

Aikido Terms

Ai-hanmi: when the partners are facing each other in a mutual triangular stance.

Aikikai: the name of any aikido school recognized by Aikido World Headquarters.

Atemi: the use of striking techniques.

Bokken: see Tachi, bokken.

Budo: any Japanese martial art.

Dojo: a place where martial arts training takes place.

Doshu: the title of the present leader of Aikido.

Eritori: an attack in which the collar is grabbed from behind.

Gaeshi: returning, reverse

Gedan: lower.

Gi: practice uniform.

Gokkyo: one of the wrist techniques in which the wrist is held palm up; usually employed against a knife attack.

Gyaku-hanmi: the partners stand in opposite triangular stances.

Hanmi: a triangular stance, the basic on-guard position.

Hanmi handachi: Nage is in a sitting posture and Uke attacks from a standing posture.

Ikkyo: a wrist technique where the arm is held without applying pressure to the joints.

Irimi, tenkan: basic opening movements in Aikido techniques. Irimi is a motion in which one charges directly towards the opponent; tenkan is a motion in which one turns or pivots away from the opponent.

Irimi nage: a throwing technique employing an "entering" motion.

Jo: wooden staff.

Jo tori: technique applied against attack with a jo.

Juji nage: a type of throw in which Nage uses the pressure of crossing Uke's arms against each other.

Kaeshi: returning, reverse

Kaitenage: a throw in which Nage employs a spinning motion to throw Uke forward; pressure is exerted by holding Uke's head down and pushing the arm on a diagonal.

Kamae: guard position

Katatetori: an attack in which Uke grabs one of Nage's hands in one of his or her hands.

Katatori: an attack in which Uke grabs at Nage's lapel or shoulder.

Ki: inner energy based on calmness.

Kokyu-ho, kokyu-ryoku: kokyu-ryoku is breath power emanating from the abdomen; kokyu-ho is a method of coordinating breath power and body movement to increase one's ki power.

Kokyu nage: a type of throw employing no joint technique.

Kokyu-ryoku: see kokyu-ho, kokyu-ryoku.

Koshinage: a throw in which Uke is thrown over Nage's hips.

Kotegaeshi: one of the wrist techniques in which pressure is applied on the wrist away from Uke's body.

Morotetori: an attack in which Uke grabs Nage's forearm with both hands.

Maai: the proper distance between Uke and Nage.

Nage: the partner executing the technique.

Nikkyo: one of the wrist techniques in which pressure is applied on the wrist toward Uke's body.

Omote, ura: the description of Nage's position in executing the techniques. Omote is based on irimi movements and is done going toward Uke; ura is based on tenkan movements making Uke move around Nage.

Osae: a pin, a method of holding down.

O Sensei: Morihei Ueshiba, the founder of Aikido.

Rei, ojigi: proper bowing.

Reigi: etiquette.

Ryotetori: an attack in which Uke grabs both of Nage's wrists in both of his or her hands.

Sankyo: one of the wrist techniques in which pressure is applied against the wrist in a twisting motion toward Uke.

Seiza: proper sitting.

Shihonage: a technique in which pressure is applied against Uke's wrist and elbow using a sword-swinging motion to throw Uke down.

Shikko: a technique of walking on the knees.

Shomenuchi: an attack in which Uke strikes at Nage's forehead with an open hand.

Soto kaiten: an outside turning motion.

Suwari waza: techniques, done from a sitting position, in which Uke and Nage employ shikko.

Tachi, bokken: a wooden sword.

Tachi tori: techniques applied against attacks with a boken.

Tachi waza: techniques done with Uke and Nage standing.

Tanto: a wooden knife.

Tanto tori: techniques applied against knife attacks.

Tenchi nage: a type of irimi nage in which Nage breaks Uke's balance by extending one hand up and the other down while moving toward Uke.

Tenkan: see Irimi, tenkan.

Uchi kaiten: an inside turning motion.

Udekime nage: a type of throw applying pressure to the underside of the elbow.

Uke: the partner initiating the "attack".

Ukemi: protective falling.

Ura: see Omote, ura.

Ushiro kubishime: an attack in which Uke grabs one of Nage's wrists from behind and chokes Nage with the other arm.

Ushiro ryokatatori: an attack in which Uke grabs Nage's shoulders from behind.

Ushiro tekubitori: an attack in which Uke grabs both of Nage's wrists from behind.

Waza: technique.

Yokomenuchi: an attack in which Uke strikes at the side of Nage's neck or head with an open hand.

Yonkyo: a technique in which pressure is applied against Uke's forearm.

Zen: a form of meditation based on a Japanese philosophy.

These terms are from Yoshimitsu Yamada's book, *The New Aikido Complete*.

NOTES:

1. dori and tori are used interchangeably (katatedori vs katatetori, ryotedori vs ryotetori, etc) with the CAF using dori.
2. Ushiro tekubitori, ushiro ryotekubidori, ushiro ryotedori are used interchangeably with the CAF using ushiro ryotekubidori