

Basic Aikido Vocabulary



Japanese Phrases

Onegai shimasu (*oh-nih-guy she-mahss*)

I make a request. Please teach/train with me.

(Sensei,) domo arigato gozaimashita (*(sen-say) doe-moe ah-ree-gah-toe go-zah-ee-mash-tah*)

(Teacher,) thank you very much for what you have done.

Roles

- Nage* - Partner defending / performing a technique
- Uke* - Partner that agrees to attack so that nage may practice a technique
- Sempai* - Person who started doing aikido earlier, is senior
- Kohai* - Person who started doing aikido later, is junior
- Sensei* - Teacher
- Yudansha & Mudansha* - Members with dan (blackbelt) grades & kyu (whitebelt) grades

Movements

- Irimi* - Entering movement
- Tenkan* - Turning movement involving step
- Kaiten* - Turning movement without step
- Tenshin* - Stepping back and off-line movement
- Ukemi* - Going with partner's technique and falling/rolling
- Shikko* - Kneewalking

Stances

- Hanmi* - Aikido Stance.
- Ai-hanmi* - Uke and Nage have the same stance (e.g. right) before the attack starts.
- Gyaku-hanmi* - Uke and Nage have the opposite stance before the attack starts (e.g. right & left)
- Seiza* - Formal kneeling position

Directions

- Omote* - Front
- Ura* - Rear
- Soto & Uchi* - Outside & Inside/Underneath
- Migi & Hidari* - Right & Left
- Jo, Chu, Ge* - High, Middle, Low
- Mae & Ushiro* - Forward and Rearward/Behind

Attacks

- Shomen-uchi* - Uke performs a overhand strike to Nage's forehead
- Yokomen-uchi* - Uke performs a diagonal strike to Nage's temple and steps slightly offline.
- Tsuki* - Uke performs a punch to Nage's stomach (*mune tsuki*) or head (*men tsuki*)
- Kata-tori* - Uke grabs partner's shoulder
- Katate-tori* - Uke grabs Nage's wrist with one hand and steps slightly off-line
- Kosa-tori* - Cross hand grab
- Ryote-tori* - Uke grabs both Nage's right and left wrists.
- Morote-tori* - Uke grabs one of Nage's wrists with both hands like grabbing a bokken.
- Kubishime* - Uke attacks from behind, grabbing one wrist and choking with the other.
- Ushiro* - Uke attacks from behind (*ryokata, ryokatate*)

Techniques

- Ikkyo* - First technique.

Basic Aikido Vocabulary



- Nikkyo, Sankyo, Yonkyo, Gokyu* - Second, third, fourth and fifth techniques
Irim-inage - Entering throw
Kokyu-nage - Breath throw
Koshi-nage - Hip throw
Kotegaeshi - Wrist outturn
Shiho-nage - Four directions throw
Tenshi-nage - Heaven & earth throw
Sumi otoshi - Corner Drop
Aiki otoshi - Aiki Drop
Juji-nage - Crossed arms (like Japanese number 10) throw
Aiki-nage - Blending throw
Hiji-ate Kokyu-nage – Hitting Elbow Breath Throw
Hiji Shime - Elbow lock
Randori - Freestyle attacks with multiple attackers
Tachi-tori - Weapons-taking. Techniques where partner attacks with bokken
Tanto-tori - Knife-taking. Techniques where partner attacks with tanto
Waza & Kaeshi Waza & Suwari-waza - Technique & Reversal Technique & Kneeling Technique
Hanmi Handachi – Techniques where uke is standing, nage is in seiza

Weapons

- Bokken* - Wooden sword
Jo - Wooden staff
Tanto - Wooden knife
Ken /To - Sword
Shinai - Round bamboo practice sword

Weapons Stances

- Gedan* - Sword lowered from Seigan, sometimes straight down, sometimes tip is to the right
Jodan - Sword held high over head
Seigan - Sword held at waist projecting forward, tip at throat
Jodan Hasso - Left foot forward, sword held near vertical above right shoulder
Gedan Hasso - Left foot forward, sword held at right hip, pointing back and down

Body Parts

- Ashi* - Foot
Hara - Abdomen
Hiji - Elbow
Kata - Shoulder
Katate - Wrist
Men - Face

Other

- Gi, Hakami & Obi* - Uniform, Pleated Skirt & Belt
De-ai & Ma-Ai & Sen - Timing (Rendezvous) & Distance/ space/ interval & Initiative
Zanshin - Awareness, watchfulness “lingering heart”
Tai Sabaki - Body motions
Shisei, Rei & Reigi - Posture, Bow & Etiquette
Suburi - Repetitive solo movement used to perfect form
Ichi, Ni, San, Shi(Yon), Go, Roku, Shichi(Nana), Hachi(Hasso), Ku, Ju (Jo) - Numbers 1 thru 10
Dozo & Yame – Please (continue/ go ahead) & Stop
Gomen nassai & Sumi massen - I’m sorry & Excuse me