 上げた右手を左前方に下ろしつつ左手を前方上にあげ、下ろした右手を右後ろへもっていき

- ①② When two partners grab your shoulders and wrists from each side, raise your right hand high up while extending your left hand to the left rear.
- ③ Bring your right hand down and forward to the left, while raising your left hand up and forward, then bring your right hand to the right rear.

ポイント

右手と左手を反対に動かしつつ、どちらも360度、一回転させる。

どちらの相手を投げるときも、相手の肘に手刀を当て、からめるように投げる。まず一人を投げ、その相手が倒れている上にもう一人の相手を重ねて投げる。

身体を大きく動かしながら腕を大きく回すと楽にできる。

COMMENTARY

Move your right hand and left hand into the opposite direction turning both hands once around, 360 degrees. When throwing your partners, in each case, make sure to place your tegatana against your partner's elbow and throw him as if entangling him into your movements. First you throw one partner, then throw the other over the fallen first partner. You will be able to execute this technique easily if you turn your arms in a large movement while moving your whole body in a large motion as well.

Ninindori - when both wrists and shoulders grabbed 2



二人取り 二人に肩と手首を掴まれた場合 2



④ 上にあげた左手で左の相手を投げ倒し、同時に右手をまた上げて

⑤⑥ 右手でもう一人の相手を先に投げた相手の上に重ねて投げる。

④ Throw your left partner with your left hand that was raised, while raising your right hand again.

⑤⑥ Throw the other partner with your right hand bringing him down over the first partner you have already thrown.

Ninindori - when both wrists and shoulders grabbed 2



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1928年3月31日茨城県に生まれる。1946年7月茨城県岩間の合気修練道場にて植芝盛平翁に師事。以来、開祖のもとで23年間修行。1959年1月、合気会師範となる。

1969年4月、開祖昇天後、茨城道場長となり現在に至る。1983年日本武道協議会より武道功労者の表彰を受ける。合気会9段。

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Takemusu Aikido
Volume 5
Bukidori & Ninindori
by Morihiro Saito, 9th dan



This volume titled Takemusu Aikido: Bukidori & Ninindori is the fifth of a comprehensive series by Morihiro Saito presenting the aikido techniques of Morihei Ueshiba O-Sensei. Volume 5 covers many techniques against weapons and two-person attacks including the following: tachidori, jodori, jonage, tankendori and ninindori. This book is profusely illustrated with more than 450 photos and includes detailed, step-by-step explanations and commentary on each technique.

The author, Morihiro Saito (1928-2002), held the rank of 9th degree black belt and authored the highly acclaimed technical series, *Traditional Aikido*, published in the early 1970s. He had an illustrious career in aikido that spanned nearly 60 years. Saito Sensei first enrolled as a student of Founder Morihei Ueshiba in 1946, training and assisting the master until the latter's death in 1969. One of the art's foremost technicians, he was an acknowledged authority on aikido weapons training. Saito Sensei operated Ueshiba's private dojo in Iwama, Japan and served as guardian of the Aiki Shrine until his passing. For nearly 30 years, he traveled extensively throughout the world teaching his aikido training methods.

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