

JAPANESE TERMS USED IN AIKIDO

Ai - meeting, joining, harmony
Aikido - the way of being one with energy
Ai hanmi - mutually agreeing stance (both *uke* and *nage* lead with same foot)
Aikidoka - person who practices Aikido
Aikitaiso -mind-body coordination exercises
Atemi - strikes, used as a part of Aikido technique
Awase - meeting or coming together
Ayumi ashi - normal stepping, as in walking
Bo - wooden staff, usually 72”
Bokken - wooden sword
Bokken dori - sword-taking technique; also called *tachitori*
Bokuto - wooden sword
Bu - martial
Budo - martial way
Budoka - a practitioner of *budo*
Bushi - warrior class
Bushido - way of the warrior
Butsudan - “Buddha shelf;” a Buddhist shrine, often placed at the front of a dojo influenced by Buddhist tradition
Cho - chief or head, as in *dojo-cho*
Chudan - middle position
Dame - incorrect, bad
Dan - black belt ranks
Do - way or path, same word as the Chinese *Tao*
Dogi - training uniform
Dojo - place of enlightenment; training hall
Doshu - master of the way; currently Kisshomaru Ueshiba
Eri - collar
Fudo - immovable; e.g. *fudoshin*, immovable mind; *fudo no shisei*, immovable posture
Gaeshi - reversal
Ganmenuchi - thrust to the face
Gedan - low position
Gi - training uniform
Giri - obligation to another
Gokyo - fifth teaching; an elbow-locking technique
Gyaku - reverse or opposite
Gyaku hanmi - mutually opposite stance (*nage* and *uke* lead with different feet)
Hakama - divided skirt
Hanmi - half-body stance
Hantachi - half-standing (kneeling position)
Hanmi hantachi waza - techniques performed by a kneeling *nage* against standing *uke*
Hantai - opposite or reverse
Hara - the lower abdomen; the seat of correct breathing and of internal power

Hasso - a stance with the bokken or jo held to one side of the head, extending up from the shoulder
Heiho - strategy, martial science
Henka waza - “changing technique;” changing from one technique to another
Hidari - left
Hiji - elbow
Hitai - forehead
Hito e mi - one layer of the body; a description of distance relative to an opponent
Hiza - knee
Ho - method
Hoho - cheek
Hombu - headquarters
Ii - good
lie - no
Ikkyo - first teaching; an arm-controlling technique
Irimi - entering
Iriminage - entering throw
Isshin den shin - from mind to mind; the way in which knowledge is said to be transmitted from teacher to pupil
Jiyu - free (as in free technique)
Jo - short wooden staff (usually 50”)
Jodan - upper position
Jo dori - jo-taking technique
Jo nage - throwing with the jo
Joseki - upper (senior) side of mat area; facing *shomen*, *joseki* is the right side
Joza - upper seat, where the instructor sits
Jiujinage - crossed-arms throw; literally “number-ten” throw, referencing the cruciform shape of that character in Chinese writing
Kaeshi waza - counter technique; applying a technique against the person attempting to apply one to you.
Kaiso - founder
Kaitenage - rotary throw
Kakari geiko - group practice
Kamae - stance or position
Kami - deity, spirit, divine being; a Shinto term
Kamiza - “god seat;” shrine or front of the dojo, if Shinto-influenced
Kan - house or hall; also romanized this way is a different word meaning intuition
Kata - shoulder; also, a different word meaning a form used in training; e.g. *bokken kata*
Katatori - grasping the shoulder or lapel
Katate - forearm area

Katate ryotetori - one wrist grasped by both hands
Katame waza - pinning technique
Katana - a type of long sword, worn edge upwards
Ken - sword
Kenshusei - "student who strives for mastery through polishing;" in the Association, students committed to a more intense study of Aikido
Ki - spirit, vital force, energy
Kiai - explosive projection of energy in the form of a shout
 or yell; also refers to the general energy level of a person or thing
Kihon - basic technique
Ki musubi - linking one's energy with that of the opponent
Kiri - cut
Kirigaeshi - a suburi exercise of continuous *yokomen* and *gyaku yokomen* strikes
Kohai - junior
Kotai - movement to the rear
Kote - forearm or wrist
Kotegaeshi- "wrist-turning;" a throwing technique
Kokyu- animating breath; also used to imply timing
Kokyudosa - breath or timing exercise
Koshi - hip
Koshinage - hip throw
Kuden - oral instruction
Kubi - neck
Kubishime - choking the neck
Kumitachi - sword against sword
Kumijo - jo against jo
Kyu - ranks below dan grade
Ma-ai - distance
Mae - front or forward
Meiso ho - meditation exercise
Men - head
Migi - right
Misogi - purification practices; often refers specifically to a breathing technique
Morote tori - see *Katate ryotetori*
Mune - chest
Mune tsuki - thrust to the chest
Mushin - "no-mind;" a state of mind free from obstruction or attachment to thoughts or happenings
Nage - throw; also, the person executing the throw
Nikkyo - second teaching

No - an article indicating possession or connection; e.g. *chudan no kamae*: "stance of middle position"
Ni - a directional indicator; e.g. *shomen ni rei*: "bow to the front"
Obi - belt
Omote - front
Orenaite - unbendable arm
Osae - pin; e.g. *ude osae*: arm pin
O'Sensei - "venerable teacher;" refers in Aikido to Morihei Ueshiba
Oyo waza - advanced or applied technique
Randori - multiple person attack (lit. "seizing chaos")
Rei - bow
Ritsurei - standing bow
Ryote - both hands
Ryotetori - grasping both hands
-San - suffix, expression of respect
Sankakutai - triangular stance
Sankyo - third teaching
Sayu - side
Seika no itten - the "one point;" see *tanden*
Seiza - formal kneeling position
Sempai - senior
Sensei - instructor (lit. "born before")
Shikko - walking on the knees
Shihan - teacher of teachers
Shihonage - four corner throw
Shime - choking or strangling
Shimoza - lower seat; place where students sit; the wall opposite from kamiza or shomen
Shimoseki - junior area of mat; facing shomen, the left side
Shinken - a live, steel sword; figuratively, implies seriousness and commitment
Shinken shobu - a fight to the death; figuratively, implies a situation requiring total abandon and concentration. The spirit of good practice should be shinken shobu.
Shinto - the native Japanese religion
Shisei - posture, body alignment
Shomen - front; the wall towards which students bow
Shomenuchi - overhaed strike to the font of the head
Shugyo - intense physical/ internal training to perfect character and realize one's true nature
Shuto - cutting strike with the edge of the hand
Sokumen iriminage - side of the head entering throw
Suburi - "empty swing;" individual striking practice with a weapon

Suburito - a heavy bokken used for suburi, and sometimes for kumitachi
Sumi otoshi - corner drop, a throwing technique
Suki - opening or weakness, mental or physical, in an opponent's defenses
Suriashi - sliding foot:
Suwari waza - technique with both *uke* and *nage* in kneeling position
Tachi - a type of long sword; technically refers to swords worn edge downward
Tachitori - see *Bokken dori*
Taijutsu - unarmed body arts
Tai sabaki - body movement; e.g. *irimi*, *tenkan*
Tanden - (Chinese: *tan tien*); the "one point," the center of the body's gravity and source of spiritual power, located two inches below the navel in the center of the hara
Tanto - knife
Tanto dori - knife-taking techniques
Tatami - mat
Tegatana - "hand sword;" the manner in which the arm and hands are used in Aikido to move and strike
Tekubi - wrist (lit. "throat of the hand")
Tekubitori - wrist grab
Tenkan - "spinning change;" a turning body movement
Tenchinage - "heaven-and-earth throw"
To - sword; also, the article "and"
Tori - to grab or seize; also, the *nage* or defender
Toshu - without a weapon
Tsuba - sword hilt
Tsuki - thrusting attack, with fist or weapon
Uchi - strike
Uchideshi - "inner disciple;" students living in a dojo and committed to full-time training, 24 hours a day
Ude - arm
Ude garami - arm-entwining technique
Uke - one who is thrown (lit. "one who receives")
Ukemi - "receiving body;" the art of falling and receiving techniques without injury
Undo - exercise
Ura - behind
Ushiro - from behind or rear
Ushirotori - any rear attack; often refers specifically to bearhug. Other rear attacks include *ushiroeridori*, *ushirotekubitori*, *ushirokubishime*, *ushirohijitori*, *ushirokatatori*, etc.
Waza - technique
Yame - stop (a command)
Yoko - side

Yokomenuchi - a strike to the side of the head or temple
Yonkyo - fourth teaching
Yubi - fingers
Zanshin - "remaining mind;" a continued extension of concentration, energy and awareness at the conclusion of a technique and immediately afterward; the "follow through" of the technique
Zen - (Sanskrit: "Dhyana"; Chinese "Ch'an"); literally "meditation;" a school of Buddhism emphasizing personal, intuitive experience of reality, and having a strong influence on Japanese thought and the martial arts
Zori - sandals