

Words, Phrases, Terms in Aikido (Alphabetically)

	Words / Phrases	Japanese	Meaning/Description	Notes
a	Ai	合	Harmonize	
	Ai hanmi	相半身	Same side stance	<i>Uke</i> and <i>Nage</i> have same feet forward
	Aikido	合気道/合氣道	The way of harmonizing the spirit	
	Aiki Taiso	合気体操	Aikido exercise	
	Arigato gozaimashita	ありがとうございました	Thank you very much	Say when you finish training
	Ashi	足	Leg, Foot	
	Atemi	当て身	Simulated strike	
	Awase - as in " <i>Jo Awase</i> "	合わせ	Blending, Harmonizing	<i>Jo Awase</i> - <i>Jo</i> partner exercise
b	Bokken	木剣	Wooden sword	Same as: <i>Bokuto</i> (木刀)
	Bokkendori	木剣取り	Seizing the <i>Bokken</i> : unarmed defense against <i>Bokken</i> attack	
	Bokken Kata	木剣型	<i>Bokken</i> form: 13 movements	<i>Bokken Kata</i> 1 & 2
c	Choyaku	跳躍	Vigorous stepping	
	Chudan (no Kamae)	中段(の構え)	Middle level (stance)	Hold <i>Bokken</i> pointing at the opponent's eyes
d	Dan - as in " <i>Sho dan</i> "	段	Black belt ranks	
	Do	道	Way	
	Dojo	道場	A place we train, training hall	
	Dojocho	道場長	A head teacher of dojo	
	Doshu	道主	A head of Aikido honbu dojo, <i>Moriteru Ueshiba</i>	
f	Fuku shidoin	副指導員	Assistant instructor	
	Funakogi	舟漕ぎ	Rowing	
g	Gyaku	逆	Opposite	
	Gyaku hanmi	逆半身	Opposite side stance	<i>Uke</i> and <i>Nage</i> have opposite feet forward
	Gedan (no Kamae)	下段(の構え)	Lower level (stance)	Hold <i>Bokken</i> pointing down
	Gi	着	Martial Arts uniform	Same as: <i>Dogi</i> (道着), <i>Doi</i> (道衣)
	Go	五	5 Five	
	Gokyo	五教	Fifth control / teaching	Same as: <i>Dai Gokyo</i> (第五教)
h	Hachi	八	8 Eight	
	Hai	はい	Yes	
	Hajime	始め	Start, Begin	
	Hakama	袴	Traditional Japanese pleated pants	
	Hanmi	半身	Triangular stance	
	Hanmi handachi waza	半身半立ち技	<i>Nage</i> -sitting, <i>Uke</i> -standing technique	
	Happo	八方	Eight direction	
	Hasso (no Kamae)	八双 / 八相(の構え)	Stance with weapon upright by the shoulder	
	Henka waza	変化技	Changing technique	

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h	Hidari	左	Left	
	Hidari hanmi	左半身	Left foot forward stance	
	Hiji	肘	Elbow	e.g.- <i>Ushiro hiji dori</i>
	Hombu (dojo)	本部(道場)	An Aikido head quarter in Japan	
i	Ichi	一	1 One	
	Ikkyo	一教	First control / teaching	Same as: <i>Dai Ikkyo</i> (第一教)
	Irimi	入り身	Entering into the front	
	Irimi nage	入り身投げ	Throw entering from the front	
j	Jiyu waza	自由技	(Free attack and) free technique	
	Jo	杖	Wooden staff	
	Jo Awase	杖合わせ	Blending movement with the <i>Jo</i>	Partner practice
	Jodan (no Kamae)	上段(の構え)	Upper level (stance)	
	Jodori	杖取り	Seizing the <i>Jo</i> : unarmed defense against <i>Jo</i> attack	
	Joho	上方	Upper	
	Jo Kagurame	杖鏡目	Mirrored movement with <i>Jo</i>	<i>Jo Kagurame</i> 1-5
	Jo Kata	杖型	<i>Jo</i> form: 22 movements	<i>Jo Kata</i> 1 & 2
	Jonage	杖投げ	Throwing with the <i>Jo</i>	
	Ju	十	10 Ten	
k	Kaeshi waza	返し技	Reversing technique	
	Kagurame	鏡目	"Mirror image"	<i>Jo Kagurame</i> - <i>Jo</i> partner exercise
	Kaiten nage	回転投げ	Propeller throw	
	Kamae	構え	Stance	
	Kata - as in " <i>Kata dori</i> "	肩	Shoulder	e.g.- <i>Ryo kata</i>
	Kata - as in " <i>Bokken Kata</i> "	型	Form	
	Katadori	肩取り	Shoulder grab	
	Katadori ganmen uchi	肩取り顔面打ち	Attacker grabs one shoulder and punches to face	
	Katadori men uchi	肩取り面打ち	Attacker grabs one shoulder and strikes to head / side of the head	
	Katame waza	固め技	Pinning technique	e.g.- <i>Ikkyo, Nikyo</i>
	Katana	刀	Japanese sword	
	Katatedori	片手取り	Same side hand (wrist) grab	Same as: <i>Katate mochi</i> (片手持ち)
	Katate kosadori	片手交差取り	Cross wrist (hand) grab	
	Katate ryotedori	片手両手取り	Attacker grabs one wrist with both hands	Same as: <i>Morotedori</i> (諸手取り)
	Kiai	気合い	Exhaling yell (energy)	
	Kihon waza	基本技	Basic technique	
	Koho tento Undo	後方転倒運動	Rocking exercise	
	Kokyu dosa	呼吸動作	Seated <i>Ki</i> training exercise	Same as: <i>Kokyu ho</i> (呼吸法)

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k	Kokyu nage	呼吸投げ	Timing (breath) throw	
	Kosa	交差	Crossing	
	Koshi nage	腰投げ	Lower back/hip throw	
	Kotai	後退	Step back	
	Kote	小手	Wrist	e.g.- <i>Kote gaeshi</i>
	Kotegaeshi	小手返し	Wrist twisting	
	Kubi	首	Neck	e.g.- <i>Ushiro tekubidori kubishime</i>
	Kumi Jo	組杖	<i>Jo</i> versus <i>Jo</i> forms	<i>Kumi Jo</i> 1-5
	Kumi Jo Ken	組杖剣	<i>Jo</i> versus <i>Bokken</i> forms	<i>Kumi Jo Ken</i> 1-5
	Kumi Tachi	組太刀	<i>Bokken</i> versus <i>Bokken</i> forms	<i>Kumi Tachi</i> 1-6
	Kyu - as in numbers	九	9 Nine	
	Kyu - as in " <i>7th kyu</i> "	級	Non-black belt ranks	
m	Maai	間合い	Active distance	
	Mae	前	Front	
	Maegeri	前蹴り	Front kick	Same as: <i>Ryote mochi</i> (両手持ち)
	Mae Ukemi	前受け身	Front roll	
	Men	面	Head / Face	e.g.- <i>Sho men</i> , <i>Yoko men</i> , <i>Gan men</i>
	Migi	右	Right	
	Migi hanmi	右半身	Right foot forward stance	
	Munetsuki	胸突き	Punch to chest	Same as: <i>Tsuki</i> (突き)
n	Nage	投げ	Thrower; A person who is doing a technique	Same as: <i>Tori</i> (取り), <i>Shite</i> (徒手)
	Nage waza	投げ技	Throwing technique	
	Nana	七	7 Seven	
	Ni	二	2 Two	
	Niju	二十	20 Twenty	
o	Obi	帯	Belt	
	Omote	表	Front	
	Onegai shimasu	お願いします	"Please" ("I'm ready to learn, if you please")	Say when you start training
	O-Sensei	大先生	<i>Morihei Ueshiba</i> , who invented Aikido	
	Otagai ni Rei	お互いに礼	Bow to each other	
	Oyo waza	応用技	Advanced technique	
r	Randori	乱取り	Seizing chaos, training with multiple attackers	Same as: <i>Taninzu gake</i> (多人数掛け)
	Rei	礼	Bow	
	Roku	六	6 Six	
	Ryokatadori	両肩取り	Attacker grabs both shoulders from the front at the same time	
	Ryotedori	両手取り	Attacker grabs both hands (wrists) at the same time	
s	San	三	3 Three	

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s	Sankyo	三教	Third control / teaching	Same as: <i>Dai Sankyo</i> (第三教)
	Sanju	三十	30 Thirty	
	Sayu	左右	Left and right	
	Seiza	正座	Seated kneeling position	
	Sensei	先生	Teacher	
	Sensei ni Rei	先生に礼	Bow to <i>Sensei</i>	
	Shi	四	4 Four	
	Shichi	七	7 Seven	
	Shidoin	指導員	Instructor	
	Shihan	師範	Master teacher	
	Shiho nage	四方投げ	Four direction throw	
	Shikko	膝行	Walking while kneeling	Hands in front of the belt
	Shizentai	自然体	Natural stance	Spread feet about shoulder width
	Shomen	正面	Front / Front of a <i>dojo</i> (where the pictures are)	
	Shomen ni Rei	正面に礼	Bow to <i>Shomen</i>	
	Shomen uchi	正面打ち	Strike to the top of the head	
	Shomen uchi Ikkyo	正面打ち一教	Bring both hands up to the face as if doing <i>Shomen uchi Ikkyo</i>	As in <i>Aiki Taiso</i>
	Sokumen irimi nage	側面入り身投げ	Side throw entering from the front	
	Soto	外	Outside	
	Suburi	素振り	Cutting / Striking practice without a partner	
	Sudori	素通り	Leg sweeping throw	
	Sumi otoshi	隅落とし	Corner throw	
	Suwari waza	座り技	Sitting technique	Same as: <i>Zagi</i> (座技)
t	Tachi waza	立ち技	Standing technique	
	Taisabaki	体裁き	Body movement exercise	
	Taiso	体操	Exercise	
	Tanto	短刀	Short sword, Knife	
	Tantodori	短刀取り	Seizing the <i>Tanto</i> : unarmed defense against the <i>Tanto</i> attacks	
	Te	手	Hand	e.g.- <i>Katate</i> , <i>Ryo te</i> ,
	Tekubi	手首	Wrist	e.g.- <i>Ushiro tekubi dori</i>
	Tekubi kosa	手首交差	Crossing wrists	
	Tenchi nage	天地投げ	Heaven and earth throw	
	Tenkan	転換	Turning to back, Changing direction	
u	Uchi	内	Inside	
	Ude	腕	Arm	e.g.- <i>Ude furi Undo</i> , <i>Ude gime</i>
	Udefuri	腕振り	Arm swing	
	Udegaramme	腕絡め	Arm wrap	

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u	Udegime	腕決め	Arm lock/bar throw	Same as: <i>Tenbin nage</i> (天秤投げ)
	Ukemi	受け身	Rolling: Controlled falling	
	Undo	運動	Exercise	
	Ura	裏	Behind	
	Ushirodori	後ろ取り	Attacker hugs from behind (bear hug)	
	Ushiro hijidori	後ろ肘取り	Attacker grabs elbows from behind	
	Ushiro katadori	後ろ肩取り	Attacker grabs shoulders from behind	Same as: <i>Ushiro Ryokatadori</i> (後ろ両肩取り)
	Ushiro tekubidori	後ろ手首取り	Attacker grabs wrists from behind	Same as: <i>Ushiro ryotekubidori</i> (後ろ両手首取り)
	Ushiro tekubidori kubishime	後ろ手首取り首絞め	Attacker grabs one wrist from behind and chokes the neck with the other arm	
w	Waki gamae/Waki no Kamae	脇構え/脇の構え	Stance with weapon tip down and back by the hip	
	Waza	技	Technique	
y	Yame	止め	Stop, Finish	
	Yoko	横	Side	
	Yokomen uchi	横面打ち	Strike to the side of the head	
	Yoko Ukemi	横受け身	Side roll	
	Yon	四	4 Four	
	Yonkyo	四教	Four control / teaching	Same as: <i>Dai Yonkyo</i> (第四教)
	Youi	用意	Ready	
	Yudansha	有段者	Person, who earned a black belt	
z	Zanshin	残心	Continuous mind	
	Zazen	座禅	Seated meditation	
	Zengo	前後	Forward and back	
	Zenshin	前進	Step forward	