

## **AIKIDO TERMS**

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## **GENERAL TERMS AND REIGI: ETIQUETTE**

**Ai** 合: Harmonizing or blending

**Ki** 気: Spirit, life force, or inner energy

**Do** 道: The way or the path

**Aikido** 合気道: The way of harmonizing with the Spirit, life force or inner energy

**Aikidoka** 合気道家: One who trains in Aikido

**Dojo** 道場: Practice hall (or place to practice the way or place to find enlightenment)

**Gi** 着: Practice uniform (or dogi)

**Hakama** 袴: Pleated skirt like pants worn by Yudansha and first kyu (WAAI) students. Traditions vary from dojo to dojo.

**Obi** 帯: Belt

**Sensei** 先生: Instructor or teacher, a title of respect, one who has gone before

**O Sensei** お先生: The great teacher, referring to Morihei Ueshiba, the founder of Aikido.

**Shihan** 師範: Master instructor

**Shomen** 正面: Head or front. Also the shrine at front of the Dojo honoring O Sensei

**Rei** 礼: Bow literally, to give thanks

**Ritsuri rei**: Standing bow

**Za rei**: Seated bow

**Shomen ni rei** 正面に礼: bow to the shomen

**Mokuso** 黙想: Meditate

**Yame** 止め: Finish or stop

**Sempai** 先輩: Senior student

**Kohai** 後輩: Junior student

**Dan** 段: Black belt rank as in Sho dan, first-degree black belt (lit. level)

**Yudansha** 有段者: Refers to person(s) who hold black belt rank

**Kyu** 級: Non black belt rank as in Go Kyu, fifth level

**Mudansha** 無段者: Practitioner(s) without dan rank

**Onegai Shimasu** おねがいします: “Will you train with me?” Used between partners before practicing or by the group at the start of the class. (lit. I make a request)

**Domo arigato goziamashita** どうも有り難うございます: “Thank you very much”, used by the group at the end of class or by partners when through practicing.

**Seiza** 正坐: The seated position with the legs folded under the torso.

**Kiza** きざ: Like seiza but up on the toes.

**Anza** 安座: Sitting with legs crossed.

**Ukemi** 受身: Protective falling, receiving a technique, what uke does (to receive with the body)

**Mae** 前: forward

**Ushiro** 後ろ: backward, to the back, from the back

**Zempo kaiten ukemi** 前方回転受身: Forward roll (mae ukemi 前受身)

**Koho kaiten ukemi** 後方回転受身: backward roll (ushiro ukemi 後ろ受身)

**Shikko**: Knee walking

**Hara 腹**: The center of gravity, which should be about two inches below the navel and corresponds to the third chakra.

**Tegatana** 手刀: The edge of the hand (lit.: hand sword)

**Budo** 武道: The martial way

**Bushido** 武士道: The way of the warrior

## COUNTING

Ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju: One through ten. (Shi 四 is a homonym for death 死, hence fourth technique is called Yonkyo rather than Shikyo or "death technique")

Ju ichi, ju ni, ju san, ... ju ku: eleven through nineteen

Ni ju, ni ju ichi, ni ju ni, ... ni ju ku: twenty through twenty nine

San ju: Thirty Yon ju: forty Go ju: fifty Roku ju:sixty Shichi ju:seventy

Hachi ju: eighty Ku ju:ninety Hyaku: one hundred

一二三四五六七八九十 (one to ten)

## AIKI TAISO: MOVEMENT EXERCISES

**Undo** 運動: Exercise

**Sayu undo** 左右運動: Side to side lateral arm swing exercise

**Ude furo undo** 腕振る運動: Arm spinning exercise

**Tenkan undo** 転換運動: A turning exercise involving a 180° spin. Tenkan literally means to divert.

**Tekubi kosa undo** 手首交差運動: An exercise drawing the arms forward against an imaginary rear two handed grab.

**Ikkyo undo** 一教運動: An exercise in which the arms are raised as in shomenuchi ikkyo.

**Funakogi undo** 船漕ぎ運動: Rowing exercise

**Ushiro tori undo** 後ろ取り運動: An exercise practicing a defense against an imaginary bear hug from behind.

**Ushiro tekubi tori zanshin undo** 後ろ手首取りざんしん運動: An exercise practicing a defense against an imaginary two-handed rear grab.

**Shiho Undo**: Four directions

**Happo Undo**: Eight directions

## RELATIONSHIPS

**Nage** 投げ: To throw, or the partner executing a technique. (Sometimes called tori)

**Uke** 受け: The initial attacker and the one who receives the technique.

**Hanmi** 半身: The basic aikido triangular stance.

**Ai** 合: The same

**Ai hanmi** 合半身: Standing so that uke and nage have the same foot forward.

**Gyaku** 逆: Opposite (reverse)

**Gyaku hanmi** 逆半身: Standing so that uke and nage have opposite feet forward.

**Ma ai** 間合い: The concept of a proper distance which retains ki connection and yet forces the opponent to commit in order attack.

**Shiho** 四方: four directions

**Happo** 八方: eight directions

**Omote** おもて: A variation of a technique that is done generally to uke's front.

**Ura 裏:** A variation of a technique generally done towards uke's rear side.

**Soto 外:** Outside

**Uchi 内:** Inside

**Jodan 上段:** Upper level

**Chudan 中段:** Middle level

**Gedan 下段:** Lower level

**Migi 右:** Right

**Hidari 左:** Left

**Irimi 入り身:** Entering

**Tenkan 転換:** A turning movement involving sweeping the backward leg 180° and changing directions.

**Tai no henko(Tai no Tenkan) 体の変更:** basic blending exercise

**Tenshin 転進:** Stepping backwards at a 45° angle off the line of attack. (not necessarily backwards; sometimes backwards movement is called "zanshin.")

**Kuzushi 崩し:** To unbalance uke

**Shikaku 死角:** Nage's position relative to uke's where uke can not continue to attack. (lit.: dead angle)

**Zanshin 残心:** To hold a thought, in aikido to hold the final posture of a technique for a moment. (lit.: remaining mind/sprit)

## **BROAD CLASSES OF TECHNIQUE**

**Tachi waza 立ち技:** Standing techniques

**Suwari waza 座り技:** Both uke and nage are in seiza or kiza.

**Hanmi handachi** 半身半立ち: Uke is standing and nage is seated.

**Henkawaza** 変化技: switching from one technique to another

**Kaeshiwaza** 返し技: counter techniques - Uke applies a technique to nage.

**Katana, Ken, Tachi** 刀: A sword

**Bokken** 木刀: A wooden sword

**Tachi tori** 立ち取り: Techniques against attack with a sword

**Jo** 杖: A wooden staff roughly reaching to the armpit

**Jo tori** 杖取り: Techniques applied against attacks with a jo.

**Jo waza** 杖技: Techniques applied while holding a jo.

**Tanto** 短刀: Knife.

**Tanto tori** 短刀取り: Techniques against knife attacks.

**Kumitachi** くみたち: Partner boken work.

**Kumijo** くみ杖: Partner jo work.

**Suburi** 素振り: Basic solo weapons practice

**Kata** 方: A set of movements strung together

**Jiyu-waza** 自由技: Freestyle techniques

**Randori** 乱捕り: Multiple attackers

## **ATTACKS**

**Shomenuchi** 正面打ち: A direct frontal strike using the hand like a sword.

**Yokomenuchi** 横面打ち: A side strike to the head using the hand as a sword.

**Tsuki** 突き: A thrust

**Mune** 胸: Chest

**Mune tsuki** 胸突き: punch or thrust to the chest

**Tekubi** 手首: Wrist.

**Ushiro** 後ろ: Rear.

**Ushiro tekubi tori** 後ろ手首取り: Rear wrist grab.

**Kata** 肩: Shoulder or a set of fixed stylized movements.

**Tori** 取り: Grab.

**Kata tori** 肩取り: Shoulder grab.

**Katate** 片手: Wrist

**Katate tori** 片手取り: Wrist grab. (one hand grabbing one wrist, on same side, right hand grabs left wrist)

**Kosa tori** 交差取り: Wrist grab. (one hand grabbing one wrist, on opposite side, right hand grabs right wrist)

**Morotetori** 諸手取り: Two hands grabbing one wrist.

**Ryotetori** 両手取り: Two hands grabbing two wrists.

**Eritori** 襟取り: Collar grab, usually from behind.

**Hijitori** 肘取り: Elbow grab.

**Kubishime** 首絞め: A choke hold or attack. (kubi: neck, shime: hold/constriction)

**Men** 面: Head

**Uchi** 打ち: To strike

**Katatori men uchi** 肩取り面打ち: A shoulder grab and shomen uchi combined.

**Katatetori men uchi** 片手取り面打ち: A wrist grab and shomen uchi combined.



## **TECHNIQUES: WAZA**

**Ikkyo** 一教: First technique

**Nikkyo** 二教: Second technique

**Sankyo** 三教: Third technique

**Yonkyo** 四教: Fourth technique

**Gokyo** 五教: Fifth technique

**Atemi** 当て身: A strike intended to disorient, shock or perhaps damage uke.

**Kotegaeshi** 小手返し: A basic wrist throw in which the wrist is twisted outwards.

**Nage** 投げ: to throw

**Shiho nage** 四方投げ: Four directions throw

**Irimi** 入り身: Entering

**Irimi nage** 入り身投げ: Entering throw

**Kokkyu** 呼吸: Breath

**Kokkyu nage** 呼吸投げ: Breath throw or the class of techniques which throw uke without employing joint techniques.

**Koshi** 腰: Hip

**Koshinage** 腰投げ: Hip throw

**Kaiten** 回転: Rotate.

**Kaitennage** 回転投げ: Rotation throw

**Juji** 十字: Character for ten in Japanese and looks like a cross.

**Jujinage** 十字投げ: A throw in which uke's arms are crossed against each other at the elbows.

**Ten** 天: Heaven

**Chi** 地: Earth

**Tenchi Nage** 天地投げ: A technique in which one of the nage's arms is directed up and the other one is down.

## Japanese Pronunciation

**a** /

like 'a' in "father"

**i** /

like 'i' in "machine"

**u** /

like 'oo' in "hoop"

**e** /

like 'e' in "set"

**o** /

like 'o' in "rope"

**n** /

short 'n' at the end of a syllable, pronounced as 'm' before 'b', 'p' or 'm'.

Note that "u" is often weak at the end of syllables. In particular, the common endings *-desu* and *-masu* are pronounced as "des" and "mas" respectively.

**k**

like 'k' in "king"

**g**

like 'g' in "go"

**s**

like 's' in "sit"

**z**

like 'z' in "haze"

**t**

like 't' in "top"

**d**

like 'd' in "dog"

**n**

like 'n' in "nice"

**h**

like 'h' in "help"

**p**

like 'p' in "pig"

**b**

like 'b' in "bed"

**m**

like 'm' in "mother"

**y**

like 'y' in "yard"

**r**

like 'r' in "row" (actually a sound between 'l' and 'r', but closer to 'r')

**w**

like 'w' in "wall"

**ch**

(t before i) like 'ch' in "touch"

**sh**

(s before i) like 'sh' in "sheep"

**ts**

(t before u) like 'ts' in "hot soup"

**f**

(h before u) like 'f' in "far"

**j**

(d before i) like 'j' in "jar"