
Glossary

Japanese Terms and Phrases

General

AIKIDO: "The Way of Harmony"
ARIGATO GOZAIMASHITA: Thank you very much
BOKKEN: Wooden replica of samurai sword
BUDO: A code of manner and behaviour for the samurai's life
BUKIWAZA: Weapons technique
DOGI: Uniform worn when studying an art or way
GOMEN NASAI: I'm sorry / excuse me
HAKAMA: A divided pant-like skirt worn by instructors
JO: Staff
KONNICHI WA: Good day
MA-AI: Appropriate distance such that a technique can be done well and with balance
OBI: Belt
OSU: A strong, positive budo salutation indicating mutual respect
SAYONARA: Good-bye
SEMPAI: Senior student
TANTO: Wooden knife

Terms Used in Class

ANZA: Cross-leg sitting position
HAJIME: Begin
KAKARI GEIKO: "Round robin" style training
KAMAE: Basic stance
MOKUSO: Close your eyes and clear your mind for Aikido training
ONAJIKU: Change stance to other side
OTAGAI NI REI: Bow to each other
REI: Bow
SEIRETSU: Line up
SEIZA: Kneeling position
SENSEI: Teacher
SENSEI NI REI: Bow to teacher
SH'TE: The partner who executes an Aikido technique
SH'TE, UKE KOTAI: Sh'te and uke change

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SHOMEN NI REI: Bow to front
UKE: The partner who receives a technique
YAME: Stop

Numbers

(-hon, -pon count suffix for technique)

1.	Ichi	Ippon
2.	Ni	Nihon
3.	San	Sanhon
4.	Shi	Yonhon
5.	Go	Gohon
6.	Roku	Roppon
7.	Shichi	Nanahon
8.	Hachi	Happon
9.	Kyu	Kyuhon
10.	Ju	Juppon

Exercises and Basic Movements

CHINKON: Meditation

FUMIKOMI HYAKUHACHI JUDO KAITEN: Cross step 180 degree pivot

FUMIKOMI TAIHENKO: Cross step in body change

HIRIKI NO YOSEI: Elbow power

HYAKUHACHI JUDO KAITEN: 180 degree pivot

KOHO UKEMI: Backward breakfall

KYUJUGODO KAITEN: 95 degree pivot

SHUMATSU DOSA: After class exercise

ZENPO UKEMI: Forward breakfalls

Sh'te's Movements

AATEMI: Hit or punch

HIJATE KOKYUNAGE: Hitting elbow breath throw

HIJIOSAI: Elbow control

HIJISHIME: Elbow lock

IKKAJO: First control or throw

IRIMINAGE: Step in throw

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IRIMIZUKI: Step in thrust
JUJINAGE: Arm cross throw
KAITENNAGE: Rotary throw
KOKYU HO: Breath method
KOKYUNAGE: Breath throw
KOTEGAESHI: Reverse hand throw
NIKAJO: Second control or throw
SANKAJO: Third control or throw
SHIHONAGE: All direction throw
SOKUMEN IRIMINAGE: Side step in throw
TEGATANA ATE: Knife-hand chop
TENCHINAGE: Heaven and earth throw
UNDEGARAMI NAGE: Arm-lock throw
UNDEOSAE: Arm control
YONKAJO: Fourth control or throw

Uke's Movements

AYA MOCHI: Cross-wrist grasp
ERI MOCHI: Collar grasp
GANMENZUKI: Face thrust
HIJI MOCHI: Elbow grasp
KATA MOCHI: Shoulder grasp
KATATE MOCHI: One wrist grasp
MUNE MOCHI: Chest grasp
RYOHIJI MOCHI: Both elbows grasp
RYOTE MOCHI: Both wrists grasp
SHOMENUCHI: Front strike
SHOMEN TSUKI: Body punch
SUIGETSUZUKI: Body thrust
YOKOMENUCHI: Side strike

General Terms Relating to Aikido Techniques:

AIHANMI: Sh'te and uke in same stance
DOSA: Movement
FUMIKOMI: Cross step
FUMIKOMI KOTAI: Cross back to change stance

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GYAKUHANMI: Sh'te and uke in mirror image stance
HANMI HANDACHI: Sh'te sitting, Uke standing
HIDARI: Left
HITOEMI: Side facing stance
HOJODOSA: Supplementary movement
HIYAKU UKEMI: Jumping breakfalls
JYUWAZA: Continuation / Freestyle techniques
KIHONWAZA: Basic technique
KOTAI: Change
MIGI: Right
NAGE: Throw
OSAE: Pin or control
OYO WAZA: Advanced technique
RENZOKU: Continuation
SODEMOCHI HIYAKU: Sleeve grasp jump
SOTAI DOSA: Movement with partner
SURIASHI: Sliding foot
SUWARIWAZA: Kneeling technique
TAIHENKO: Body change
TENKAI: Pivot
TENKAN: Shift
TOBIKOSHI: Jump and go over
TSUGIASHI: Front foot slides, rear foot follows
USHIROWAZA: Behind technique
ZANSHIN: "Remaining attentive" - focus, concentration and the relationship between sh'te & uke are maintained at the end of a technique

Bokken Techniques

KAMAE WITH BOKKEN:	Basic stance with bokken
BUKIWAZA: TANDOKU SHOMENUCHI	Front cut head to waist
BUKIWAZA: HAPPO GIRI	Eight direction front cutting
BUKIWAZA: HAPPO UCHI	Eight direction thrust
BUKIWAZA: BOKKEN KIHON DOSA RENZOKU	United basic movements with sword
BUKIWAZA: BOKKEN JU NO KUMI TACHI (WP)	Ten kinds of sword cut with partner

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