

AIKIDO GLOSSARY

Ai	harmony.
Ai-hanmi	partners face each other in a mutual triangular stance (i.e. both partners stand in right hanmi).
Aikido	the way (Do) of spiritual harmony.
Aikidoka	an Aikido practicant. A Judoka is a judo practicant.
Aikikai	the name of any Aikido school recognized by Aikido world headquarters.
Aiuchi	mutual kill. Both partners are able to strike.
Aiyumiashi	stepping footwork where one does change hanmi, like walking. Opposite of suriashi.
Arigato	thank you.
Ashi	leg or foot.
Atemi	the use of striking techniques.
Boken	wooden sword.
Budo	any Japanese martial art. It also connotes the way of martial development.
Bushido	the way or code of the samurai or warrior. It comes from Bu (martial) Shi (warrior) Do (way).
Chudan	middle variation of an exercise or technique.
Dan	suffix used to denote black belt rank. Degrees go from one to ten with ten being the highest possible rank.
Do	a way or spiritual path. Derived from Chinese word Tao.
Dojo	a place where martial arts training takes place.
Domo arigato gozaimashita	thank you very much. It is a more formal and respectful thank you than arigato.
Doshu	leader of the way. A term designating the head of a school or following. The original Doshu of Aikido was O'Sensei Morihei Ueshiba. The current Doshu, Moriteru Ueshiba, is the grandson of the founder.
Eri-tori	an attack in which the collar is grabbed from behind.
Gedan	lower variation of an exercise or technique.
Gi	practice uniform.
Gokyo	5 TH technique: wrist technique in which the wrist is held palm up; usually employed against a knife attack.

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Gyaku-hanmi	the partners stand in opposite triangular stances (i.e. one in left hanmi, one in right hanmi).
Gyakute (grip)	thumbs point toward each other as the practitioner grips the jo.
Go	five
Hai	yes
Hakama	pleated skirt like pants worn over the gi.
Hanmi	triangular stance, the basic on guard position. When standing in hanmi the back foot is positioned at almost a right angle to the front foot in such a manner as to form something similar to an equilateral triangle. The shoulders are aligned with the hips.
Hanmi handachi	nage is in a sitting posture while uke attacks from a standing posture.
Hara	stomach. The term refers to the practican's center of gravity, located in the abdomen about three fingers below the navel.
Hati	eight – pronounced “hah-chee”
Henka-waza	Switching techniques. An example: switching and initial ikkyo into sankyo.
Hidari	left.
Hiji	elbow.
Hiza	Elbow
Hombu Dojo	The root dojo of Aikido in Tokyo, Japan.
Ichi	one. Japanese counting goes: 1, ichi, 2 ni, 3 san, 4 shi or yon, 5 go, 6 roku, 7 shichi, 8 hachi, 9 ku, 10 ju.
Ichi geki	one encounter. Weapons practice exercise with only one attack and response.
Ikkyo	first immobilization, a technique in which the pinning energy is directed toward the elbow.
Irimi	entering motion. Nage moves directly toward the uke.
Irimi-nage	a throwing technique employing an entering motion.
Irimi-tenkan	an entering motion followed by a pivoting turn.
Jiyu-waza	free style with one uke.
Jo	a short wooden staff.
Jo-tori	empty-handed technique applied against attack with a jo.

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Jodan	upper variation of an exercise or technique.
Jodan no kamae	a position in which the sword is held above the head.
Jodo	the way (or study) of the jo.
Jo-tai-ken	jo against ken.
Juji nage or Juji garami	throw in which the nage applies pressure against the uke's crossed arms.
Ju	ten
Junte (grip)	the thumbs of both hands grasping the jo point to the end of the weapon.
Kaiten	round, circular; wheel. Used to describe a turning motion.
Kaiten-nage	a technique employing a circular spinning motion to throw the uke forward; pressure is exerted by holding the uke's head down and pushing the arm on a diagonal.
Kaeshi-waza	Uke counters nages technique with a technique of his or her own: nikyo into sankyo, shihonage into shihonage, etc.
Kamae	posture.
Kamiza	the shrine area of a dojo.
Kangeiko	mid winter training, usually a test of resolve.
Kata	prearranged movements done individually or in pairs designed to teach martial techniques.
Kata	shoulder.
Katana	long sword, worn edge upward through the sash.
Katagatame	circular hand movement which takes or holds the person down by immobilizing the arm.
Katate-tori or Katate-dori*	nage uses one arm to grab uke's wrist.
Kata-tori	an attack in which the uke grabs at the nage's shoulder.
Kata-dori-shomen-uchi	shoulder grab accompanied by shomen strike.
Keiko	training in a cultural art, includes Aikido training
Ken	sword, as in boken -wooden sword - or kendo - sword way.
Ki	the energy filling the universe.
Ki-no-nagare	the flow of ki. Free flowing techniques.
Kokyu	breathing, used in the sense of breath power.

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Kokyu-nage	a type of throw employing no joint techniques.
Kokyu-ho	a method of coordinating breath power and body movement to increase one's ki power.
Kokyu-ryokyu	breath power emanating from the abdomen.
Koshi	hip
Koshi-nage	a throw in which the uke is thrown over the nage's hips.
Kote	wrist.
Kote-gaeshi	wrist technique in which pressure is applied on the wrist away from the uke's body.
Ku	nine
Kubi	neck
Kubishime	choke.
Ma-ai	combative distance, the proper spacing between uke and nage.
Men	head
Migi	right.
Morote-tori	nage uses two hands to grab one of the uke's forearms.
Mune-tori or Munadori	one hand grab of the lapel or chest area.
Mune-tsuki	punch to the abdomen or chest.
Nage	the partner executing the technique.
Ni	Two – pronounced "knee"
Ni Geki	two encounters. Ukejo begins with the first attack, ukijo responds with a counter, and ukejo then executes the practice technique in response to the ukijo's counter.
Nikyo	second immobilization, wrist technique in which pressure is applied on wrist toward the uke's body.
Obi	belt. It usually refers to the wide belt used in weapons or Iaido.
O'Sensei	teacher of teachers. The term is highly respectful and used by Aikidoists only to refer to the founder, Morihei Ueshiba.
Omote	front techniques, usually characterized by irimi movement.
Onegaishimasu	a respectful way of asking a partner to practice with you.
Osae	a pin, a method of holding down.
Randori	freestyle in which nage is attacked by more than one uke.

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Rei	respect. Bow, executed before and after training sessions.
Reigi	proper etiquette.
Roku	Six – pronounced “row-koo”
Ryote-tori	an attack in which the uke grabs both of the nage’s wrists.
Ryu	style or school.
San	three
Sankaku-irimi	triangular entering.
Sankyo	third immobilization. Technique in which pressure is applied upward against the wrist in a twisting motion.
Seiza	straight back buttocks on heels sitting position, used in meditation practices and Aikido.
Shi	four – pronounced “she”
Shiho-nage	a technique in which pressure is applied against the uke’s wrist and elbow, using a sword swinging motion to take the uke down.
Shikko	a technique of walking on the knees.
Shinai	bamboo practice sword.
Shodan	1 st degree black belt. Ranking goes up by number: nidan = 2 nd dan; sandan = 3 rd dan and continues upward to 10 th dan.
Shojin	the first stage of practice, characterized by will and consciousness.
Shomen	The shrine area of the dojo.
Shomen-tsuki	strike to the face.
Shomen-uchi	knife hand attack to the top center of the head.
Siti	seven – pronounced “she chee”
Sode	sleeve.
Soto-kaiten	an outside turning motion.
Sumi-otoshi	corner drop. The uke’s balance is taken by being extended diagonally backward by the hand of the nage.
Suriashi	sliding footwork where one does not change hanmi.
Suwari-waza	techniques done from a sitting position in which both uke and nage employ shikko.
Tachi	Japanese long sword.
Tachi	standing position.

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Tachi-waza	standing techniques.
Tachi-tori	sword taking. Empty-handed techniques applied against a sword or boken.
Tai no henko	blending practice characterized by circular movement.
Tai-jutsu	body techniques done empty handed, without weapons.
Tai-sabaki	body turning movement used to evade and attack.
Tanden	center or “one point” located just below the navel.
Tanto	short sword. Refers to the wooden knives used in practice.
Tanto-tori	empty-handed techniques used against a tanto or knife.
Tatami	straw practice mats.
Te	hand
Tekubi	wrist
Te-gatana	outer edge of hand; knife hand attack.
Tenchi-nage	heaven and earth throw. A technique in which the uke’s balance is broken by an irimi movement involving the extending of one of the nage’s hands upward while the other moves downward.
Tenkan	circular or turning motion directed away from an opponent.
Tori fune	Rowing exercise
Tsuba	sword guard. The part of the sword just above the handle that protects the hands.
Tsuki	thrust or strike, often with a cutting penetrating sense.
Uchi-dechi	inside or in house student. The term usually refers to O’Sensei’s elite trainees who lived with him and accompanied him on his travels.
Uchi-kaiten	an inside turning motion.
Uchitachi	the partner in boken practice who provides the attack.
Udekime-nage	throw in which pressure is applied to the underside of the elbow.
Uke	the “attacker” whom the nage throws.
Ukejo	used in jo practice to designate the partner who practices responding and controlling the attack.
Ukemi	defensive techniques, often involving rolling and falling.
Uketachi	the partner in boken practice who blends with and controls

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	the attack.
Ukijo	the partner in jo work who provides the attack for practice.
Ura	movement to the rear or back of the uke, usually a turning motion.
Ushiro	behind, usually refers to an attack directed towards the back of an opponent.
Ushiro-katate-dori kubi-shime	an attack from behind in which the uke grabs one of the nage's wrists while choking with the other arm.
Ushiro-ryo-kata-dori	an attack in which the uke grabs the nage's shoulders from behind.
Ushiro ryote-tori or Ushiro-ryo-tekubi-tori Ushiro tekubitori	an attack in which the nage grabs both the uke's wrists from behind.
Wakizashi	short sword
Waza	technique.
Yobi-dashi	A preemptive strike designed to neutralize an attack before it develops
Yokomen-uchi	knife hand attack directed at the temple or neck.
Yonkyo	fourth immobilization. A technique in which one arm immobilizes the wrist while the other applies against the underside of the lower part of the forearm above the wrist.
Yudansha	practicant of black belt rank.
Zanshin	awareness, unbroken concentration.
Zazen	sitting mediation practiced in Zen.
Zen	a Japanese Buddhist religion of Chinese origin.

This glossary reflects my understanding of Japanese terms used in Aikido and Iaido. As I do not speak Japanese, there may be errors. This file is constantly updated, and I welcome any corrections or refinements. Please send any e-mail to: iokuuke@sbcglobal.net

*Some schools write tori as dori. The different use reflects the instructor's preference. Most school use the "tori" spelling.