

# 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

Morotodori  
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