

Basic Words

- Aikido** (合氣道): The way of harmonizing the spirit
- Hai** (はい): Yes
- Dojo** (道場): A place we train
- Sensei** (先生): Teacher
- Gi** (着/道着): Martial Arts Uniform
- Seiza** (正座): The way we sit at the dojo
- Rei** (礼): Bow
- Shomen** (正面): Front; Front of a dojo, where the pictures are
- Otagai** (お互い): Each other
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- 1) **Shomen ni Rei** (正面に礼): Bow to *Shomen*
- 2) **Sensei ni Rei** (先生に礼): Bow to *Sensei*
- 3) **Otagai ni Rei** (お互いに礼): Bow to each other