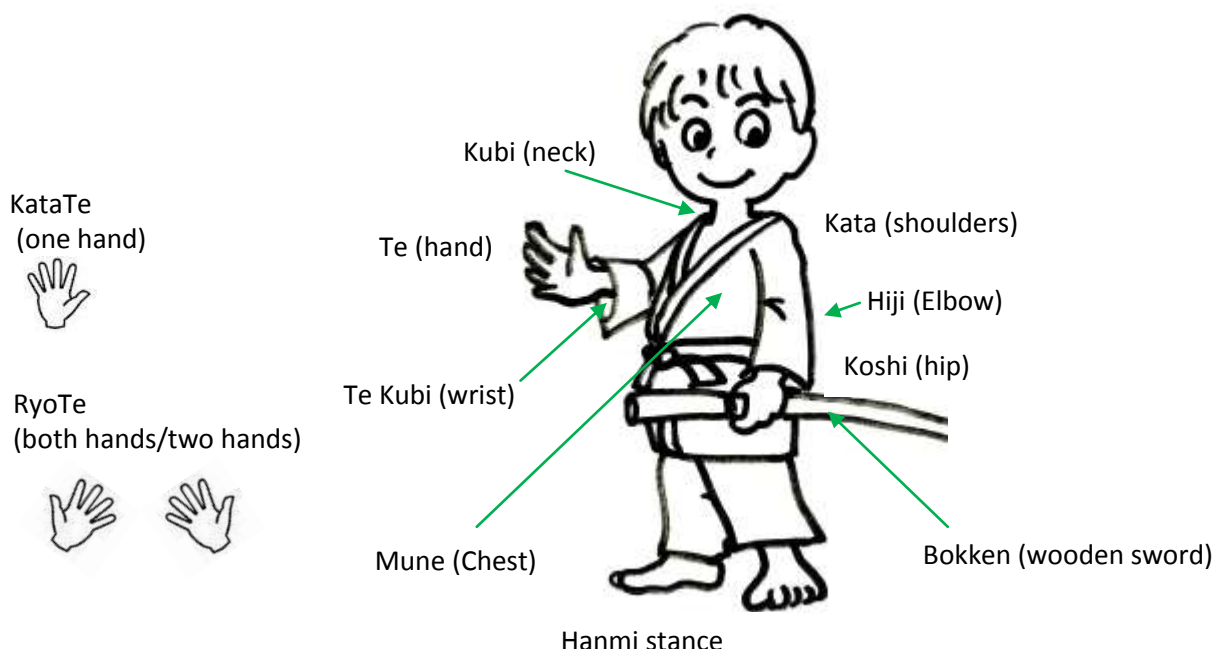


## Glossary (Aikido terms used in children's classes)



"Onegai Shimasu"	Please help/ If you please, .../ Please be patient with me	Katate Tori	One hand grab to wrist
"Arigato Gozaimashita"	Thank you	Ryote Tori	Both wrists grabbed from front
Seiza	Sitting kneeling with feet under hips	Tsuki	Thrust/ Punch from hip
Shikko	Knee walking	Shomen Uchi	Strike to the top of the head
Hanmi	Body position--oblique triangular stance with one foot forward and the other to the rear, body facing about 45°	Gi/KeikoGi/DoGi	Training Suit
Ai Hanmi	Cross hand and leg position	<b>Counting in Japanese</b> 1 Ichi (itchy) ...one 2 Ni (knee)...two 3 San (sun)...three 4 Shi (she)...four 5 Go (go)...five 6 Roku (rock)...six 7 Shichi (shi chi)...seven 8 Hachi (hatch)...eight 9 Ku or Kyu (coo or Q)...nine 10 Zhu (jiu)...ten	
Gyaku Hanmi	Mirror position		
Nage	Defender		
Uke	Attacker		
Ukemi	Receiving techniques including rolling		
Tenkan	Swing leg around to back and turn		
Irimi	Enter, slide in toward back of uke		