



## Class Terminology

### Before class:

<u>Sh</u> omen ni rei !	(show-mehn-knee-ray)	bow to the front
<u>Sen</u> sei ni rei !	(senn-sey-knee-ray)	bow to the sensei
Onega <u>ish</u> imasu !	(oh-nay-gay-shee-masu)	please (share with me)

### After class:

<u>Sh</u> omen ni rei !	(show-mehn-knee-ray)	bow to the front
<u>Sen</u> sei ni rei !	(senn-sey-knee-ray)	bow to the sensei
Otaga ni rei !	(owe-tah-gah-knee-ray)	bow to your partner(s)
<u>Dom</u> o arigato gozai <u>ma</u> shita !	(dough-mow ah-ree-gah-toe goe-saiy-mahsh-tah)	thank you very much

### Other/ misc:

<u>H</u> ajime	(hah-zhee-may)	begin
<u>Y</u> ame	(Yah-may)	stop
<u>Do</u> zo	(dough-zoh)	please
Hai !	(hai, like guy)	yes

## Four Principles of Aikido

- (1) Extend Ki
- (2) Relax Completely
- (3) Keep One Point
- (4) Keep Weight Underside

## The Bottom Line

Take Care of Your Uke (Be Safe)  
Practice with Fierce Joy!