

# Words, Phrases, Terms in Aikido

## (By Category)

Words / Phrases	Japanese	Meaning/Description	Notes
<b>Basic Words:</b>			
Aikido	合気道/合氣道	The way of harmonizing the spirit	
Ai	合	Harmonize	
Ki	氣 (気)	Sprit, energy	
Do	道	Way	
Dojo	道場	A place we train, training hall	
Hombu (dojo)	本部 (道場)	An Aikido head quarter in Japan	
Sensei	先生	Teacher	
O-Sensei	大先生	<i>Morihei Ueshiba</i> , who invented Aikido	
Doshu	道主	A head of Aikido honbu dojo, <i>Moriteru Ueshiba</i>	
Shihan	師範	Master teacher	
Dojocho	道場長	A head teacher of dojo	
Shidojin	指導員	Instructor	
Fuku shidojin	副指導員	Assistant instructor	
Gi	着	Martial Arts uniform	Same as: <i>Dogi</i> (道着), <i>Doi</i> (道衣)
Obi	帯	Belt	
Hakama	袴	Traditional Japanese pleated pants	
Seiza	正座	Seated kneeling position	
Zazen	座禪	Seated meditation	
Rei	礼	Bow	
Maai	間合い	Active distance	
Shikko	膝行	Walking while kneeling	Hands in front of the belt
Hanmi	半身	Triangular stance	
Migi	右	Right	
Hidari	左	Left	
Gyaku	逆	Opposite	
Migi hanmi	右半身	Right foot forward stance	
Hidari hanmi	左半身	Left foot forward stance	
Ai hanmi	相半身	Same side stance	<i>Uke</i> and <i>Nage</i> have same feet forward
Gyaku hanmi	逆半身	Opposite side stance	<i>Uke</i> and <i>Nage</i> have opposite feet forward
Atemi	当て身	Simulated strike	
Ukemi	受け身	Rolling: Controlled falling	
Mae	前	Front	
Ushiro	後ろ	Back	
Yoko	横	Side	

Words / Phrases	Japanese	Meaning/Description	Notes
Mae Ukemi	前受け身	Front roll	
Ushiro Ukemi	後ろ受け身	Back roll	
Yoko Ukemi	横受け身	Side roll	
Nage	投げ	Thrower; A person who is doing a technique	Same as: <i>Tori</i> (取り) , <i>Shite</i> (徒手)
Uke	受け	Attacker; A person, who is taking rolls/ being thrown	
Omote	表	Front	
Ura	裏	Behind	
Irimi	入り身	Entering into the front	
Tenkan	転換	Turning to back, changing direction	
Uchi	内	Inside	
Soto	外	Outside	
Taisabaki	体裁き	Body movement exercise	
Zanshin	残心	Continuous mind	
Kiai	気合い	Exhaling yell (energy)	
Kyu - as in "7th kyu"	級	Non-black belt ranks	
Dan - as in "Sho dan"	段	Black belt ranks	
Yudansha	有段者	Person, who earned a black belt	
Koho tento Undo	後方転倒運動	Rocking exercise	
<b>Numbers:</b>			
Ichi	一	1 One	
Ni	二	2 Two	
San	三	3 Three	
Shi / Yon	四	4 Four	
Go	五	5 Five	
Roku	六	6 Six	
Nana / Shichi	七	7 Seven	
Hachi	八	8 Eight	
Kyu	九	9 Nine	
Ju	十	10 Ten	
Niju	二十	20 Twenty	
Sanju	三十	30 Thirty	
<b>Phrases Used Frequently:</b>			
Hai	はい	Yes	
Arigato gozaimashita	ありがとうございました	Thank you very much	Say when you finish training
Onegai shimasu	お願いします	"Please" ("I'm ready to learn, if you please")	Say when you start training
Hajime	始め	Start, Begin	
Yame	止め	Stop, Finish	
Shomen	正面	Front, Front of a dojo (where the pictures are)	

Words / Phrases	Japanese	Meaning/Description	Notes
Shomen ni Rei	正面に礼	Bow to <i>Shomen</i>	
Sensei ni Rei	先生に礼	Bow to <i>Sensei</i>	
Otagai ni Rei	お互いに礼	Bow to each other	
<b>Words - Weapons</b>			
Bokken	木剣	Wooden sword	Same as: <i>Bokuto</i> (木刀)
Jo	杖	Wooden staff	
Tanto	短刀	Short sword	
Katana	刀	Japanese sword	
Kamae	構え	Stance	
Jodan (no Kamae)	上段(の構え)	Upper level (stance)	
Chudan (no Kamae)	中段(の構え)	Middle level (stance)	Hold <i>Bokken</i> pointing at the opponent's eyes
Gedan (no Kamae)	下段(の構え)	Lower level (stance)	Hold <i>Bokken</i> pointing down
Hasso (no Kamae)	八双 / 八相(の構え)	Stance with weapon upright by the shoulder	
Waki gamae / Waki no Kamae	脇構え / 脇の構え	Stance with weapon tip down and back by the hip	
Youi	用意	Ready	
Suburi	素振り	Cutting / Striking practice without a partner	
Kata - as in " <i>Bokken Kata</i> "	型	Form	
Bokken Kata	木剣型	<i>Bokken</i> form: 13 movements	<i>Bokken Kata</i> 1 & 2
Jo Kata	杖型	<i>Jo</i> form: 22 movements	<i>Jo Kata</i> 1 & 2
Kagurame	鏡目	"Mirror image"	<i>Jo Kagurame</i> - <i>Jo</i> partner exercise
Jo Kagurame	杖鏡目	Mirrored movement with <i>Jo</i>	<i>Jo Kagurame</i> 1-5
Awase - as in " <i>Jo Awase</i> "	合わせ	Blending, Harmonizing	<i>Jo Awase</i> - <i>Jo</i> partner exercise
Jo Awase	杖合わせ	Blending movement with the <i>Jo</i>	Partner practice
		Seizing the <i>Tanto</i> :	
Tantodori	短刀取り	unarmed defense against the <i>Tanto</i> attacks	
		Seizing the <i>Bokken</i> :	
Bokkendori	木剣取り	unarmed defense against <i>Bokken</i> attack	
		Seizing the <i>Jo</i> :	
Jodori	杖取り	unarmed defense against <i>Jo</i> attack	
Kumi Tachi	組太刀	<i>Bokken</i> versus <i>Bokken</i> forms	<i>Kumi Tachi</i> 1-6
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
<b>Body Parts: (in Aikido)</b>			
Men	面	Head, Face	e.g.- <i>Sho men</i> , <i>Yoko men</i> , <i>Gan men</i>
Kubi	首	Neck	e.g.- <i>Ushiro tekubidori kubi shime</i>
Kata	肩	Shoulder	e.g.- <i>Ryo kata</i>
Te	手	Hand	e.g.- <i>Kata te</i> , <i>Ryo te</i> ,
Tekubi	手首	Wrist	e.g.- <i>Ushiro tekubi dori</i>

Words / Phrases	Japanese	Meaning/Description	Notes
Kote	小手	Wrist	e.g.- <i>Kote gaeshi</i>
Ude	腕	Arm	e.g.- <i>Ude furi Undo</i> , <i>Ude gime</i>
Hiji	肘	Elbow	e.g.- <i>Ushiro hiji dori</i>
Ashi	足	Leg, Foot	
<b>Attacks:</b>			
Ushirodori	後ろ取り	Attacker hugs from behind (bear hug)	
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 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 kubishime	後ろ手首取り首絞め	Attacker grabs one wrist from behind and chokes the neck with the other arm	
Katadori	肩取り	Shoulder grab	
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)
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	
Shomen uchi	正面打ち	Strike to the top of the head	
Yokomen uchi	横面打ち	Strike to the side of the head	
Munetsuki	胸突き	Punch to chest	Same as: <i>Tsuki</i> (突き)
Maegeri	前蹴り	Front kick	Same as: <i>Ryote mochi</i> (両手持ち)
Ryotedori	両手取り	Attacker grabs both hands (wrists) at the same time	
Ryokatadori	両肩取り	Attacker grabs both shoulders from the front at the same time	
<b>Techniques - Waza:</b>	技		
Nage waza	投げ技	Throwing technique	
Katame waza	固め技	Pinning technique	
Jiyu waza	自由技	(Free attack and) free technique	
Tachi waza	立ち技	Standing technique	
Suwari waza	座り技	Sitting technique	Same as: <i>Zagi</i> (座技)
Hanmi handachi waza	半身半立ち技	<i>Nage</i> -sitting, <i>Uke</i> -standing technique	
Kihon waza	基本技	Basic technique	
Oyo waza	応用技	Advanced technique	
Kaeshi waza	返し技	Reversing technique	

Words / Phrases	Japanese	Meaning/Description	Notes
Henka waza	変化技	Changing technique	
Randori	乱取り	Seizing chaos, training with multiple attackers	Same as: <i>Taninzu gake</i> (多人数掛け)
Kokyu dosa	呼吸動作	Seated Ki training exercise	Same as: <i>Kokyu ho</i> (呼吸法)
		** Not description of the techniques, Meaning of the words	
Kokyu nage	呼吸投げ	Timing (breath) throw	
Kotegaeshi	小手返し	Wrist twisting	
Kaiten nage	回転投げ	Propeller throw	
Irimi nage	入り身投げ	Throw entering from the front	
Sokumen Irimi nage	側面入り身投げ	Side throw entering from the front	
Shiho nage	四方投げ	Four direction throw	
Ikkyo	一教	First control / teaching	Same as: <i>Dai Ikkyo</i> (第一教)
Nikyo	二教	Second control / teaching	Same as: <i>Dai Nikyo</i> (第二教)
Sankyo	三教	Third control / teaching	Same as: <i>Dai Sankyo</i> (第三教)
Yonkyo	四教	Fourth control / teaching	Same as: <i>Dai Yonkyo</i> (第四教)
Gokyo	五教	Fifth control / teaching	Same as: <i>Dai Gokyo</i> (第五教)
Sudori	素通り	Leg sweeping throw	
Tenchi nage	天地投げ	Heaven and earth throw	
Udegime	腕決め	Arm lock/bar throw	Same as: <i>Tenbin nage</i> (天秤投げ)
Koshi nage	腰投げ	Lower back/hip throw	
Sumi otoshi	隅落とし	Corner throw	
Udegaramme	腕絡め	Arm wrap	
<b>Aiki Taiso:</b>	合気体操	Aikido exercise	** Details on Separate Sheet - " <i>Aiki Taiso</i> "
Taiso	体操	Exercise	
Undo	運動	Exercise	
Shizentai	自然体	Natural stance	Spread feet about shoulder width
Migi	右	Right	
Hidari	左	Left	
Hanmi	半身	Stance	
Migi Hanmi	右半身	Right foot forward stance	
Hidari Hanmi	左半身	Left foot forward stance	
Funakogi	舟漕ぎ	Rowing	
Shomen uchi Ikkyo	正面打ち一教	Bring both hands up to the face as if doing <i>Shomen uchi Ikkyo</i>	
Zengo	前後	Forward and back	
Happo	八方	Eight direction	
Tekubi kosa	手首交差	Crossing wrists	

Words / Phrases	Japanese	Meaning/Description	Notes
Kosa	交差	Crossing	
Joho	上方	Upper	
Sayu	左右	Left and right	
Choyaku	跳躍	Vigorous stepping	
Udefuri	腕振り	Arm swing	
Ushirodori	後ろ取り	Grab from behind	
Ushiro tekubidori	後ろ手首取り	Grab wrists from behind	
Zenshin	前進	Step forward	
Kotai	後退	Step back	
Tenkan	転換	Changing direction, turning motion	

\*\* For words and phrases in **[Ki Test and Exercises]**, please refer to **[AWA Adults kyu and dan Test Requirements](#)** sheets