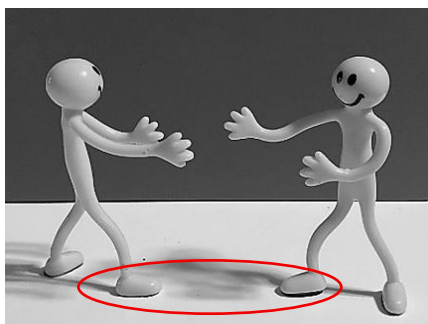


Aikido Terms

-Basic Terms **[A]**- Name of Attack **[T]**-Name of Technique/kata **[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).



Standing in “Ai-hanmi” relation

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.

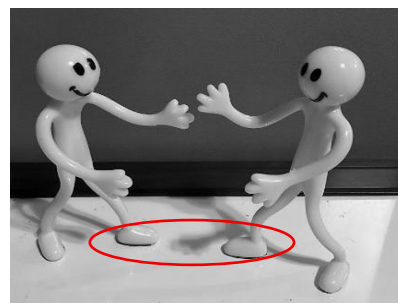
Eri-dori(Eri-tori): **[A]** collar grab

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.

Go-kajo/Go-kyo: **[T]** “the fifth teaching” of pinning technique. Usually employed against a knife attack.

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



Standing in “Gyaku-hanmi” relation

Hara: lower abdomen, belly, Tanden.
“Lower dantian” in Japanese.

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

Hidari Kamae: hanmi stance with left(hidari) foot forward, left hand leading. "Hidari hanmi Kamae."

Ikkajo/Ikkyo: **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** one hand grab to the wrist (Gyaku-hanmi relation). Usually Uke grabs Nage's left wrist with their right hand or Uke grabs Nage's right wrist with their left hand.

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. Short form is "katamenuchi."

Ki: vital force in East Asian cultural sphere, energy, intention, feeling, Qi.

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 and Aikido schools, but they agree that it is not a muscling power. Generating Kokyu-ryoku requires three key elements: a calm mind, a developed centre/tanden, and controlled relaxation through the arms, shoulders, and upper body.

Kosa dori: **A** cross-hand wrist grab. Uke and Nage standing in Ai-hanmi relation (hand-shake position).

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/*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

Migi Kamae: hanmi stance with right/migi foot forward, right hand leading.

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

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

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

Ni-kajo/Ni-kyo: **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 movement (going/entering toward Uke). Ura is based on tenkan movement 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.

San-kajo/San-kyo: **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 kokyuho 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 (座技): techniques done from a sitting position. Both uke and nage are on their knees.

Tachi(太刀): **W**a sword.

Tachi tori: disarming techniques against sword/bokken attacks.

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

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

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

Tanto/Tan ken: **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.

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 or “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.

Waza: technique.

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

Yon-kajo/Yon-kyo: **T** "the fourth teaching" of pinning techniques in which pressure is applied against Uke's forearm.

Zagi: *see "Suwari waza"*

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

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**

.

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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 or Cue

10-Joo

Names of Body Parts in Japanese

* In everyday language, face is called "kao," and head is "atama."

Men also means a head shield/mask/surface of the face.

Men*
(face, front part of head)

Yoko men
(side of head/face)

Eye (meh)

Kote (forearm)
Ago (chin)

Kubi (neck)

Te (hand)

Mune (chest)

Káta (shoulder)

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)

