



Sosei Aikido Kyokai

Taisabaki Toshu: Empty Hand Body Movement

- Attack Shomenuchi (Head-hand, Head-hand)
 - 1) Inside to the head, counter strike
 - 2) Inside to the wrist, counter strike
 - 3) Outside to the head, counter strike
 - 4) Outside to the wrist, counter strike

- Attack Munetsuki (Head-hand, Head-hand)
 - 1) Inside to the head, counter strike
 - 2) Inside to the wrist, counter strike
 - 3) Outside to the head, counter strike
 - 4) Outside to the wrist, counter strike
 - 5) OPTIONAL: Outside, tenkan

- Attack Katate Tori - same side grab
 1. Irimi, passing on the outside (soto)
 2. Shihonage motion
 3. Tenkan

- Attack Yokomenuchi
 1. Slide out toward the attacking hand, guide the attacking hand inward and passing the attacker on the outside.
 2. Shihonage motion
 3. Counter strike then Tenkan

- Katate kosa Tori – cross hand grab
 1. Tenkan – step back and step in versions