

Aikido Glossary

Ai-hanmi	Mutual stance. Partners stand facing one another with the same foot forward
Aiki	Harmonising/Unification of ki
Ashi	Foot
Atemi	A strike, hit or blow
Awase	Blending exercise with a partner using jo/bokken
Bokken	Wooden sword
Chi	Earth
Chudan	Middle level eg chudan tsuki - strike to the abdomen
Deshi	Student, pupil, disciple
Do	Way eg Aikido = The Way of Aiki
Dojo	Training hall
Domo arigato gozamashita	Thank you very much
Dori	Holding eg Katadori - holding the gi at the shoulder
Dozo	Please (used when giving permission)
Etsunen-geiko	Special New Year's Eve practice
Furitama	Clasped hands/tanden shaking following torifune
Futaridori	Being held by two opponents
Gassho	Palms together, as if praying
Gedan	Lower level eg Gedan Uchi - strike to legs/lower area of body
Geiko/Keiko	Practice
Gi/Keikogi	Training suit
Giri	Cutting
Gyaku	Reverse
Gyakuhanmi	Opposite stance. Partners stand with opposite feet forward
Gyakute	"Reverse hand". Holding the jo with the palm facing downwards.
Hachi no ji gaeshi	Figure of eight circular movement
Haishin-undo	Back stretch exercise
Hajime	Begin
Hanmi	Oblique stance. "Half body"
Hanmi-handachi	Techniques performed with Tori (thrower) seated, Uke (attacker) standing
Happo giri	Eight direction cutting
Hara	Lower abdomen; physical and spiritual centre
Hasso	Holding jo or bokken vertically at right shoulder

Hidari	Left
Hito e mi	Basic back triangle stance. "Making the body small".
Ho	Method eg Kokyu ho - breathing method
Irimi	Entering with the body
Irimi-ashi	"Back foot irimi"
Iriminage	Body-entering throw
Jo	Staff/stick, about 4-foot long
Jodan	Upper level eg Jodan tsuki - strike to the face
Juji	Cross, like the Roman numeral X
Junbi undo	Warm-up exercises
Jusan no jo	The 13-count jo kata
Jutsu	Techniques
Jyunte	"Normal hand". Holding the jo with the palm facing upwards.
Kaiten	Turning
Kaitennage	Rotary throw
Kamae	Posture, stance
Kamiza	Place in the dojo where O-Sensei's picture is placed.
Kata	Series of movements eg 13-count jo kata
Kata	Shoulder eg Katadori - holding the gi at the shoulder
Katana	Japanese sword
Katate	One hand
Katatedori	One hand held
Keiko/Geiko	Practice
Keikogi/Gi	Training suit
Ken	Sword
Kesa	The collar of the gi where it lies across the chest. A blow aimed along this line.
Kesagiri	Sword cut along the line of the kesa
Ki	"Energy", "intention"
Kihon	Basic
Kiri	Cutting
Kiriotoshi	Cutting down
Kiza	Sitting on the heels, supported by the toes (in seiza, the toes lie on the mat).
Kohai	Junior
Kokyu	Breath
Kokyu-ho	Breathing method
Kokyunage	Breath throw

Kokyu Ryoku	Breath power
Koshi	Hip
Koshinage	Hip throw
Kote	Wrist
Kotegaeshi	Wrist out-turn
Kotehineri	Wrist twist. Another name for Sankyo
Kotemawashi	Wrist turn-in. Another name for Nikyo
Kubi	Neck
Kubishime	Neck choke
Maai	Distance
Mae-ukemi	Forward ukemi
Makiwara	Object used for striking practice
Men	Strike, blow, cut
Menuchi	Same as Shomenuchi
Mi	Body eg Irimi - entering with the body
Migi	Right
Misogi	Purification practice
Mitori-Geiko	Learning by observing others
Morotedori	Uke (receiver) holds one of Tori's (thrower's) arms with both hands
Mune	Lapel
Munedori	Holding both lapels together, usually with one hand
Musubi	Uniting, bonding
Nage	Throw or thrower
Nagewaza	Throwing techniques
Obi	Belt
Omote	Front
Onegaishimasu	Please (would you do this for me)
Osae	Pin, immobilisation
Otoshi	Drop
Oyowaza	Applied techniques
Rei	Bow
Renzoku	Continuous
Renzoku Uchikomi	Continuous striking attack
Ryokata	Both shoulders
Ryote	Both hands
Ryotedori	Both of Tori's hands held
Ryotemochi	Holding with both hands

Sabaki	Movement, motion
Sangaku or Sankaku	Triangle
Sake	Japanese rice wine
Sate	Sit down
Seiza	Sitting posture. "Good sitting"
Sempai	Senior
Sensei	Instructor, teacher
Shikko	Knee walking
Shime	Strangulation
Shimewaza	Strangulation techniques
Shihonage	Four-direction throw
Shizentai	Natural
Shomenuchi	Vertical blow to the head
Sode	Sleeve
Sodedori	Sleeve held
Sokumen	Side
Soremade	Finish
Soto	Outer, outside eg Sotokaiten nage
Suburi	Striking, cutting exercises with jo or bokken
Sumiotoshi	"Corner drop"
Suwariwaza	Techniques performed in a seated posture
Tachi	Sword
Tachi	Standing
Tachiwaza	Techniques performed from a standing posture
Tai	Body
Taijutsu	"Body arts"
Tai no henko	Body turning
Taisabaki	Body movement
Tanden	Energy centre in the lower abdomen
Tanren Uchi	Makiwara practice with a bokken
Tanto	Knife
Tatami	Mat
Tate	Stand up
Te	Hand eg Katate - one hand, Ryote - two hands
Tegatana	The edge of the hand. "Hand blade"
Ten	Heaven
Tenchinage	Heaven-earth throw
Tenkan	Turning

To	Sword
Toma	A great distance
Tori	The person who throws
Torifune	"Rowing" exercise
Tsugi-ashi	"Glide-walking". "Forward foot irimi"
Tsuki	Thrust, punch
Uchi	A strike
Uchi	Inner eg Uchikaiten nage
Uchideshi	A disciple who lives in the dojo and acts as a trainee/attendant to a master
Ude	Arm
Udegarama	"Arm entanglement"
Udekimenage	Another name for jujinage. "Arm focus throw".
Udeosae	Another name for Ikkyo. "Arm pin".
Uke	Receiver of technique
Ukemi	The art of falling. "Receiving with the body".
Ura	Behind, rear
Ura sankaku	The basic back triangle stance
Ushiro	From behind
Ushiro ukemi	Backward breakfall
Ushiro Kiriotoshi	Cutting down from behind
Ushirowaza	Techniques performed against an attack from behind
Waza	Technique
Yame	Stop
Yokomenuchi	Circular strike to the head
Yoi	Be ready
Za	Sitting
Zafu	Firm cushion used for sitting in Zazen
Zanshin	Continuing awareness after executing a technique
Zazen	"Sitting Zen"
Zori	Straw sandals

COUNTING IN JAPANESE

Ichi	One
Ni	Two
San	Three

Shi/Yon	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten
Ju-ichi	Eleven
Ju-ni	Twelve
Ni-ju	Twenty
Ni-ju-ichi	Twenty one
Ni-ju-ni	Twenty two
San-ju	Thirty
San-ju-ichi	Thirty one
etc.	

36 JO MOVEMENTS

Kesa basics

- 1 Kesauchi 1
- 2 Kesauchi 2
- 3 Makiotoshi 1 & 2
- 4 Uchiotoshi
- 5 Junte uchiotoshi
- 6 Kaeshiuchiotoshi 1 & 2
- 7 Kaitenuchiotoshi 1
- 8 Kaitenuchiotoshi 2
- 9 Otoshizuki 1
- 10 Otoshizuki 2
- 11 Otoshizuki 3
- 12 Otoshizuki 4

Shomen basics

- 1 Nagashiuchi
- 2 Haraiuchiotoshi
- 3 Kaeshizuki 1, 2 & 3
- 4 Makiotoshi 1
- 5 Makiotoshi 2
- 6 Jumonjisuriotoshi 1
- 7 Jumonjisuriotoshi 2
- 8 Otoshizuki 1
- 9 Otoshizuki 2
- 10 Otoshizuki 3

- 11 Kaitenuchiotoshi 1 & 2
- 12 Kesauchi (jodan, chudan, gedan)

Tsuki basics

- 1 Chokuzuki
- 2 Kaeshizuki
- 3 Haraizuki
- 4 Makiotoshi 1 & 2
- 5 Kaeshiuchiotoshi 1
- 6 Kaeshiuchiotoshi 2
- 7 Makiuchiotoshi 1 & 2
- 8 Kesauchi (jodan, chudan, gedan)
- 9 Otoshizuki 1
- 10 Otoshizuki 2
- 11 Kaitenuchiotoshi 1 & 2
- 12 Katateuchi

BOKKEN MOVEMENTS

- 1 Suburi - right/left hanmi
- 2 Shiho giri/& with tsuki
- 3 Happa giri/& with tsuki
- 4 8-count suburi kata - tachiwaza & suwariwaza
- 5 Kiriotoshi - jodan, chudan, gedan

Note: All those practising weapons should have their own bokken, jo and weapons bag.

TESSOKAI IAI BATTO-HO

OMORI-RYU

(Muso-Shinden-Ryu)

Shoden

- 1 Shohattô
- 2 Satô
- 3 Utô
- 4 Ataritô
- 5 Inyoshintai
- 6 Ryûtô
- 7 Juntô
- 8 Gyakutô
- 9 Seijûtô
- 10 Korantô
- 11 Gyakute inyoshintai
- 12 Battô

Chuden

- 1 Yokogumo
- 2 Toraissoke
- 3 Inazuma
- 4 Ukigumo
- 5 Yamaoroshi
- 6 Iwanami
- 7 Rokogaeshi
- 8 Yamegaeshi
- 9 Takiotoshi
- 10 Battô

SHINDEN-MUNEN-RYU

- 1 Iwanami
- 2 Ukifune gaeshi
- 3 Nôarashi gaeshi
- 4 Utsusemi
- 5 Matsukaze
- 6 Zangetsu hidari
- 7 Zangetsu migi
- 8 Dotô gaeshi
- 9 Reito gaeshi
- 10 Yôtô
- 11 Inyo
- 12 Inzuma gaeshi