Glossary of Terms

Aikido The way of the harmonious spirit

Ai Harmony

Ki Spirit or energy

Do Way or path

Aikidoka A person who practices Aikido

Atemi Strike or feint for unbalancing or distracting

Ai hanmi Mutual stance where uke and tori have same foot forward

Arigato Thank you

Ashi Leg or foot

Ashi sabaki Footwork

Bokken Wooden sword

Budo Martial way

Bushi Warrior

Bushido The way of the warrior

Choku tsuki Direct thrust (1st Jo suburi)

Chudan Middle of the body

Chudan tsuki Thrusting strike to the middle of the body

Dan A black belt rank

Deshi Follower, student, disciple (uchi deshi, direct disciple of the master)

Dogi Practice uniform

Dojo The place where one studies the Do, way

Dojo Cho The head of the Dojo

Domo Thanks (informal)

Domo arigato gozaimasu Thank you very much (formal)

Domo Arigato Gozaimashita Thank you very much (for something that has been done)

Dori Take, grab, grasp

Doshu The person who shows the way. The head of the Aikikai

Eri Collar

Eri dori Collar grab

Fudo shin Immovable mind

Furi kaburi Sword raising movement with empty hands. Found especially in Ikkyo, Irimi nage and Shiho nage

Gedan Lower position of body

Gi Uniform usually white

Goshin Jitsu Self-protection techniques

Gyaku hanmi Opposing stance. Where uke and Tori have opposite feet forward

Hakama Traditional pleated trouser worn by samurai. Worn by Aikido dan grades

Hanmi Basic triangular stance

Hanmi handachi Position where tori is sitting and uke is standing

Happo giri Eight direction cutting

Hara One's centre

Henka waza Changing one technique to another

Hidari Left

Hidari hanmi Left stance

Hiji Elbow

Honbu dojo The main/central dojo of the organisation

Irimi Enter

Jiu waza Freestyle practice

Jo wooden staff

Jodan Upper position of the body

Jodan tsuki Thrusting attack to the upper body/ head

Kaeshi waza Reversal/counter techniques

Kame Posture

Kamiza A small shrine/ front of the dojo where O sensei's picture sits

Kata Set forms

Kata tori Shoulder grab

Katame waza Hold down/ pinning techniques

Katana A type of sword worn by the Samurai

Katate One hand

Katate tori One handed grab

Keiko Practice

Ken Sword

Ken jutsu Sword techniques

Kiai A shout delivered for the purpose of focusing all of one's energy

Kihon Basic

Ki musubi Linking/tying together energy

Kohai Junior student/ lower rank students

Kokyu Breath

Kokyu nage Breath throws

Kokyu ho Breathing meathod

Kokyu Ryoku Breathing power

Koshi nage Hip throw

Kote Wrist

Kumi tachi paired sword practice

Kumi jo Paired jo practice

Kuzushi Balance breaking

Kyu Rank/Grades prior to Dan grades

Ma-ai Proper distance or timing with a partner

Mae Front

Men Head

Migi Right

Migi hanmi Right stance

Mokuso Meditation

Mushin No mind

Nagare Flowing

Nage Throw or thrower

Nage waza Throwing techniques

O-sensei Great teacher. Morihei Ueshiba the founder of Aikido

Obi Belt

Omote Front movements/techniques when tori enters in front of uke

Randori Multiple attack practice

Rei Bow, Etiquette, courtesy

Ryote two hands

Ryote tori two handed grab

Ryu Style/School of practice

Samurai One who serves. Japanese warrior

Seiza Sitting posture on the knees

Senpai More senior student in rank, Red belt and above in BSA

Sensei Teacher, one who gives guidance, one who goes before

Shidoin Formal title meaning Instructor

Shihan Master teacher, Formal title meaning exemplary teacher

Shomen Centre of head

Shomen uchi Overhead strike to the centre of the head

Sokumen Side

Soto Outside, movements/techniques performed outside uke arms

Suburi Basic individual movements usually practiced with Jo or Bokken

Suri ashi Gliding the feet

Suwari waza Techniques performed when tori and uke are sitting

Tachi A type of sword

Tachi waza Standing techniques

Tachi dori Sword taking

Tai no henko Basic blending exercise with a partner

Tai sabaki Body movement

Taijutsu Body arts, unarmed techniques

Tanto Knife, dagger

Tegatana Blade hand, edge of the hand

Tenchi Heaven and earth as in tenchi nage

Tenkan Turning movement to turn 180 degrees bringing the back leg around

Tenkai oshi Turning movement to turn 180 keeping feet in same spots

Tori The one who applies the technique

Tsuki Thrust as in Chudan Tsuki punch to middle body position

Tsuki ashi Foot movement where we glide forward or backwards without stepping and crossing the feet

Uchi Strike as in shomen uchi

Uke The one who receives the technique

Ukemi Receiving body, break falling techniques

Ura To the rear, techniques performed moving behind the uke

Ushiro Backwards or behind

Ushiro ryote tori Two hands holding two hands from behind

Ushiro tekubi tori Wrist grab from behind

Waza Techniques

Yoko Side

Yokomen uchi Overhead strike to the side of the head

Yudansha Black belt holder

Zanshin Complete and continuous awareness of one's surroundings

Zori Sandals to be worn off the mat

Aikido consists of basic techniques and principles including pinning, joint locking, throwing and breath power techniques. Here is a list of the basic techniques we use to which there is said to be thousands of variations.

PINNING AND LOCKING TECHNIQUES

1.	IKKYO	First principle, elbow pinning
2.	NIKYO	Second principle, wrist turn
3.	SANKYO	Third principle, wrist twist
4.	YONKYO	Fourth principle, radial nerve, shoulder pinning
5.	GOKYO	Fifth principle, sister to Ikkyo usually from knife attack
6.	ROKYO	Elbow locking
7.	KOTE GAESHI	Wrist turn out
8.	UDE GARAMI	Arm entanglement

THROWING AND DROPPING TECHNIQUES

1.	TENCHI NAGE	Heaven and earth throw
2.	IRIMI NAGE	Entering throw
3.	SOKUMEN IRIMI NAGE	Side entering throw
4.	SHIHO NAGE	Four direction throw
5.	KAITEN NAGE	Rotary throw
6.	JUJI NAGE	Figure ten/arm entwining throw
7.	KOSHI NAGE	Hip throw
8.	KOKYU NAGE	Breath throw
9.	UDE KIMI NAGE	Arm bar/locking throw
10.	SUMI OTOTSHI	Rear corner drop