



GLOSSARY OF SOME JAPANESE TERMS USED IN AIKIDO

NUMBERS 1 - ichi 2 - ni 3 - san 4 - shi (yon) 5 - go 6 - roku 7 - shichi (nana) 8 - hachi 9 - ku (kvu) 10 - iu	
GREETINGS good morning ohayo gozaimasu good day konnichiwa good evening konbanwa good bye sayonara good night oyasumi nasai	ETIQUETTE Please Onegaishimasu Thank you very much Domo Arigato Gozaimashita Excuse me/I'm sorry Suminasen Yes Hai Wakarimasu I understand Wakarimasen I don't understand
GENERAL TERMS Aikido the way of harmonizing spirit (coordinating energy) Sensei teacher Dojo place of 'the way' (training hall)	UKEMI Ukemi falls or receiving of technique Mae-ukemi forward fall (roll) Ushiro-ukemi backward fall (roll) Tobu-ukemi breakfall (from height)
POSTURE kamae posture, stance Ai hanmi same stance Gyaku hanmi opposite stance Migi hanmi right stance Hidari hanmi left stance Maai distance	ROLES Nage executor of technique Uke receiver of technique Kata fixed patterns Suwari seated techniques Suwari waza kneeling techniques Tachi waza standing techniques Hanmi Handachi waza nage seated, uke standing
TAISABAKI (Body Movements) Irimi moving forward or entering (omote) Tenkan turning or pivoting (ura) Tenshin moving sideways and back (off line) Kaiten spinning Shikko knee walking Tai no henka tenkan practice with partner	VARIATIONS OF TECHNIQUES Soto mawari moving to the outside Uchi mawari moving to the inside Ura waza moving behind Omote waza moving in front of
TECHNIQUE = ATTACK + DEFENSE + VARIATION	
ATTACKS Tsuki punch-thrust (jodan-hi; chudan-mid; gedan-low) Kubishime choking, strangling Katatedori left hand grabs right wrist or vice versa Kosadori left hand grabs left wrist or vice versa Katadori left hand grabs right shoulder or vice versa Katadori menuchi grab other's shoulder and striking front of head Ryotedori both hands grab both wrists Ushiro ryotedori both hands grab both wrists from behind Ryokatadori both hands grab both shoulders Ushiro ryokatadori both hands grab shoulders from behind Morotedori both hands grab one wrist Sodedori holding the sleeve Ushiro kubijime one hand grabs wrist other chokes from behind Munemochi grabbing chest lapels Shomenuchi overhead strike to front of head Yokomenuchi horizontal strike to side of head Ushiro attack from behind	TECHNIQUES Ikkyo arm immobilization Nikyo hand turning, wrist pressure Sankyo hand twisting Yonkyo wrist immobilization Gokyo ikkyo variation against knife Kotegaeshi palm turning, wrist pressure Iriminage body entering throw Shinonage four direction throw Hijate elbow throw TENCHINAGE heaven and earth throw Koshinage hip throw Jujinage cross lock throw Kokyunage breath throw (timing) Aikiotoshi aiki drop Kokyudosa breath exercise