

# MORIHIRO SAITO

武産合気



片手取り Katatedori

# **"Takemusu Aiki: Katatedori"**

## **by Morihiro Saito**

This is the first of two technical volumes produced by Morihiro Saito Sensei in collaboration with Aiki News (precursor of Aikido Journal) based on a series of several hundred black and white photos shot inside the Iwama Dojo. "Takemusu Aiki: Katatedori" was published in 1979 and contains 22 techniques, all from katatedori, the single-hand grab. The text explaining the technical photos is produced both in English and Japanese to allow access to the widest possible reading audience of aikidoka.

Saito Sensei was known for his ability to organize and breakdown techniques into easily learnable components. This skill is readily evident in this manual as he guides readers step by step through the execution of techniques. For several of the techniques, the basic movement is accompanied by a progression to henkawaza (variations), and oyowaza (applied techniques).

Given the time frame in which the photos were taken (1978-79) and the available technology, Saito Sensei would stop his movements at key points in the movement to allow the photo to be taken. Because of this, the natural flow of movement is lacking in these images, a trait characteristic of technical manuals of this sort. By contrast, the pausing of a movement at critical points allows the reader's eye to focus on essential details for deeper understanding.

At the time this photo series was taken, many foreign aikido students were coming to the Iwama dojo to spend varying periods of time as uchideshi, or live-in students. Saito Sensei's reputation was growing steadily largely due to the publication of a series of five technical volumes titled *Traditional Aikido appearing in the mid-1970s*. Like this manual, these books had English and Japanese text, and were must-reading among serious practitioners of aikido in Japan and abroad. This widespread exposure to the Iwama aikido training curriculum created a strong demand for Saito Sensei to travel to foreign countries to conduct seminars. He received many invitations to teach abroad, the USA, Europe, Scandanavia, and Australia being his major destinations.

Saito Sensei was almost single-handedly responsible for the kindling of interest in the practice of the Aiki Ken and Aiki Jo. This aiki weapons' repertoire was developed by Saito Sensei based on training patterns he learned from Founder Morihei Ueshiba during his intensive period of training in Iwama in the late 1940s and 50s. Therefore, readers should keep in mind that the empty-handed techniques shown in "Takemusu Aiki: Katatedori" are part of a vast curriculum that includes hundreds of taijutsu techniques as well as the rich technical content of ken and jo practices, all tied together as a cohesive whole.

I heard Saito Sensei mention many times both privately and in public that he was not free to develop his own style of aikido. This was due to his devotion to the Founder, and his roles as the dojo-cho of the Iwama Dojo and guardian of the nearby Aiki Shrine. Rather, he viewed his mission as dedicating his life to the preservation and faithful dissemination of the Founder's aikido as he learned it in Iwama. Saito Sensei's innate genius, tireless energy and herculean efforts to travel all over Japan and to foreign lands, and his many publications have assured his position as one of the most important and influential disciples of Morihei Ueshiba.

Stanley Pranin  
April 2012

TAKEMUSU

Aíki

武  
産  
合  
氣

斉藤 守弘

Moríhiro Saíto Senseí, 8<sup>th</sup> Dan

I 片手取り  
KATATETORI

# 第一教表

## DAI IKKYO

### OMOTE



- [1] 相手が右手で左手首を掴んできた場合。
- [2] 左足を左側に開き、右手で相手の顔面を打つ。

[1] When your opponent grabs your left hand with his right hand  
 [2] Step to the left with your left leg and execute an atemi to your opponent's face with your right hand.



- [1] 相手が右手で左手首を掴んできた場合。
- [2] 左足を左側に開き、右手で相手の顔面を打つ。

[1] When your opponent grabs your left hand with his right hand  
 [2] Step to the left with your left leg and execute an atemi to your opponent's face with your right hand.

# 第一教裏

## DAI IKKYO URA





[3][4][5][6] 右手で相手の右手首を取り、左手で相手の左肘を掴んで腰をひねっておさえる。左足を深く進み出しておさえ込む。

[3][4][5][6] Grab your opponent's right hand with your right hand and, placing your left hand on his left elbow, twist your hips and press his arm downward. Take a large step diagonally forward and pin your opponent.

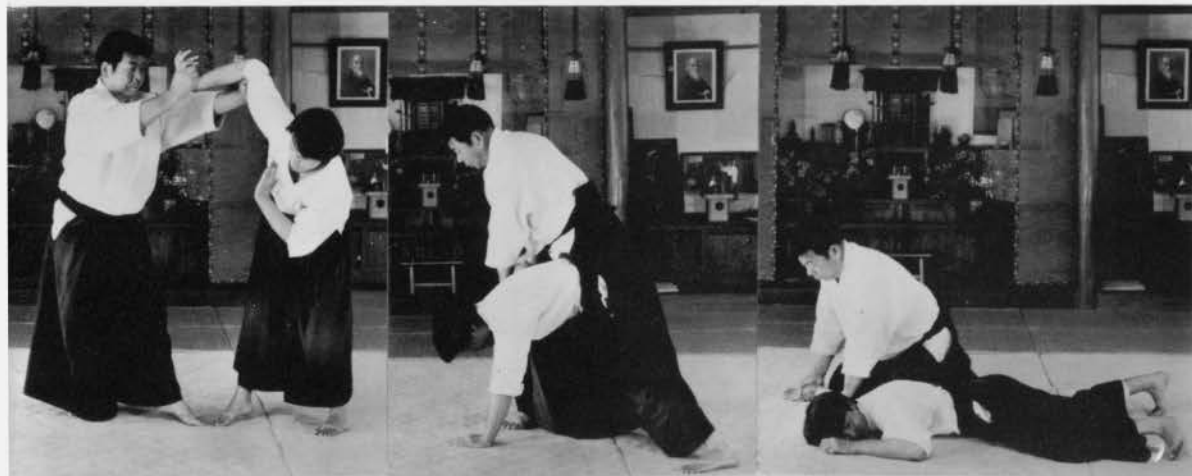


[3] 右手で相手の右手首を取り、左足は相手の右足の前につきあわせる。

[4][5] 右足をまるく開いて相手を押え込む。

[3] Grab your opponent's right hand with your right hand and step forward with your left foot, aligning yourself toe-to-toe with your opponent.

[4][5] Pivot to the rear with your right leg and pin your opponent.







- ① 相手が左手で右手首を掴んできた場合。
- ② 右足を相手の左足の前につきあわせ、  
体を開いて相手を流す。
- ③ 右足を引きながら左手で相手の顔面を  
打つ。

[1] When your opponent grabs your right hand with his left hand  
 [2] Step forward with your right foot aligning yourself in front of his left foot. Then pivot to the rear with your left foot leading him around.  
 [3] Drawing your right foot to the rear, execute an atemi to his face with your left hand.



# DAI IKKYO URA

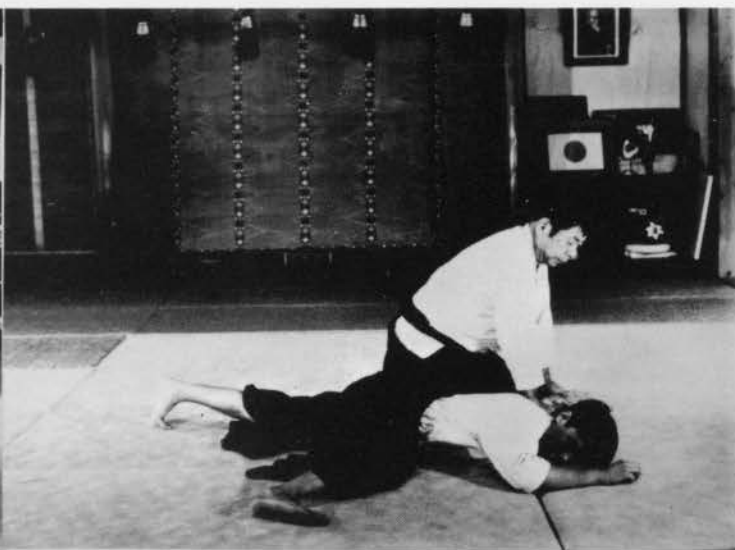
## KI NO NAGARE

# 第一教 裏 気の流れ



④⑤⑥ 相手の左手首を掴んで開いて押える。(流れるようにして行う)

[4][5][6] Grab your opponent's left wrist and pivot to the left rear as in ikkyo ura waza above. Pin your opponent. (This movement is performed without stopping.)





- ① 相手が右手で左手首を掴んできた場合。
- ② 左足を左側に開き、右手で相手の顔面を打つ。
- ③ 右手で相手の左手の甲を持ち、両手の力ではねあげ、左半身の体勢になおす。

[1] When your opponent grabs your left wrist with his right hand  
 [2] Step to the left with your left leg and execute an atemi to your opponent's face with your right hand.  
 [3] Take the back of your opponent's left hand with your right hand and, with the power of both hands bring your opponent's hand to your left shoulder at the same time reversing your posture.



③の反対の角度から撮った写真

[3] seen from the opposite angle

## 第二教 裏技

# DAI NIKYO OMOTE





④ 相手の左手を持つ右手を自分の胸元に引きつけ、左手は相手の手首を持つ。

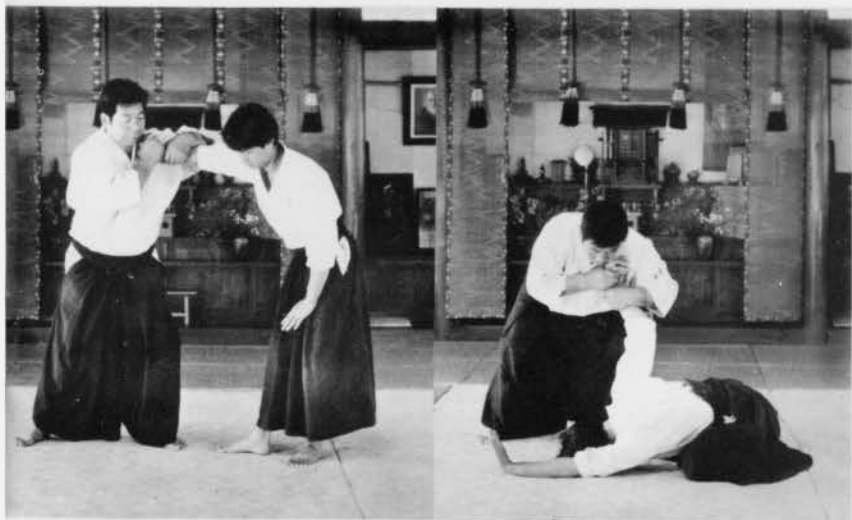
⑤ 相手の腕を引きつけながら押え込む。

⑥⑦ 右手は肩につけたまま左手を相手の肘にあて、まき込んで押え込む。そのとき右手は相手の右手首を充分にはめ込み、しめつけるようにする。

[4] Press your opponent's left hand to your shoulder with your right hand and hold his wrist with your left hand.

[5] Apply pressure by drawing your opponent's arm down and inward.

[6][7] Leaving your right hand on your shoulder, with your left arm enfold and pin his left arm. At this time, hold your opponent's right wrist firmly with your right hand and then proceed to pin as shown in the photo.



④の反対の角度から撮った写真

[4] seen from the opposite angle.





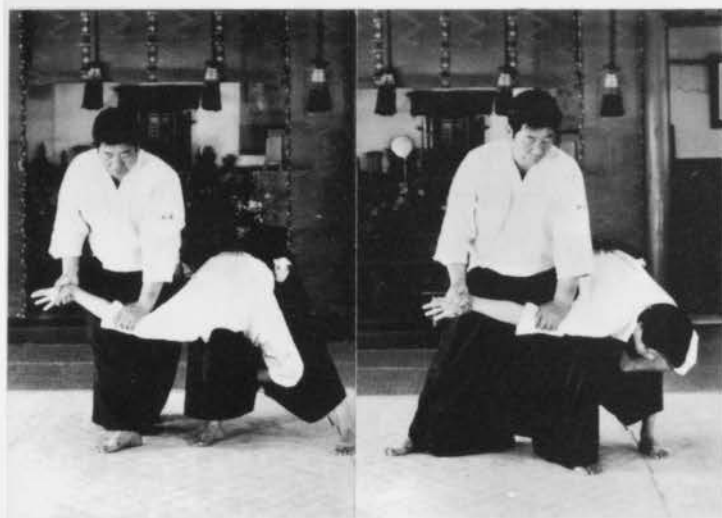
## DAI SANKYO OMOTE

- ① 相手が右手で左手首を掴み、左手で顔面を攻撃してきた場合。
- ② 左足を左側に開き、腰を少し落として右手で顔面を打つ。
- ③④ 右手で相手の右手首を取り、両腕の力で相手の腕をかえしておさえ込む。
- ⑤ 相手を突き飛ばすように左足を大きく踏み出す。
- ⑥ 相手の右手首を左手で持ちなおし、半身の体勢で相手のひじを胸につけて封じる。
- ⑦⑧ 右手で相手の顔面を打ちながら、前方にまわり込む。その時、相手の右手はひねりあげられる。
- ⑨ 右手で相手のひじを持ちおさえる。
- ⑩⑪⑫ 右手で相手の右手首を掴みなおし胸にしっかりつけて相手の後頭部へ向って押え込む。



- [1] When your opponent grabs your left hand with his right hand and strikes toward your face with his left
- [2] Step to the left side with your left leg lowering your hips slightly
- [3][4] Grab your opponent's right hand with your right hand and, with the power of both your arms, overturn your opponent's arm and hold it down.
- [5] Advance your left leg toward your opponent's side.
- [6] Change your grasp of your opponent's right wrist over to your left hand. Maintaining your stance, immobilize your opponent's elbow against your chest.
- [7][8] While striking your opponent's face with your right hand, turn to the front. At this time, you are raising and twisting your opponent's right arm.
- [9] Place your right hand on your opponent's elbow.
- [10][11][12] Enfold your opponent's right arm with your left. His right arm is locked against your body. At this time, pin your opponent's right arm by moving it over his head.

# 第三教 表技



# 第三教 変化

## DAI SANKYO HENKA

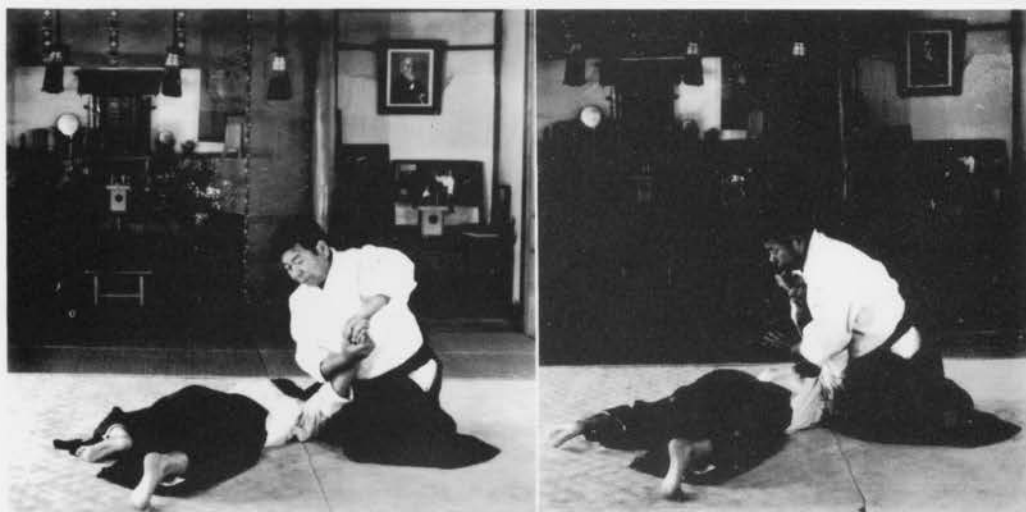


反対の角度から撮った写真  
seen from the opposite angle



- ① 相手が右手で左手首を掴んできた場合。
- ② 右手で相手の右手首を上から押え込むようにしてにぎり込む。
- ③ その腕の下を右足を進んでくぐり抜ける。
- ④⑤⑥ 体をねじりながら左手は相手の指先を持ち体でひねりあげる。
- ⑦⑧⑨ 右手で相手の肘を上から押え込む。

- [1] When your opponent grabs your left hand with his right hand
- [2] Grab your opponent's right hand from above and hold firmly.
- [3] Step forward with your right leg under his arm raising it upward.
- [4][5][6] While turning your body take hold of your opponent's fingertips.
- [7][8][9] With your right hand raise your opponent's elbow and proceed with the sankyo pin.







- ① 相手が右手で左手首を掴んできた場合。
- ② 左足を左側に開き右手で相手の顔面を打つ。
- ③ 右手の肘をおとして、相手の右手首を下からにぎり込む。

[1] When your opponent grabs your left hand with his right  
[2] Step to the left side with your left leg to unbalance him.  
[3] Grab your opponent's left wrist with your right hand from above.



# DAI YONKYO

## HENKA

[4] [5] [6] Grasp your opponent's right hand with your left hand from below and push it toward his right armpit. Apply a pin.  
[7] [8] Advance your left leg forward and pin your opponent's right arm. At this time, apply pressure to your opponent's right wrist with your left hand.

## 第四教 変化

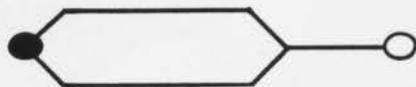
④⑤⑥⑦⑧ 左手を相手の右手首に添え、腕を圧迫してしめつけ、押さえ込む。





- ① 相手が右手で左手首を掴んできた場合。  
② 左足を左側に開き、右手で相手の右手脈部を掴み、剣をふりかぶるようにして頭上に持っていく。

- [1] When your opponent grabs your left hand with his right hand  
[2] Step to the left with your left foot and grab your opponent's right wrist with your right hand from above. Begin to swing your arms upward as though raising a sword.



- [1] When your opponent grabs your left hand with his right hand  
[2] Step forward with your left foot to a point in front of his right foot and grab his right hand with your right hand. Raise your arms up over your head as though wielding a sword while pivoting to the rear with your right foot.

- ① 相手が右手で左手首を掴んできた場合。  
② 左足を相手の右足の前に進み、右手は相手の右手脈部を掴み、剣をふりかぶるようにして頭上に持ってゆき相手の体の後ろまで大きく開く。





## 四方投げ 表技

### SHIHONAGE OMOTE

[3][4][5][6] Take a large step forward with your left foot. Then, twist your hips and bring your arms downward as though striking with a sword.

③④⑤⑥ 左足を大きく進  
進み、体を転じて剣を切り  
落とすように投げる。

③④⑤ 剣をきりおとすよ  
うに投げる。



[3][4][5] Bring your arms downward as though striking with a sword.



## 四方投げ 裏技

### SHIHONAGE URA







こて返し

# KOTEGAESHI



- ① 相手が右手で左手首を掴んできた場合。
- ② 右足を開きながら左手は内側に来るくまき込み、右手で相手の親指を下から掴む。

- [1] When your opponent grabs your left wrist with his right hand
- [2] Step to the rear with your right foot and turn your left hand inward and up, fingers extended. At the same time, grab the back of your opponent's hand with your right hand from below.

- ① 相手が右手で左手首を掴んできた場合。
- ② 左足を左側に開き、相手の右手首を掴み左足を進んでふりかぶる。

- [1] When your opponent grabs your left wrist with his right hand
- [2] Step to the left with your left leg and grab your opponent's right wrist. Then, step forward with your right leg and raise your arms above your head.

腰投げ

# KOSHI NAGE





[3][4][5] むしり取るようにして左足を引きながら、左手で相手の右手の甲をおさえ込んで、こてを返して投げる。

[3][4][5] Pulling your hand free, step to the left with your left foot and, with your left hand, press down on the back of your opponent's hand throwing with a wrist twist.

[3][4][5] 右手で相手の右手首を頭上から背中に移し、腰をのせて投げる。  
(その時、自分と相手の体が十字になるようにする)

[3][4][5] With your right hand extend your opponent's arm over your head laying his body over your hips. Throw your opponent by twisting your hips. (At this time, your body and your opponent's body are perpendicular to each other)



# 入身投げ 上中段 下段



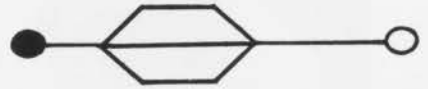
[1] 相手が右手で左手首を掴んできた場合。



## IRIMI NAGE JODAN CHUDAN GEDAN



[1] When your opponent grabs your left hand with his right hand



② 相手と並ぶように体をか  
わしながら、右手を下からさ  
し込み振りかぶるようにして  
きり落とし左手を解きはずす。  
② 右手で相手の右手首を掴  
み、前に突き出し左手を解き  
はずす。  
② 左手を下に突き出し、右  
手は上からさし込んで左手を  
解きはずす。

③④ 左足は相手の後方に進み、左手で相手の衿元を掴み  
引き寄せる。  
⑤⑥ 右手は相手ののどにまわし、呼吸力で投げる。



[2] While turning your body  
so as to align yourself with  
your opponent, raise your  
right hand upward from below  
breaking free your grip  
[2] With your right hand grab  
your opponent's right wrist.  
Then extend your left hand in  
front of your body to free  
your grip.  
[2] Extend your left hand  
downward and, placing your  
right hand from above, free  
your grip.

[3][4] Step behind your opponent with your  
left leg and, with your left hand, grab  
his collar and pull him towards you.  
[5][6] Extend your right arm in above your  
opponent's throat. Throw with kokyū power.





## KAITEN NAGE UCHI MAWARI

- [1] When your opponent grabs your left hand with his right hand
- [2] Extend your left hand to the left at the same time stepping forward with your left foot. Execute an atemi with your right hand.
- [3][4] Take a large step forward with your right leg and swing your opponent's arm downward.
- [5] Draw your left leg back and cut downward with your left hand and press his head downward with your right hand.
- [6][7] Grab your opponent's right hand with your left hand and step forward with your left leg and throw.

## 回転投げ外廻り

## KAITEN NAGE SOTO MAWARI

- [1] When your opponent grabs your right hand with his left hand
- [2][3] Extend your right hand forward. Then step diagonally forward with your right foot and pivot to the rear with your left foot while raising your right hand.
- [4][5] Draw your right foot to the rear at the same time striking downward with your right arm. Press his head downward with your left hand while grabbing his left wrist with your right hand. Then push him forward and throw.



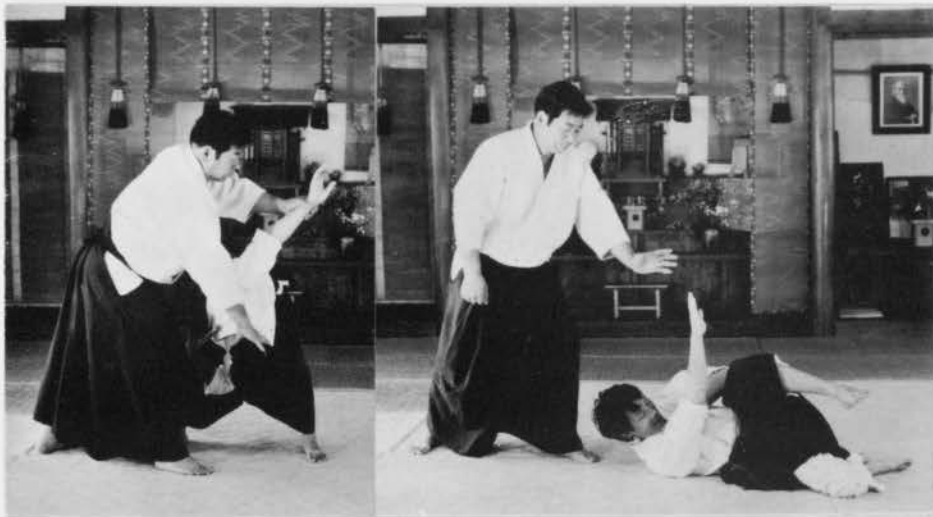
## 回転投げ内廻り



- ① 相手が右手で左手首を掴んできた場合。
- ② 左手は左側につき出し、同時に左足も左側に進む。右手で相手の顔面を打つ。
- ③④ 右足が深く進み、相手の腕の下をくぐりぬける。
- ⑤ 左足を引きながら左手をきり落とし、相手の後頭部を右手で押さえる。
- ⑥⑦ 左手で相手の右手首を掴み、左足を進みながら相手を押し投げる。



- ① 相手が左手で右手首を掴んできた場合。
- ②③ 右手を右側に突き出し、右足は斜め右方に進み左足を開いて右手を上げる。
- ④⑤ 右足を引きながら右手をきり落とし、相手の後頭部を押える。右手は相手の左手首を掴んで、右足を進みながら押し投げる。





## 呼吸投げ 気の流れ

# KOKYUNAGE KI NO NAGARE

## 呼吸投げ 応用

# KOKYUNAGE OYO

- ① 相手が左手で右手首を掴みにきた場合。
- ②③ 丸く相手を誘導して体勢をくずす。
- ④⑤ くずれたところを押して投げる。

- ① 相手が左手で右手首を掴んできた場合。
- ② 右足を進ませながら右手を外に返して相手の体勢をくずす。
- ③④ くずれたところを押して投げる。





- [1] When your opponent comes to grab your right hand with his left hand  
 [2][3] Lead your opponent circularly thus unbalancing him.  
 [4][5] Having unbalanced your opponent, push him forward and throw.



- [1] When your opponent grabs your right hand with his left hand  
 [2] Step forward with your right leg and, turning your right hand outward, unbalance your opponent.  
 [3][4] Having unbalanced your opponent, push him forward and throw.





呼吸投げ 上段

**KOKYUNAGE JODAN**

呼吸投げ 中段

**KOKYUNAGE CHUDAN**







- ① 相手が右手で左手首を掴んできた場合。
- ② 左足を大きく相手の斜め後方に進みながら左手をまるく相手の上から後方に導いて右手を掴む。
- ③ 右肩を相手の肘の真下にあてがい、右手は相手の首にまわす。
- ④ 右足を進めて投げる。

- [1] When your opponent grabs your left hand with his right hand
- [2] Take a large step forward with your left foot to his rear and raise your left hand up in a circular movement behind your opponent's head at the same time grabbing his right hand.
- [3] Place your right shoulder directly under your opponent's elbow encircling his neck.
- [4] Step forward with your right foot and throw.

- ① 相手が右手で左手首を掴んできた場合。
- ② 左足を前に出し、体の向きを変えて相手と相並ぶ。
- ③ 左足を相手の後方に入り、左手は相手ののどを攻める。
- ④ 腰をひねって投げる。

- [1] When your opponent grabs your left hand with his right hand
- [2] Step forward with your left foot and turn your body to face the direction in which you came thus aligning yourself with your opponent.
- [3] Step behind your opponent with your left foot and extend your left hand over your opponent's throat.
- [4] Turn your hips and throw.





## 呼吸技 下段

### KOKYUNAGE GEDAN

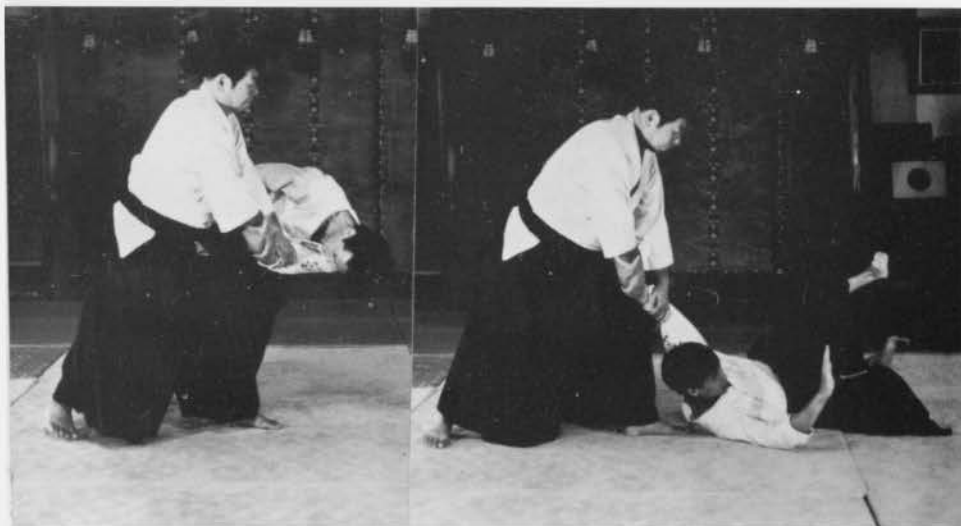
- ① 相手が左手で右手首を掴みにきた場合。
- ② 右手を内からはねあげ相手の体勢をくずし、顔面を打つ。
- ③ 右手で相手の右手首を握り、左手は肘の内側を掴む。
- ④ 左足を進めて投げる。

## 肘 おさえ技

- ① 相手が右手で左手首を掴みにきた場合。
- ② 体をかわしながら右手で相手の右手を下から掴む。
- ③④ 腰をひねって左手で相手の肘を攻めて押え込む。

### HIJIOSAE WAZA

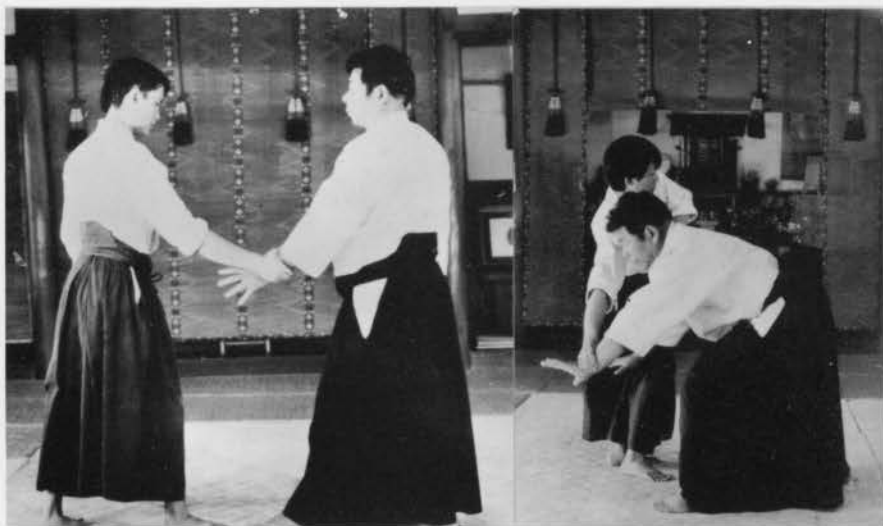




- [1] When your opponent grabs your right hand with his left hand
- [2] Raise your right hand up to the inside unbalancing your opponent. At the same time, execute an atemi with your left hand
- [3] With your right hand hold his left wrist firmly. With your left hand grab the inside of his elbow.
- [4] Step forward with your left leg and throw.

- [1] When your opponent grabs your left hand with his right hand
- [2] While turning your body grab your opponent's right hand with your right hand from below.
- [3][4] Twist your hips and with your left hand press your opponent's elbow vigorously downward and pin.





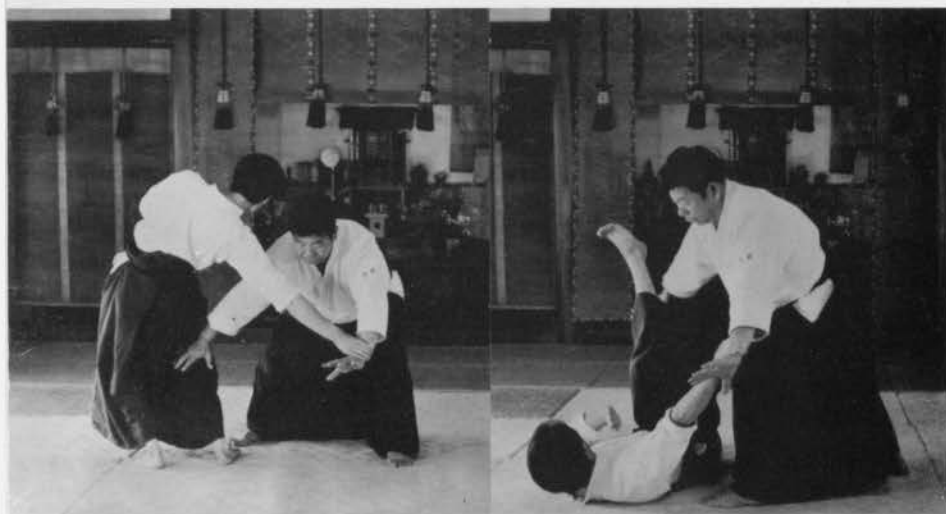
## SUMIOTOSHI

- ① 相手が右手で左手首を掴んできた場合。
- ② 腰を落としつつ両腕に氣を入れて相手の斜め後方に右足を進め体勢をくずす。
- ③④ 右手で相手の右足を払って落として投げる。

## KATAME WAZA

- ① 相手が左手で右手首を掴んできた場合。
- ② 右足を右側に開き右手を下から伸ばして深く突き出す。
- ③④ 左手で相手の左手首を掴み抱き込むようにして押え込む。



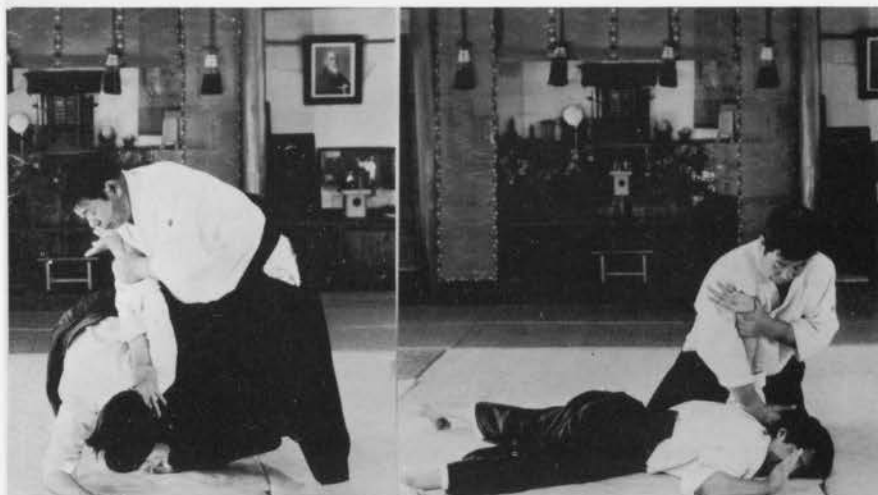


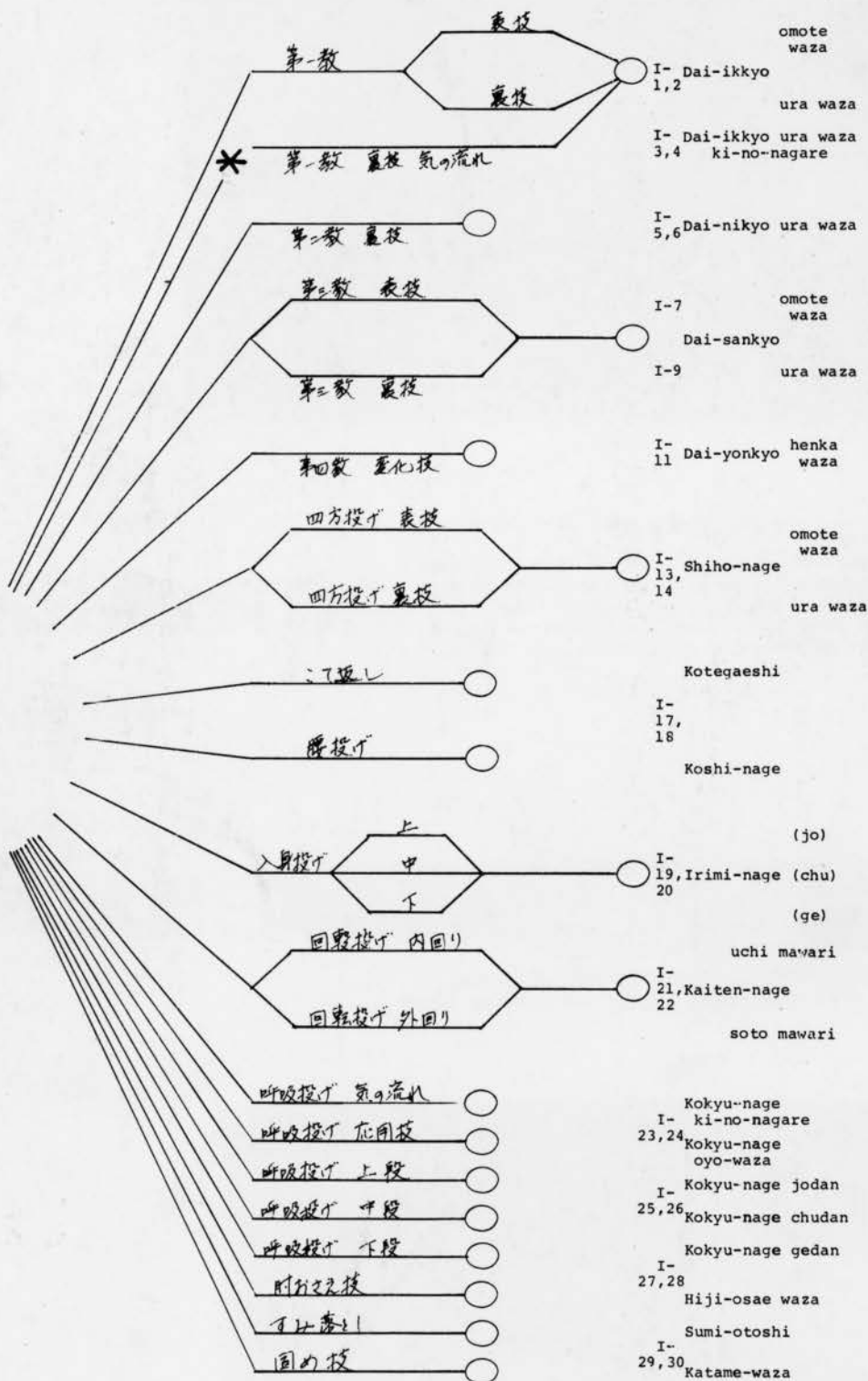
- [1] When your opponent grabs your left hand with his right hand  
 [2] Lower your hips and extend ki forth through both arms. Step diagonally forward with your left leg unbalancing your opponent.  
 [3][4] With your right hand push against the back of your opponent's right knee and throw.

## すみ落とし

- [1] When your opponent grabs your right hand with his left hand  
 [2] Step into the right with your right leg and, turning your hips, extend your right hand into your opponent's shoulder from below.  
 [3] Then press his arm downward and grab his left wrist with your left hand. Enfold his arm and pin.

## 固め技





Ukemi: Jason Yim

Order from: AIKI NEWS, 4532-6 Kasugamachi,  
Iwama-machi, Nishi Ibaraki-gun, Ibaraki-ken,  
JAPAN 319-02.