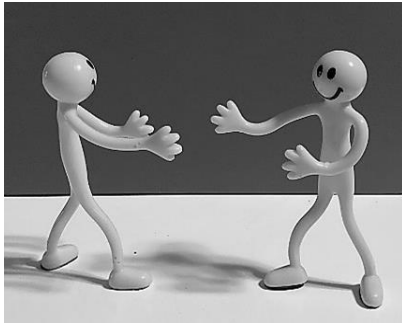


Aikido Terms

-Basic terms **A**- Attack **T**-Name of a technique **W**- Weapon terms

Ai-hanmi: the practice partners are facing each other standing in hanmi stance and have the same foot forward (right vs right or left vs left).



Atemi: strike to the body or head.

Ayumi-ashi: step forward as walking

Bokken: **W** wooden sword. Also called *bokuto*.

Budo: martial way. Japanese martial art training that includes learning a code of moral and ethics.

Choku-tsuki: **W** straight front thrust with Jo staff in Aikido.

Chudan: “middle level”
Stomach/solar plexus/floating ribs

Dojo: training hall.

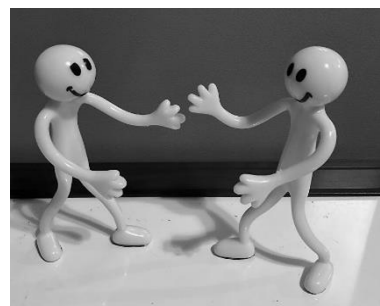
Eri-dori(Eri-tori): **A** collar grab

Gedan: “lower level”
the lower part of the body and legs

Gi (Doh-gi/Keiko-gi): uniform for martial art training. The word “Gi” is a short form and mostly used by non-Japanese speakers.

Gokyo/Gokajo: **T** “the fifth teaching” of pinning technique. Usually employed against a knife attack.

Gyaku-hanmi: the practice partners are facing each other standing in hanmi stance and have the opposite foot forward (right vs left or left vs right)



Hara: lower abdomen, belly, Tanden.

Harai/-barai: sweep away, parry.

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

Hanmi Handachi: Nage/Tori is sitting on the floor. Uke attacks from standing.

Hidari: left.

Ikkyo/Ikkajo: **T** “the first teaching” of pinning technique controlling the elbow.

Irimi: entering or moving forward.

Irimi nage: **T** a throwing technique employing an “entering” motion.

Jiyu waza: free style techniques

Jo: **W** wooden staff.

Jodan: “upper level.” Shoulders and above

Jo tori: **W** disarming technique against attack with a jo. which Nage uses the pressure of crossing Uke’s arms against each other.

Juji nage: **T** “cross throw.” The throw executed with uke's arms crossed at the elbows.

Kaeshi/Gaeshi: returning, reverse.

Kaeshi-tsuki: **W** reverse hand thrust with jo staff in Aikido.

Kaiten nage: **T** 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: guarding stance or position

Katate tori: **A** Uke grabs one of Nage’s hands in one of his or her hands.

Kata tori: **A** an attack in which Uke grabs at Nage’s lapel or shoulder.

Kata-tori Men-uchi: **A** front hand grabs Nage's lapel or shoulder and shomen strike with back hand.

Ki: vital force in East Asian cultural sphere, energy, intention, feeling, Qi. (Ai Ki Do means the way of harmonizing “Ki” or matching “Ki”)

Kiza: sitting on your heels with toes curled forward.

Kokyu: breath, timing, rythm. As an expression, “kokyu wo awase(matching)” means “to sync up with” or “to get in tune with.”

Kokyu-ho (Kokyu-ho exercise): Aikido exercise to develop skills to unbalance and control/throw an attacker who grabs your wrist (s) or forearm(s).

Kokyu nage: **T** “timing throw” a type of throw employing no joint technique.

Kokyu-ryoku: the power/skill used in Aikido to unbalance and control an attacker is referred to as “kokyu-ryoku.” There are different explanations by different Aikido masters (direct students of O’sensei) and Aikido schools, but they agree that kokyu-ryoku is not a muscling power; controlled relaxation of the arms and upper body, developed Tanden (the centre) and calm mind are key to generate this power.

Koshi nage: **T** a throw in which Uke is thrown over Nage’s hips.

Kote: wrist, hand, lower part of forearm

Kote gaeshi: **T** one of the wrist techniques in which pressure is applied on the wrist or *kote* away from Uke’s body.

Kuzushi: unbalancing

Ma-ai: martial distance. Distance between Uke and Nage.

Mae: front

Mae kaiten(mae ukemi): forward roll

Migi: right

Morote tori: **A** an attack in which Uke grabs Nage’s forearm with both hands. Also called “katate ryotemochi”

Mune dori: **A** collar grip by the chest

Nage (Tori): the partner executing the technique. “Tori” is more commonly used in Japan.

Nikkyo/Nikajo: **T** “the second teaching” of pinning techniques in which pressure is applied on the wrist toward Uke’s body.

Obi: belt. (Kuro-obi=black belt, Shiro-obi=white belt)

Okuri-ashi: Moving the front foot in the direction of travel first while maintaining the same hanmi.

Omote and 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: proper bowing. sometimes used as a short form of courtesies/*reigi*

Reigi: courtesy, etiquette.

Ryote tori: **A** an attack in which Uke grabs both of Nage's wrists in both of his or her hands. Also called "ryote dori"

Sasou: invite.

Sankyo/Sankajo: **T** "the third teaching" of pinning techniques in which pressure is applied against the wrist in a twisting motion toward Uke.

Seiza: "proper sitting" on the mat or floor.

Shiho nage: **T** a technique in which pressure is applied against Uke's wrist and elbow using a sword-cutting motion to throw Uke down.

Shikko: knee walk.

Shomen uchi: **A** an attack in which Uke strikes at Nage's forehead with an open hand.

Sokumen irimi nage: **T** a side entering throw using kokyuhō with the arm across the partner's chest.

Soto: outside.

Suburi: **W** practice swings, repetitive individual cutting exercises.

Suri-ashi: feet skimming the floor surface.

Sumi otoshi: **T** "corner drop," a throwing technique.

Suwari waza /Zagi: techniques done from a sitting position. Both uke and nage employ shikko (knee walk).

Tachi(太刀): **W** a sword.

Tachi tori: disarming techniques against sword/bokken attacks.

Tachi (立) waza: techniques from a standing position.

Tai sabaki: a way of maneuvering the body to avoid a strike and at the same time positioning oneself into an advantageous position to execute a technique. Aikido uses four important taisabaki; irimi, tenkan, tenkai, and tenshin

Tanden: a point below the navel. “Lower dantian” in Japanese martial arts.

Tanto: **W** “short sword.” A wooden knife in Aikido.

Tanto tori: **W** disarming techniques against knife attacks.

Tegatana: hand-blade

Tenchi nage: **T** a type of throw in which Nage breaks Uke’s balance by extending one hand down and the other up while moving toward Uke.

Tenkai: pivoting motion around the vertical axis.

Tenkan (tai no henko): turning/changing direction.

Tenshin: changing hanmi by stepping back or stepping to the side.

Tsugi ashi: a foot movement. Moving the rear foot in the

direction of travel first while maintaining the same hanmi

Tsuki: **A** thrust, punching.

Uchi: inside.

Ude-Kime nage: **T** a type of throw applying pressure to the underside of the elbow.

Uke: a person who attacks and receives a technique in Aikido training.

Ukemi: protective falling. “Receiving body.”

Ura: *please see “Omote and Ura”*

Ushiro: back/rear.

Ushiro kubi-shime: **A** an attack in which Uke grabs one of Nage’s wrists from behind and chokes Nage with the other arm.

Ushiro ryo kata-tori: **A** an attack in which Uke grabs Nage’s shoulders from behind.

Ushiro tekubi-tori: **A** an attack in which Uke grabs both of Nage’s wrists from behind.

Ushiro tsuki: **W** thrust to the rear with jo staff in Aikido.

which pressure is applied against Uke's forearm.

Waza: technique.

Zagi: *see "Suwari waza"*

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

Zanshin: "remaining mind/attention." remaining guarding stance after a technique is executed.

Yonkyo/Yonkajo: **T** "the fourth teaching" of pinning techniques in

NOTES:

"-dori" and "-tori" (=taking) are used interchangeably (katate-dori vs katate-tori, ryote-dori vs ryote-tori, etc).

Expressions

Arigato gozaimashita: Thank you very much.

Onegai shimasu: Please
(In dojo, used as a short form of "Please work with me"/" Please teach me")

Rei: proper bowing
Otagai ni rei: bow to each other
Sensei ni rei: bow to Sensei
Shomen ni rei: bow to the front/kamiza in the dojo

Hajime: "Begin"

Yame: "Stop" "Halt"

Hai: "Yes"

Counting in Japanese

| | |
|-------------------|-----------------------|
| 1 – ichi | 6 – roku |
| 2 – ni | 7 – sichi/nana |
| 3 – san | 8 – hachi |
| 4 – si/yon | 9 – ku/kyu |
| 5 – go | 10 – ju |

11 – **ju ichi**

12 – **ju ni**

⋮

⋮

20 – **ni ju**

21 – **ni ju ichi**

22 – **ni ju ni...etc.**

30 – **san ju**

31 – **san ju ichi**

32 – **san ju ni....etc.**

Pronounce them like:

1-Itchy

2-Knee

3-Sun

4-Sea

5-Go

6-Rock

7-SeeChee

8-Hatch

9-Coo

10-Joo

Names of Body Parts in Japanese

Men*

(face, front part of head)

Yoko men
(side of head/face)

Eye (meh)

Kote (forearm)
Ago (chin)

Kubi (neck)

Káta (shoulder)

Te (hand)

Mune
(chest)

Ude (arm)

Hiji (elbow)

Hara (abdomen/belly)

Tekubi (wrist)

Koshi (hips)

Kata-te
(one hand)

Hiza (knee)



Ashi (foot/leg)

Ryo-te
(two hands/both hands)

* In everyday language, face is "kao," and head is "atama." Men also means a head shield/mask/surface of the face.