

Aikido Terms

Glossary of Aikido Terms

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

Kiritoshi
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

Ushiwaza
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