

# AIKIDO GLOSSARY extended

## Body

<i>Japans</i>	<i>English</i>	<i>Usage</i>
Ude	Arm	Udekimenage: arm throw
Te	Hand	Tegatana : sword hand
Mune	Chest	Munedori: grab lapels at the chest
Koshi	Hip	Koshinage: hip throw
Kote (Tekubi)	Wrist	Kotegaeshi: wrist turn (lock) throw
Kata	Shoulder	Kata dori: grab the shoulders
Hiji	Elbow	Hijikimeosae: elbow lock (rokyo)
Eri / iri	Neck, collar	Eridori / iridori: grab the collar at the back of the neck
Kubi	Neck, throat	Kubishime: strangulation

## Directions

Mae	Forward	Mae ukemi
Ushiro	Backward	Ushiro ukemi
Yoko	Sideways	Yoko ukemi
Omote	Front	
Ura	Backside	
Uchi	Inside	Uchikaiten nage: inside wheel throw
Soto	Outside	Sotokaiten: outside wheel throw
Jodan	High	Jodan tsuki: strike (punch) at the head
Chudan	Middle	
Gedan	Low	

## Posture

Kamae	Basic posture	
Hanmi	(Basic)stand	Han: half
Hidari hanmi	Basic stand with left foot forward	
Migi hanmi	Basic stand with right foot forward	
Aihanmi	Equal position	
Gyaku hanmi	Mirror position	
Hanmi handachi	Half sitting, half standing	
Shisei	Attitude	
Shizentai	Natural posture (feet together)	
Sankakuho	Triangular position, feet are in hanmi	Sankaku: triangle
Seiza	Sit on heels	
Kiza	Kneeling on toes	
Jodan (no) kamae	Position with weapon above the head	
Hasso (no) kamae	Position with weapon next to the head	

# AIKIDO GLOSSARY extended

## Techniques, training

Waza	Technique(s)	Also: training method
Katame waza	(Joint) lock techniques	Different from nage / nage waza
Nage waza / nage	Throw(s)	Nage: sometimes also used as a synonym for tori
Suwariwaza	training in the sitting position	
Tachiwaza	training in the standing position	
Hanmi handachiwaza	sitting/standing training	Tori defends in a sitting position while uke attacks in a standing position
Kihon waza	Basic techniques	
Jiyu waza	Free techniques	Free training
Kaeshi waza	Counter techniques	
Henka waza *	Change techniques	Change a technique during the performance of a technique
Oyo gi/waza **	Applied technique	Application of principles of the technique

\*/\*\* Henka waza are techniques in which you use one technique and then switch to the execution of another technique (for example from nikyo to rokyo, from ikkyo to iriminage). Oyo waza is the application of the principles of the technique: tori reacts to what is happening at that moment, for example because uke blocks. The distinction is sometimes difficult to make and henka waza / oyo waza may overlap. See a discussion on this: <http://www.aikiweb.com/forums/showthread.php?t=2766>. They are not actually a fixed sets of techniques, but a way (for advanced students) to investigate techniques. Henka waza is about the relationship between techniques and oyowaza about being able to react 'beyond the (basic) techniques' and giving a creative interpretation to personal techniques (jiyu oyogi). They are therefore not sets of examination techniques.

## Exercise, practice

Keiko	Practice	
Suburi	Solo practice with sword and stick	
Ikkyo undo	Ikkyo movement in four directions	
Kokyu ho	Breath power exercise	Often at the end of the lesson
Aikiken	Sword (ken) exercises for Aikido	Not: sword fighting (kenjutsu)
Aikijo	Stick (jo) exercises for Aikido	
Randori	Throwing of more than one attackers	

## Falling

Ukemi	Fall, to roll	
Mae ukemi*	Forward roll	
Mae ukemi (kaiten)	Forward roll	
Mae ukemi chokuto	Forward break fall	Distribute the impact on the lower arms
Ushiro ukemi (kaiten)	Backwards roll	
Ushiro ukemi chokuto	Backwards break fall	Distribute the impact by straightening the arms
Yoko ukemi (kaiten)	Sideway roll	
Yoko ukemi chokuto	Sideway break fall	Distribute the impact by straightening the arm

\* Mae ukemi is most commonly used when referring to the forward roll. It is not common practice to say mae ukemi kaiten. However, mae ukemi chokuto is used to refer to the forward break fall. When both techniques are asked for in succession, mae ukemi kaiten can be used to emphasize the differences between the techniques.

# AIKIDO GLOSSARY extended

---

## Body movement

Taisabaki	Movement of the body	
Irimi	Forward movement	
Tenkai	Half rotation	Turn without a step
Tenkan	Half rotation with step	Turn with a step backwards
Irimi tenkai / kaiten*	Step forwards followed by half turn	Step forwards and turn without further steps
Ayumi ashi	Walking	With one foot in front of the other
Tsugi ashi	Sliding step	One foot stays in front
Shikko	Walking on your knees	

\*There is a difference of opinion on the use of kaiten as taisabaki. In Uchikaiten/Sotokaiten, 'kaiten' means: kaiten (wheel turn). But literally: kai = turn, ten = body. So tenkai and kaiten mean more or less the same thing: your body rotates / turns your body. Originally the taisabaki were: irimi, tenkai, tenkan, irimi tenkai, irimi tenkan (step in, turn, turn with step, enter and turn, enter and turn and one step backwards). There is also a language development to indicate Irimi tenkai simply as kaiten.

## Basic techniques

Ikkyo	First form	
Nikyo	Second form	
Sankyo	Third form	
Yonkyo	Fourth form	
Gokyo	Fifth form	
Rokyo	Sixth form	Udeshigi, hijikimeosae
Iriminage	Entering throw	
Shihonage	Throw of 4 directions	
Kotegeashi	Throw by twisting the wrist	Gaeshi: turn
Uchikaiten nage	Wheel throw from the inside	
Sotokaiten nage	Wheel throw from the outside	
Uchikaiten kata katame	Wheel turn with shoulder lock	
Koshinage	Hip throw	
Udekimenage	Arm lock throw	
Udegaraminage	Arm wrapping throw	
Tenchinage	Heaven and earth throw	
Jujigarami / jujinage	Crossed arm throw	
Sumiotoshi	Corner throw	
Kokyu nage	Breath power throw	Basic exercise, no technique

## Attack

Katate*	One hand	
Dori	Form	
Katatedori	Wrist grab	
Aihanmi katatedori	Wrist grab in crossed stance	
Gyaku hanmi katatedori	Wrist grab in mirror stance	
Shomenuchi	Strike the head from above	
Yokomenuchi	Strike the head from the side	
Katadori	Grab the shoulder	

# AIKIDO GLOSSARY extended

Sodedori	Grab the sleeves of the suit	Sode: sleeve
Munedori	Grab the lapels at the chest	
Ryotedori ryotemochi	2 hands grab 2 wrists	Ryote: 2 hands
Katate ryotedori	2 hands grab 1 wrist	Also known as morotedori
Katadori menuchi	Grab the sleeve at the shoulder and strike at the head	
Tsuki	Strike	
Chudan tsuki	Strike the belly / solar plexus	With or without weapon
Jodan tsuki	Strike towards the head	
Ushiro ryo(kata)tedori	Grab 2 wrists from behind	
Ushiro ryo katadori	Grab 2 shoulders from behind	
(Ushiro) munedakeshime	Lock (from behind)	
Ushiro kubeshime	Strangulation with wrist grab	
Iridori (eridori)	Grab the back of the neck from behind	
Tanto dori	Defence against knife	
Jo dori	Defence against stick	
Tachi dori	Defence against sword	
Futaridori / futarigake	2 attackers	
Atemi	strike	

\*In Japanese, the same sounds may have different meanings. In writing there is a difference (in the kanji), but during the pronunciation you can't hear this. Thus, kata can mean: one, shape or shoulder. Uchi means strike, inward or attacker. This can be confusing if you try a systematic approach to understand the terms.

## Principles

Ma-ai	Distance	
Kime	Projection	
Ki no nagare	Flowing technique	
Kokyu	Breath power	Kokyu (ryoku)
Kuzushi	Disturbing / destroying the balance	
Sen	Timing	
Zanshin	Alertness	

## Numbers

## Native numbers

Ichi	1	Hitotsu
Ni	2	Futatsu
San	3	Mittsu
Shi, yon	4	Yottsu
Go	5	Itsutsu
Roku	6	Muttsu
Shichi, nana	7	Nanatsu
Hachi	8	Yattsu
Ku (kyu)	9	Kokonotsu
Yu	10	Tô

\* Numbers are confusing in Japanese too. When you just list the numbers you will use different words than when you are counting objects. For different things there are different numeric systems you have to use in Japanese. There are different

# AIKIDO GLOSSARY extended

---

numbers for animate and inanimate objects. There are also different numbers for height and width. And also there are different ways to refer to the numbers themselves. Here the list on the left is the Sino-Japanese (on'yomi) reading and the list on the right is the native kun'yomi reading.

## Clothing

Keiko gi	Training suit	
Obi	Belt	
Hakama	Pants	Traditional Japanese clothing
Zori	Slippers	

## Greetings

Hai	Yes	
Onegaishimasu	Please (do your best)	
Domo arigato gozaimasu	Thank you very much	
Zarei	Sitting greetings	Za: sit; Rei: greeting, bowing
Ritsurei	Standing greetings	
Reigi / reishiki	Etiquette	
Shomen ni rei	Greetings towards shomen	Is used during examination rituals
Sensei ni rei	Greeting the teacher(s)	Is used during examination rituals
Otakai ni rei	Greeting each other	Is used during examination rituals

## Various

Tate	Get up	
Hajime	Start	
Budo	Japanese martial arts	
Embukai	Public demonstration	
Kamiza	Central or high spot	Also shomen
Kata	Shape, shoulder, one	
Tanden	Center of the body	
Tachi	Sword, portrait	Katana, ken, to