

# Glossary of terms Used in Aikido

## Japanese terms used during *Aikido* training

- Abunai* ..... Look out! Be careful!
- Ageru* ..... To lift, raise
- Agura* ..... Sitting cross-legged.
- Ai-hanmi*..... Mutual stance - When both partners have the same foot forward  
(right/right or left/left)
- Aikido* ..... -*Ai*- Harmony, union with, oneness  
..... -*Ki* The essential Life Force, the fundamental creative energy.  
..... -*Do* The Way or Path.
- Aiki-ken* ..... Swordsmanship according to the principles of *Aikido*
- Aiki taiso*..... *Ki* development exercises. A series of exercise used as "building blocks" for *Aikido* techniques.
- Atemi*..... A distracting blow used to change or move the *Ki* of your partner.
- Atemi waza* ..... Striking or hitting technique.
- Bokken* ..... Wooden training sword
- Bokken-dori*..... Techniques used to disarm a partner armed with a sword. (See *tachi-dori*)
- Budo* ..... *Bu* Military, martial  
..... *Do* The Way or Path.
- Budoka* ..... Martial way practitioner
- Bushido*-..... Code of moral principles which the *samurai* were required or instructed to observe
- Choyaku*..... The exercise where one hops or steps as one executes a movement.
- Chotto matte / Matte* ..... Wait
- Chudan* ..... Middle level. Sword (or hands) held at a lower level.
- Dan* ..... Black belt rank. There are ten levels of *Dan* (*degree*), as follows:
- Shodan* - 1st *dan* (beginning *dan*)
- Nidan* - 2nd *dan*
- Sandan* - 3rd *dan*
- Yondan* - 4th *dan*
- Godan* - 5th *dan*
- Rokudan* - 6th *dan*
- Nanadan* - 7th *dan*
- Hachidan* - 8th *dan*
- Kudan* - 9th *dan*
- Judan* - 10th *dan*
- Do* ..... In Japan, any art that is practiced to develop both technical and spiritual maturity is considered a *do*, a "way" or "path" of development
- Dogi / Gi*..... Training uniform
- Dojo*..... The training hall.
- Fudoshin* ..... Immovable mind, but flexible
- Fudotai*..... Immovable body, but flexible
- Funakogi* ..... A rowing motion.
- Gedan* ..... Lower level. Sword (or hands) held at a lower level.
- Gyaku-hanmi*..... Mirror stance. When both partners have opposite feet advanced (toe-to-toe).
- Gyosho*..... *Aikido* arts done with a full blend at the instant of contact, but not necessarily at full speed.
- Hajime*..... To start, begin

*Hakama* ..... A black (sometimes dark blue) split, pleated skirt/pants worn over the *dogi* by black belts

*Hanmi*..... The triangular stance. This position is meant to be relaxed, comfortable, and natural. From the correct *hanmi* position, one can move easily in any direction.

*Hanmi handachi*..... Techniques where *nage* and *uke* are sitting

*Hantai*..... Opposite

*Happo* ..... Eight Directions

*Hidari*..... Left

*Hirogete* ..... Open or spread

*Honbu Dojo* ..... Headquarters Training Hall.

*Iki* ..... Breath. *Iki* refers more to the physical act of respiration, while *kokyu* signifies a deeper meaning relevant to the topic of breathing.

*Irimi* ..... Moving to the inside, or moving into. (Compare with *tenkan*.)

*Itten / Tanden*..... "One Point" The central balance point in the human body, located below the navel. All coordinated physical movement and thought originates from this one point in the lower abdomen

*Jo* ..... Wooden training staff. The correct length is indicated by the distance between the palms of one's outstretched hands or from the armpit to the floor.

*Jodan* ..... Upper level. Sword (or hands) held at an upper level.

*Jo-dori* ..... Techniques for disarming a partner armed with a *Jo*.

*Kaisho* ..... *Aikido* arts done from a stationary position.

*Kaiten*..... Wheeling, turning

*Kami*..... The divine in all things or that all things in nature are divine. The Japanese concept of *kami* has no direct parallel in Western religious terminology.

*Kata*..... Fixed form. Predetermined sequences in set forms. Used in the martial arts as a learning technique. In *Ki-Aikido* we describe them as *taigi*.

*Katana*..... The long sword worn by the Japanese *samurai*.

*Keru* ..... To kick

*Ki*..... *Ki*, the life-force of the Universe Itself, which has no English equivalent. An essential element of all aspects of eastern culture -- philosophy, medicine, art, physical training -- the full significance of *ki* only becomes clear through firsthand experience.

*Ki o dasu* ..... To extend *Ki*, to flow *Ki* through the body

*Kiatsu Ryoho*..... Personal *Ki* Therapy through *Ki* connection

*Koho-tento waza* ..... Rolling Exercise

*Kokoro*..... Heart/Mind/Spirit (depending on context)

*Kokyu* ..... Literally "breathing," or "breath," this refers to the *Ki*-power generated through the *Tanden*, or one point in the lower abdomen. When one's *kokyu* is full and deep, one is in tune with the universe.

*Ki no Kokyu-ho*..... *Ki* Breathing. A special set of meditation and development techniques aimed at calming the spirit and establishing true *kokyu*.

*Kootai*..... To change

*Kubi-shime* ..... Holding the neck.

*Kyu*..... Ranks prior to *Shodan*. (5th *kyu* (*beginning*), through 1<sup>st</sup> *Kyu*)

*Maai* ..... The correct distance to be maintained between yourself and your partner; the immediate surroundings and one's own position determine this spacing.

*Mae* ..... Front, forward

*Migi* ..... Right

*Magaru* ..... To turn  
*Misogi* ..... (Purification.) Any type of purifying exercise can be referred to as *misogi*.  
*Mooi kai* ..... Do again, repeat  
*Motte* ..... To hold  
*Mushin* ..... Empty mind, the mind that “does not” stop at, or on, anything.  
*Nage* ..... A throw, one who throws, or executes a technique  
*Obi* ..... Uniform belt  
*O Sensei* ..... Great, or original teacher. In *Aikido*, refers to Morihei Ueshiba, the founder of modern *Aikido*.  
*Owarimasu* ..... Finished  
*Randori* ..... Free style *nage* against multiple attack - usually improvisational.  
*Rei* ..... Bow, the command to bow. The formal gesture of respect and gratitude used by *Aikido* practitioners  
*Reiseishin* ..... The spirit that is one with the spirit of the Universe.  
*Sayu* ..... Term indicating left and right direction.  
*Seiza* ..... Sitting on both knees with the back straight.  
*Sensei* ..... Instructor. One who gives instruction. More importantly, one who leads the way. Literally, *Sensei* means “one step ahead.”  
*Shihan* ..... A title used for the highest ranking instructors. (usually 5th *dan* and above.)  
*Shikko* ..... Moving from a kneeling position. Also called “*samurai* walk”  
*Shin* ..... Mind, spirit, heart  
*Shinshin Toitsu*  
*Aikido* ..... *Aikido* with Mind and Body Unified founded by Koichi Tohei *Soshu*.  
*Shita* ..... Down, under, below  
*Shomen* ..... Front side. The area in the dojo that is considered the front, the direction you bow-in towards.  
*Hyooshigi* ..... The wooden clappers used to signify the changes in controlled breathing and meditation.  
*Sosho* ..... *Aikido* arts done at full speed with a strong leading of *Ki*.  
*Soshu* ..... Founder – This is the title used to refer to Master Koichi Tohei.  
*Suwatte* ..... Sit down!  
*Suwariwaza* ..... Techniques from the sitting position  
*Tai / Karada* ..... Body, form, sometimes style  
*Tachi-dori* ..... Techniques used to disarm a partner armed with a sword.  
*Taigi* ..... Body art, technique. A *kata*-like grouping of arts performed by two people (usually) to a specific rhythm and time.  
*Tatte* ..... Stand up!  
*Tanden* ..... One point (see *ikken*) or Hara  
*Tanto* ..... Wooden training knife. All wooden training weapons are treated as if they were actually sharp steel. The idea here is to train as though the wooden weapon is steel.  
*Tegatana* ..... Hand Sword. Since many *Aikido* techniques are based on sword movements, the hand, with the fingers actively projecting *Ki*, should function as a sword.  
*Tekubi-kosa* ..... Crossed wrists.

*Tenkan* ..... Turning outside or away.  
*Ude-furi* ..... Arm swinging.  
*Ue* ..... Up, above, top  
*Uke*..... One who is thrown, one who follows  
*Ukemi*..... The art of falling without injury. One's ability to throw is only as good as one's ability to fall.  
*Uchideshi* ..... Literally "inside-student" - a student that lives, trains, and teaches at the Headquarters or *dojo*.  
*Undo* ..... Exercise.  
*Ushiro*..... Back or behind  
*Waza* ..... Technique or system of techniques  
*Yudansha* ..... Those who hold the rank of *Shodan* (1st degree black belt) and above  
*Zagi handachi* ..... Techniques where *nage* is sitting and *uke* is standing.  
*Zengo*..... *Term indicating forward and backward direction.*  
*Zenpo-kaiten* ..... Forward roll

## Terms used to start and finish the class

*Onegai shimasu* ..... Please teach me! Said at the start of the class when the Sensei bows towards the class.

*Arigatoo gozaimashita* .. Thank you very much! Said at the end of the class when the Sensei bows towards the class and again when bowing in a circle.

## Terms used during Ki & Aikido exercises

*Hajime* ..... To start, begin  
*Owarimasu* ..... Finished  
*Mae* ..... Front, forward  
*Ushiro* ..... Back, backward  
*Ashi* ..... Leg/foot  
*Hidari* ..... Left  
*Migi* ..... Right  
*Ue* ..... Up  
*Shita* ..... Down  
*Hirogete* ..... Open, spread  
*Hantai* ..... Opposite  
*Moo ikkai* ..... Do again, repeat  
*Kootai* ..... Change

## Terms for the Body

*Atama* ..... Head  
*Ashi* ..... Leg or foot  
*Ashi-kubi* ..... Ankle  
*Hana* ..... Nose  
*Hara* ..... Belly  
*Hiji* ..... Elbow  
*Hiza* ..... Knee  
*Karada* ..... Body  
*Kata* ..... Shoulder  
*Kao* ..... Face  
*Kubi* ..... Neck  
*Kuchi* ..... Mouth  
*Koshi* ..... Hips, lower back  
*Me* ..... Eyes  
*Mimi* ..... Ears  
*Mune* ..... Chest  
*Te* ..... Hand  
*Tekubi* ..... Wrist  
*Ude* ..... Arm  
*Yubi* ..... Finger and toe

# Counting in Japanese

1 .....	<i>ICHI</i>	<b>ee-chee-ze</b>
2 .....	<i>NI</i>	<b>k-nee</b>
3 .....	<i>SAN</i>	<b>sa-w-n</b>
4 .....	<i>SHI</i>	<b>shee</b>
5 .....	<i>GO</i>	<b>go</b>
6 .....	<i>ROKU</i>	<b>roe-koo-l</b>
7 .....	<i>SHICHI</i>	<b>shee-chee-ze</b>
8 .....	<i>HACHI</i>	<b>hah-chee-ze</b>
9 .....	<i>KU</i>	<b>koo-l</b>
10 .....	<i>JU</i>	<b>jew-ish</b>
11 .....	<i>JUICHI</i>	<b>jew-ish-ee-chee-ze</b>
12 .....	<i>JUNI</i>	<b>jew-k-nee</b>
13 .....	<i>JUSAN</i>	<b>jew-sa-w-n</b>
14 .....	<i>JUSHI</i>	<b>jew-shee</b>
15 .....	<i>JUGO</i>	<b>jew-go</b>
16 .....	<i>JUROKU</i>	<b>jew-roe-koo-l</b>
17 .....	<i>JUSHICHI</i>	<b>jew-shee-chee-ze</b>
18 .....	<i>JUHACHI</i>	<b>jew-hah-chee-ze</b>
19 .....	<i>JUKU</i>	<b>jew-koo-l</b>
20 .....	<i>NIJU</i>	<b>k-nee-jew</b>
30 .....	<i>SANJU</i>	<b>sa-w-n-jew</b>
40 .....	<i>YONJU</i>	<b>yoo-n-jew</b>
50 .....	<i>GOHJU</i>	<b>go-jew</b>
60 .....	<i>ROKUJU</i>	<b>roe-koo-l-jew</b>
70 .....	<i>NANAJU</i>	<b>no-t-no-t-jew / shee-chee-ze-jew</b>
80 .....	<i>HACHIJU</i>	<b>hah-chee-ze-jew</b>
90 .....	<i>KUJU</i>	<b>koo-l-jew</b>
100 .....	<i>HYAKU</i>	<b>he-ya-hoo-koo-l</b>

# Basic Principles of Shin Shin Toitsu Aikido

## Four Principles of Mind and Body

To realize the original unity of mind and body  
(*Shinshin Toitsu no Yondai Gensoku*)

### **Keep One Point** (*Principle of the mind*)

1. Settle your mind in the lower abdomen.  
*Seika no itten ni kokoro o shizume toitsu suru.*

### **Relax Completely** (*Principle of the body*)

2. Let go of all tension in the body.  
*Zenshin no chikara o kanzen ni nuku.*

### **Keep Weight Underside** (*Principle of the body*)

3. Let the weight of every part of the body settle to its lowest point.  
*Karada no subete no bubun no omome o sono saikabu ni oku.*

### **Extend *Ki*** (*Principle of the mind*)

4. *Ki* is extending naturally through the whole body.  
*Ki o dasu.*

# Five Principles Principles of Shin Shin Toitsu Aikido

Attitude of both the Uke and Nage when doing techniques (*waza*)

1. ***Ki* is Extending.**  
Extending *Ki* is a natural mental and physical result of relaxing/keeping one point.
2. **Know your opponent's mind.**  
Understand the intentions of the opponent and you will succeed. "Lead the opponents mind and body will follow".
3. **Respect your opponent's *Ki*.**  
Blend, move and lead the opponent's *Ki* rather than clashing with it.
4. **Put yourself in the place of your partner.**  
To understand your opponent's thinking put yourself in their situation. To physically stand in the opponent's place creating one center to blend with and lead the opponent.
5. **Perform or lead with confidence.**  
Act without any thought or hesitation, just do.

## Typical Attacks and Throws

*Aikido* techniques (*waza*) involve two people the *uke* (attacker) and the *nage* (thrower). The name for each technique includes the attack, first part, and the defense, second part. The following is a list of the basic types of attacks and throws.

### Attacks:

<i>Shomenuchi</i>	overhead cut to center of head
<i>Yokomenuchi</i>	side cut to neck
<i>Munetsuki</i>	blow to chest (front punch)
<i>Katatedori</i>	single hand grab
<i>Katatekosadori</i>	cross-hand grab
<i>Ryotedori</i>	grab of both wrists
<i>Katate ryotemochi</i>	two-hand grab of one hand
<i>Katadori</i>	shoulder grab
<i>Kubishime</i>	choke
<i>Ushirodori</i>	grab around arms from behind
<i>Ushiro tekubidori</i>	grab wrists from behind
<i>Ushiro katadori</i>	grab shoulders from behind
<i>Ushiro hijidori</i>	grab elbows from behind

### Throws:

<i>Kaitenage</i>	wheel throw
<i>Kirikaeshi</i>	cut-back
<i>Kokyunage</i>	breath throw
<i>Koshinage</i>	hip throw
<i>Shihonage</i>	four-way throw
<i>Kotegaeshi</i>	wrist down
<i>Ikkyo</i>	first technique
<i>Nikyo</i>	second technique
<i>Sankyo</i>	third technique
<i>Yonkyo</i>	fourth technique
<i>Gokyo</i>	fifth technique
<i>Zenponage</i>	forward throw

# DOJO ETIQUETTE

Shoes not worn in dojo.

Bowing:

Standing bow: on entering and leaving dojo - when getting on and off the mats - to partners when starting and finishing working together - to Instructors after given instructions.

Seiza bow: opening and closing of class

Always address instructors as Sensei during the class - when instructors are instructing whole class sit seiza or agura.

No leaning on walls, jo or boken - either stand, sit seiza or agura when waiting.

Talking kept to minimum - comments and opinions after class – ask questions when instructors helping individually not during instructing whole class.

When instructors teaching whole class watch and listen.

On time for class - if late bow and get on mats, stretch out a little then join class.

No food, drink or gum in dojo - water is okay during individual practice not when instructing whole class.

No watches or jewelry - keep fingernails and toenails trimmed.

Dogi washed regularly and in good condition.

Dojo cleanliness - every couple of months help after class taking up mats and cleaning mats and floor

*Having an awareness and respect for self and others with an attitude of humility is Aikido*