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| Ai hanmi (eye-hon-me) | equal or mutual stance; Partners stand facing one another with the same foot forward. |
| Ai uchi | equal strike or equal kill |
| Aiki ken (eye-key-ken) | swordsmanship according to the principles of aikido |
| Aiki taiso (eye-key-tie-so) | aikido exercises |
| Aikido (eye-key-doe) | the way of life through harmony with the universe. |
| Atemi (ah-tem-ee) | defensive strike to the vital parts of the opponents body to distract or unbalance uke so a technique can be effectively applied. It is not meant to inflict injury. |

B

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| Bokken (bow-ken) | wooden sword used in practice |
| Budo (boo-doe) | Bujutso techniques of war for the purpose of spiritual purification |
| Bushido (boo-she-doe) | warrior way; group of disciplines that simultaneously teach martial techniques and guide mental and spiritual development; the way of life through application of the principles of martial arts |

C

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| Chudan (chew-don) | middle position |
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D

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| Dan (don) | aikido grade holder; black belt rank |
| Deshi | student, pupil, disciple |
| Dojo (doe-joe) | training hall |
| Dori (door-ree) | grab |
| Dosa (doh-sah) | an exercise |
| Doshi (doe-she) | comrade, friend |
| Doshu (doe-shoe) | the present leader of aikido world headquarters, Moriteru Ueshiba |

F

Fukushidoin (foo-koo-she-doe-in) first instructors rank, 2nd or 3rd dan

G

Gaeshi (guy-eh-she) to reverse

Gedan (gay-don) low position

Gedan Gaeshi (gay-don guy-eh-she) circular movement with the jo aimed at the lower part of the opponent's body

Gi (ghee) training uniform

Go (goh) five

Gokkyo (go-kio) fifth pinning technique

Gyaku hanmi (ghee-ah-koo hon-me) opposite stance; partners stand with the opposite foot forward

Gyaku tedoru (ghee-ah-koo tay-doe-ree) cross hand grab

H

Hachi (hach) eight

Hai (hi) yes

Haichi Undo back stretch

Hakama (hah-kah-mah) divided, pant like skirt; long skirt formal wear, normally worn by male Yudansha and advanced female aikido students

Hajime (hah-jee-may) begin

Hanka Waza switching from one technique to another

Hanmi (hon-mee) triangular stance with either left or right foot forward

Hanmi Handachi (hon-me hon-dah-chee) attack where nage is kneeling and uke approaches from a standing position

Hantai (hon-tie) opposite or reverse

Hara (har-ah) the center of existence; lower abdomen; physical and spiritual center; center of gravity of a person; area below the navel; the reservoir of ki

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| Harai | movement intended to sweep an opponent's jo away or down. Also applied to a movement of sweeping the opponent's legs from under him |
| Hasso | posture where the jo or bokken is held vertical at the right shoulder |
| Hasso Gaeshi | movement from the basic stance to the hasso posture |
| Hidari (he-dah-ree) | left (direction) |
| Hiji (he-jee) | elbow |
| Hijitori (he-jee-toe-ree) | elbow grab |
| Hito e mi | same as ura sankaku |
| Ho | method |
| | <u>I</u> |
| Iaido (ee-eye-do) | the art of drawing the sword |
| Iie (ee-ay) | no |
| Ikkyo (ee-kio) | first technique, wrist technique where the arm is held without applying pressure to the joints |
| Irimi (ee-ree-me) | to enter without collision |
| Iriminage (ee-ree-me-nah-gay) | throwing technique using an entering motion |
| Itai (ee-tie) | it hurts |
| Itchi (itch) | one |
| | <u>J</u> |
| Jo (joe) | wooden staff approximately 50" long |
| Jodan (joe-don) | high position |
| Jodan Gaeshi | circular movement with the jo aimed at the upper part of the opponent's body |
| Jotori (joe-toe-ree) | disarming jo attack |
| Ju (joo) | ten |
| Juji garumi | crossed arm throw |

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|----------------------------------|---|
| Juji nage | throw in which nage uses his own extended arm to put pressure on uke's elbow |
| Jyu waza (gee-you wah-zah) | free style techniques/practice |
| <u>K</u> | |
| Kaeshi Waza | counter techniques |
| Kaiten (kai-ten) | to revolve or rotate |
| Kaitenage (kai-ten-nah-gay) | rotary 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 | posture |
| Kamiza | centerpiece |
| Kata (kah-tah) | pre arranged exercise that teaches basic forms and principles; also the shoulder |
| Katana (kah-tah-nah) | japanese long sword |
| Katatetori (kah-tah-tay-toe-ree) | one hand grab to wrist |
| Katatori (kah-tah-toe-ree) | one hand grab to the shoulder |
| Keiko (kay-ko) | practice session; training |
| Ken (ken) | sword |
| Ki (key) | spirit; vital force of the body; universal energy; flow of positive energy; the essence of the universe; source of energy of nature; power of one's mind |
| Kiai (key-eye) | piercing scream or cry with practical and psychological value meaning "meeting of the spirits"; cry that unifies all parts of the body and spirit; to shout with ki; to alarm or frighten your opponent |
| Kihon (key-hohn) | basic form of a technique |
| Kinonagare (key-noh-nah-gah-ree) | fluid form of a technique |
| Ki Musubi (key moo-su-bee) | ki blending |
| Kogeki | attack |
| Kohai (koh-hi) | junior or subordinate student |

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| Kokyu (coke-you) | breathe energy/ki flow and the motions of the body unified by control of the breath; breathing; rhythm of ki movement; breath power; coordination of ki and breathing |
| Kokyu Dosa (coke-you doe-sah) | method of off balancing and pinning your partner with your ki instead of your physical power |
| Kokyu Ryoku | power harnessed through practice of kokyu |
| Kokyu Ho (coke-you ho) | seated kokyu exercise |
| Kokyunage (coke-you-nah-gay) | breath throw or timing throw often used for techniques that do not have a specific name |
| Koshi (koh-she) | hips, waist |
| Koshinage (koh-she-nah-gay) | hip throw |
| Kotegeishi (koh-the-guy-eh-she) | wrist turn out throw; wrist turning technique |
| Ku (koo) | nine |
| Kumi jo (koo-mee-joe) | partner practices with jo |
| Kumi tachi (koo-mee-tah-chee) | partner practices with bokken |
| Kyu (cue) | aikido ranks below dan; mudansha or undergraduate |

M

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|----------------------------------|---|
| Maai (mah-eye) | distance between uke and nage, meaning harmony of space |
| Mate (mah-tay) | wait |
| Men (men) | face, head |
| Menuchi (men-oo-chee) | strike to the head |
| Migi (mee-gee) | right direction |
| Misogi (mis-o-gee) | purification of ki |
| Mitsuke (mits-kay) | eye focusing and direction |
| Mokuso (mock-so) | meditate |
| Morotetori (moh-roh-tay-toe-ree) | attack holding one wrist/forearm with two hands |
| Munatori | lapel grab |

Musubi (moo-soo-bee)

blending

N

Nagare Gaeshi

to make a strike to the front and then a strike or thrust to the rear in one flowing movement

Nage (nah-gay)

a throw; also, the person who is attacked and performs the technique

Ni (nee)

two

Nikkyo (nee-kio)

second technique, wrist bending technique

O

O'Sensei (oh-sen-say)

great teacher, founder of aikido, Morihei Ueshiba 1883-1969

Obi (oh-bee)

belt

Omote (oh-moe-tay)

moving in front/forward

Omote Sankaku (oh-moe-tay sahn-kah-koo)

forward triangular stance

Onegai Shimasu (oh-nigh-guy-she mahs)

I make a request (spoken when one wishes to practice with a fellow student or teacher and at the beginning of each class)

Osae

a pin or method of holding down

Oyo Waza (oh-yoh wah-zah)

variations of basic techniques

R

Randori (ran-door-ri)

multiple person attack

Rei (ray)

bow, salutation

Reigi (ray-ghee)

etiquette

Renzoku

continuous

Roku (roke)

six

Ryote (ree-oh-tay)

both hands

Ryotetori (ree-oh-tay-toe-ri)

attack in which both wrists are held from the front

S

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| San (sahn) | three |
| Sankyo (sahn-kio) | third technique, wrist twisting/pinning technique |
| Seiza (say-za) | formal kneeling position with back straight |
| Sempai (sem-pie) | senior student |
| Sensei (sen-say) | teacher, the person who has walked ahead/before on this path |
| Shi (she) | four |
| Shichi (shich-ee) | seven |
| Shido-in (she-doe-in) | certified instructor rank, 4th dan and higher |
| Shihan (she-han) | master instructor rank, 6th dan and higher |
| Shihonage (she-ho-nah-gay) | four directions throw; pressure is applied to uke's wrist and elbow using a sword swinging motion to throw uke |
| Shikko (she-ko) | technique of walking on the knees |
| Shodan (sho-don) | first degree black belt |
| Shomenuchi (show-men-oo-chee) | strike to forehead |
| Shugyo (shoo-g-yo) | rigorous daily training for overall purification |
| Soto Kaiten | outside turning motion |
| Suburi (sue-boo-ree) | single movement using the ken or jo done as a solo practice |
| Sumi Otoshi | corner drop throw |
| Suwari Waza (sue-wah-ree wah-zah) | sitting techniques in which uke and nage employ shikko |

T

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|------------------------------|---|
| Tachitori (tah-chee-toe-ree) | sword disarming; techniques of taking an opponent's sword |
| Tachi Waza | techniques done with both uke and nage standing |
| Taijutsu (tie-jut-sue) | aikido techniques done without weapons |
| Tai No Henko (tie-no-hen-ko) | basic blending practice, tenkan exercise |
| Tai Sabaki (tie-sa-bock-ee) | body movements |
| Tanden (than-den) | point just below the navel, hara |

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| Tanren Uchi | practice for developing the hips. Usually done by hitting a bundle of branches with a bokken |
| Tanto (tahn-toe) | wooden knife or dagger |
| Tantotori (than-toe-tor-ree) | knife disarming |
| Te (tay) | hand |
| Tegatana (tay-gah-tah-nah) | hand blade; sword edge of the hand |
| Tekubi (tay-koo-be) | wrist |
| Tenchi (ten-shee) | ten=heaven, chi=earth. A position of the hands, one high and one low |
| Tenchinage (ten-shee-nah-gay) | heaven and earth throw |
| Tenkan | turning movement |
| Tsuki (ski) | thrust, punch |
| <u>U</u> | |
| Uchi (oo-chee) | inside, also means to strike |
| Uchi Kaiten | inside turning movement |
| Uchi Mawari | inside movement |
| Udekime Nage | type of throw applying pressure to the underside of the elbow |
| Uke (oo-kay) | person who gives the attack and receives the technique |
| Ukemi (oo-kem-me) | the art of receiving the technique and falling away from harm. Includes rolling and break falls (high falls) |
| Ura (oo-rah) | moving behind |
| Ura Sankaku (oo-rah sahn-kah-koo) | reverse hanmi |
| Ushiro (oo-she-row) | back, behind, rear |
| Ushirodori (oo-she-row-doe-ree) | bear hug from behind |
| Ushiro Eritori (oo-she-row ear-ree-toe-ree) | collar grab from behind |
| Ushiro Hijitori (oo-she-row hee-jee-toe-ree) | elbows grabbed from behind |

Ushiro Kubishime (oo-she-row koo-bee-she-may) choke from behind with free hand grabbing wrist

Ushiro Ryokatatori (oo-she-row ree-oh-kah-tah-toe-ree) both shoulders grabbed from behind

Ushiro Ryotetori both wrists grabbed from behind

Ushiro Tekubitori see ushiro ryotetori

Ushiro Waza (oo-she-row wah-zah) techniques applied from the rear

W-X-Y-Z

Waza (wah-zah) techniques

Yame (yah-may) stop

Yokomen (yoh-ko-men) side of the head

Yokomenuchi (yoh-ko-men-oo-chi) strike to the side of the head

Yonkyo (yon-kio) fourth technique where pressure is applied against uke's forearm

Yudansha (you-don-sha) black belt grade holders

Zanshin (zahn-shin) unbroken awareness and concentration

Zazen (zahn-zen) sitting meditation