

AIKIDO GLOSSERY

A

ai harmony, unity, blending
aihanmi basic relation between partners: both have same foot forward (left or right), compare *gyakuhanmi*
aihanmi katatedori wrist grip, right on right or left on left, also called *kosadori*, compare *gyakuhanmi katatedori*
aiki blending/uniting one's *ki* with that of the partner
aikibatto sword exercises, solo or pair
aikibudo *budo* based on the *aiki* principle, earlier name for aikido
aikido the way through the life energy to harmony/unity
aikidoka one who does aikido, specifically on an advanced or professional level
aikido toho Nishio sensei's iaido school
Aikijinja the aikido temple in Iwama
aikijo aikido *jo*-staff exercises
aikijutsu name on the Daito ryu Martial art, also called *aikijujutsu*
Aikikai organization and "label" for Ueshiba's aikido
aikiken aikido sword exercises
aikinage aiki-throw, throwing technique
aiki no michi aikido (michi=*do*)
aikiotoshi aiki-drop, throwing technique
aikitaiso aikido warm-up exercises
aite partner in training
arigato thanks
arigato gozaimasu thanks for something going on
arigato gozaimashita thanks for something completed
ashi leg, foot
ate hit, strike
atemi strike to the body
awase harmonizing/blending movement
ayumiashi altering steps, left and right, like normal walking

B

barai/harai parry, ward off
batto draw the sword, also called *nuki*
bo staff, longer than the *jo*
bokken wooden training sword
bokuto same as *bokken*
bu war, battle, fight
budo the way of war/battle, the Japanese Martial arts

budoka one who does any budo, specifically on an advanced or professional level
bugei battle art, old term
bukiwaza weapons training
bushi warrior
bushido the way of the warrior

C

chado tea ceremony
chikara force/strength
choku direct
chokutsuki direct strike with the *jo*
chudan middle, compare *jodan* and *gedan*
chudan kamae guard position with a weapon at belly height
chudan tsuki strike at belly/solar plexus, with weapon or empty hand
chukyusha continuing student, with a mid-level *kyu* grade (jämför *jokyusha*)

D

dai big, also *o*
daisho sword pair, the long and the short sword
Daito ryu *aikijutsu* school
dame wrong, bad
dan level, black belt grade in *budo*
dao/tao transcription of the Chinese word for way, *do*
deshi student
do way, also *michi*
dogi training dress, also *keikogi*
do-in self massage tradition
dojo training hall
dojo cho head of a training hall
doka poem about the way
domo much
domo arigato gozaimas thank you so much, for something going on
domo arigato gozaimashita thank you so much, for something completed
dori take, catch, grab
dosa movement
doshu way leader, head of a *budo*
dozo please/by all means

E

embukai public demonstration
empi strike with elbow
eri neck, collar
eridori collar grip by the neck

F

fukushido assisting instructor, title for aikido teacher, 2-3 dan, compare *shido* and *shihan*
funakogi undo, rowing exercise, also called *torifune*
furitama exercise to still *ki*
futaridori/futarigake two attackers

G

gaeshi/kaeshi returning, reversed
gamae/kamae guard, basic position
gasshuku training camp, lodging together
gedan low, compare *jodan* and *chudan*
gedanbarai low block
geiko/keiko training
geri kick
gi dress
giri/kiri cut
go five
gokyo fifth teaching, pinning technique
gomen nasai excuse me
Gorin no sho Book of Five Rings, by Miyamoto Musashi
gotai hard body, static training, compare *jutai*, *ryutai* and *kinagare*
gyaku reverse, opposite
gyakuhanmi basic relation between partners: they have opposite foot forward, compare *aihanmi*
gyakuhanmi katatedori wrist grip, right on left or left on right, compare *aihanmi katatedori*
gyakutsuki strike with opposing arm and leg forward, compare *oitsuki*

H

hachi eight
Hagakure Hiding the Leaves, classic samurai book from the 18th century
hai yes
hajime begin
hakama traditional wide pants, used in aikido
handachi half standing
hanmi half body
hanmi gamae angled guard position
hanmi handachiwaza sitting versus standing
hanshi title in *kendo*, from 8th *dan*
hantai opposed
happo eight directions, compare *shiho*
hara stomach
harai/barai sweep away, parry
harakiri cut belly, ritual suicide, also called *seppuku*

hassogaeshi *jo*-staff technique
hasso gamae guard with weapon at shoulder level
henkawaza, changing techniques, variations on basic techniques, also shifting from one technique to another
hidari left (right: *migi*)
hiji elbow
hijidori grip on elbow
hijkimeosae pinning technique, sometimes called *rokkyo*
hiki pull
hineri twist
hiragana Japanese phonetic writing, compare *katakana*
hito e mi making the body small, guard position with more of an angle than *hanmi*
hiza knee
ho method
ho direction, side
hombu head quarters
Hombu dojo head dojo, used for Aikido's head dojo in Tokyo

I

iaido the art of drawing the Japanese sword
iaito training sword, usually not sharpened
ichi one
ichiban first, best
iie no
iki will power
ikkajo older term for *ikkyo*
ikki one *ki*, bottoms up, toast
ikkyo first teaching, pinning technique
ikkyo undo exercise of the basic *ikkyo* movement
in Japanese for the Chinese concept *yin*, compare *yo*
ippon one point
ipponken strike with one knuckle
irimi in to the body, inwards
iriminage inward throw, throwing technique
Iwama Japanese town, where Osensei had a dojo and a home
Iwama ryu Saito sensei's aikido style

J

jiyuwaza free training
jo wooden staff, 127.5 centimeters
jo awase *jo*-staff exercises
jodan high, compare *chudan* and *gedan*
jodan kamae guard with weapon over head
jodan tsuki strike at head
jodanuke high block
jodo the way of the staff
jodori defense against *jo*-staff
jokyusha advanced student, with a higher *kyu*

grade, compare *chukyusha*
ju ten
ju soft
judo the soft way, or the way to softness
jujigarami/jujinage cross throw
jujutsu the soft art
jumbitaiso warm-up exercises, also called *aikitaiso*
juntsuki strike with the same arm and leg forward, also called *oitsuki*, compare *gyakutsuki*
jutai soft body, smooth training, compare *gotai*, *ryutai* and *kinagare*
jutsu technique/art

K

kaeshi/gaeshi returning, reverse
kaeshitsuki reverse strike with *jo*-staff
kaeshiwaza counter techniques
kagami biraki Japanese New Year celebration, held January 11
kai club, association
kaiso founder
kaitennage rotation throw, throwing technique
kaitenosae rotation pinning technique
kakaedori embrace
kakarigeiko attackers in line, one after the other
kakudo angle
kamae/gamae guard position
kami divinity
kamiza honorary place in a *dojo*, compare *shomen* and *shinzen*
kampai cheers, toast
kan intuition
kangeiko mid-winter training
kanji ideograms, the Chinese writing
kanren linked, connected
kanrenwaza linked techniques, one technique followed by another, compare *renzokuwaza*
kansetsu joint (on body)
karatedo the way of the empty hand, or the way through the hand to emptiness
Kashima shintoryu traditional sword school
kata form, pre-decided movements
kata shoulder
katadori shoulder grip
katadori menuchi shoulder grip followed by *shomenuchi*
katakana Japanese phonetic writing, compare *hiragana*
katamewaza pinning techniques
katana the Japanese sword, also *ken*, *to* and *tachi*
katate one-hand technique
katatedori wrist-grip
katate ryotedori grip with both hands, also called *morotedori*
Katori shintoryu traditional sword school
keiko/geiko training

keikogi training dress, also *dogi*
ken sword, also *katana*, *to* and *tachi*
kendo Japanese fencing
ki spirit, life energy
kiai gathered *ki*, usually used for shout in *budo*
ki-aikido Tohei sensei's aikido style
kihon basics
kihonwaza basic training
kikai tanden the ocean of *ki* in the body's center
kime focusing
kimusubi tying one's *ki* to that of the partner
kinagare/ki no nagare streaming *ki*, flowing training, compare *gotai*, *jutai* and *ryutai*
Ki no kenkyukai Tohei sensei's aikido school, also *Shinshin toitsu*
kiri/giri cut
kirikaeshi turning cut, sword exercise
koan riddle in *zen*
kobudo older *budo*
kogeki attack
kogekiho attack techniques
kohai one's junior, compare *sempai*
Kojiki religious Japanese book from the 8th century
kokoro heart, will, mind, also pronounced *shin*
kokyu breathing
kokyuhō breathing exercise, throwing technique
kokyunage breath throw
kokyu ryoku breath power
kosa cross over, pass
kosadori cross-over grip, same as *aihanmi*
katatedori
koshi hip
koshinage hip throw
kote wrist
kotegaeshi reversed wrist, throwing technique
kotehineri twisted wrist, *sankyo*
kotemawashi turned wrist, *nikyo*
kotodama/kototama spirit of words, Japanese sound mystique and cosmology
ku nine
ku emptiness
kubi neck
kubishime neck choke
kuden oral tradition/teaching
kumi group, set
kumijo *jo*-staff exercises, *jo* against *jo*
kumitachi sword exercises, sword against sword
kumite empty handed fight
kumiuchi ancient Japanese wrestling in full armor
kuzushi break balance
kyo principle, learning
kyoshi title in *kendo*, 6-7 *dan*
kyu grade before blackbelt, compare *dan*
kyudo the way of the bow and arrow

L

(L not used in Japanese)

M

ma distance between training partners
ma-ai harmonious, balanced distance between training partners
mae front, forward, compare *ushiro*
maegeri straight kick
mae ukemi forward fall
makiwara target for hitting practice in *karatedo*
maru circle
mawashi revolving, turning
mawashigeri roundhouse kick
mawate turning
me eye
men head
michi way, also *do*
migi right (left: *hidari*)
misogi purification, cleansing
mochi hold/grip, also called *dori*
mochikata gripping attacks
mo ikkai do again
mokuso meditation, also called *zazen*
moro both
morotedori grip with both hands, also called *katate ryotedori*
mu nothing, empty
mushin empty mind
mudansha trainee without dan grade, compare *yudansha*
mune chest
munedori collar grip by the chest
musubi tie together

N

nagare flow, streaming
nage throw, also used for the one doing the aikido technique, compare *tori*
nagewaza throwing techniques
naginata Japanese halberd
nakaima here and now
nana seven, also pronounced *shichi*
nen the purity and unity of the mind
ni two
Nihon/Nippon Japan
Nihongi religious Japanese book from the 8th century
nikajo older name for *nikyo*
nikyo second teaching, pinning technique
nin person
ninindori two attackers, also called *futaridori*
ninja courier and spy in old Japan
Nippon/Nihon Japan
Nito ichiryu/Niten ichiryu School of Two Swords/Two Heavens, Musashi's sword school
noto return the sword to the scabbard

nuki draw the sword, also called *batto*
nukite strike with fingertips

O

o big, also *dai*
obi belt
ocha tea
oitsuki strike with same arm and foot forward, also called *jontsuki*
omote front, surface, compare *ura*
Omotokyo shintoistic society
onegai shimasu please, asking for something
osae press down, pinning
osensei great teacher, in aikido Morihei Ueshiba
otagai ni rei bow to each others
otoshi drop
oyowaza applied techniques, modified for efficiency

P

(P rarely used in Japanese)

Q

(Q not used in Japanese)

R

randori disorderly grabbing, free training
rei bow
reigi etiquette, also called *reishiki*
renshi title in *kendo*, 4-6 *dan*
renshu training
renzoku continuous
renzoku uchikomi *jo*-staff exercise
renzokuwaza consecutive techniques, a series of techniques
ritsurei standing bow
rokkyo sixth teaching, pinning technique, see *hijikime osae*
roku six
ryo both
ryotedori gripping both wrists
ryu school
ryutai flowing body, fluid training, compare *gotai*, *jutai* and *kinagare*

S

sabaki action/handling
sake rice wine

samurai to serve, Japanese warrior class
san three
sankajo older term for *sankyo*
sankaku triangle
sankakutai triangle shape, position of the feet in *hanmi*
sankyo third teaching, pinning technique
sannindori/sanningake three attackers
sanpo three directions
satori enlightenment in *zen*
saya scabbard
seika no itten, the one point below the navel, the body center, also called *tanden*
seiki life energy
seiza correct sitting, sit on knees
sempai one's senior, compare *kohai*
sen no sen before the attack, countering before the strike
sensei teacher
sensen no sen before before the attack, a leading initiative
seppuku cut belly, ritual suicide with sword, also called *harakiri*
shi four, also pronounced *yon*
shiai competition
shiatsu massage
shichi seven, also pronounced *nana*
shidojin instructor, middle title for aikido teacher, 4-5 *dan*, compare *fukushidojin* and *shihan*
shihan expert example, high title for aikido teacher, from 6 *dan*, compare *fukushidojin* and *shidojin*
shiho four directions
shihonage four directions throw, throwing technique
shikaku square
shikaku dead angle
shiki courage
shikko knee walking
shime choke
shin heart, will, mind, also pronounced *kokoro*
shinai *kendo* sword of bamboo
Shindo Musoryu *jodo*-school
shinken sharp authentic Japanese sword
Shinshin toitsu Tohei sensei's aikido school, *Ki no kenkyukai*
shinto the way of the gods, Japanese religion
shinzen seat of the gods, in a dojo usually a position on the wall farthest from the entrance, compare *kamiza* and *shomen*
shisei posture
shite the one leading, defender in aikido, also called *tori* or *nage*
shizentai natural body posture
sho first, beginning
shodan first *dan* grade
shodo calligraphy
Shodokan Tomiki sensei's aikido school

shomen front of the head
shomen head place of the *dojo*, compare *shinzen* and *kamiza*
shomen ni rei bow to head place of the *dojo*
shomenuchi cut or blow to head
shoshinsha beginner
shuto hand ridge strike
sode sleeve
sodedori sleeve grip
sodeguchidori grip on the cuff of the sleeve
soto outside, outer, compare *uchi*
sotodeshi student who lives outside the *dojo*, compare *uchideshi*
sotokaiten outer rotation, compare *uchikaiten*
sotouke block from outside, compare *uchiuke*
suburi basic exercises with sword or staff
suki opening
sumi corner
sumikiri sharpness of body and mind
sumimasen excuse me
sumo traditional Japanese wrestling
suri rub, scrape
sutemiwaza techniques with losing one's own balance
suwariwaza seated training, also called *suwate*
suwate seated training, also called *suwariwaza*

T

tachi sword, also *to*, *ken* and *katana*
tachi stand
tachidori defense against sword
tachiwaza training standing up
tai body
taijutsu body techniques, unarmed techniques
tai no henko body turn, also called *tai no tenkan*
tai no tenkan body turn, also called *tai no henko*
taisabaki body move, evasive movement in aikido
taiso exercises
takemusu improvised Martial art
takemusu aiki improvised Martial art through the principle of *aiki*
tambo short staff
tameshi test
tameshigiri cutting test with sword
tameshiware hitting test in karatedo
tanden body center, compare *seika no itten*
taninzugake several attackers
tanren drill
tanto/tanken knife
tantodori defense against knife
tao/dao Chinese for *do*
tatami mat
tate stand up
te hand
tegatana hand sword, hand ridge in swordlike movements
tekubi wrist

tekubiosae pinned wrist, *yonkyo*
tenchinage heaven-earth throw, throwing technique
tenkan turn
tettsui hammer strike
to sword, also *ken*, *tachi* and *katana*
tobigeri jump kick
tobikoshi fall over hip, break fall
tomauchi *jo*-staff technique
tori the one who takes, defender in aikido, also called *nage* and *shite*
torifune rowing exercise, also called *funakogi undo*
tsuba sword guard
tsugiashi following step, back foot following and not passing front foot
tsuka sword hilt
tsuki strike, with a weapon or empty hand

U

uchi hit
uchi inside, within, inner, compare *soto*
uchideshi student living in the *dojo*, compare *sotodeshi*
uchikaiten inner rotation, compare *sotokaiten*
uchikata striking and hitting attack forms
uchikomi hitting repeatedly
uchiuke block from inside, compare *sotouke*
ude arm
udekimenage arm lock throw
udenobashi extended arm, *gokyo*
udeosae pinned arm, *ikkyo*
uke the one receiving, attacker in aikido
uke block, parry
ukemi falling
undo exercise
ura backside, inside, reverse side, compare *omote*
uraken backhand strike
ushiro behind, backwards, compare *mae*
ushirogeri backward kick
ushiro kiritoshi rear cutting drop, throwing technique
ushiro ukemi backward fall
ushirowaza attacks from behind

V

(*V not used in Japanese*)

W

waka sensei young teacher, used in aikido for successor of *Doshu*
waki side
wakizashi short sword

ware break, split
waza technique, skill, training method

X

(*X not used in Japanese*)

Y

yame stop
yang sunny side, male pole, in Japanese *yo*, compare *yin*
yari spear
yawara old *jujutsu*
yin shady side, female pole, in Japanese *in*, compare *yang*
yo Japanese for *yang*
yoko side, sideways, horizontal
yokogeri side kick
yokogiri horizontal cut
yokomen side of the head
yokomenuchi strike to the side of the head
yoko ukemi side fall
yon four, also pronounced *shi*
yonkajo older term for *yonkyo*
yonkyo fourth teaching, pinning technique
yudansha dan graded, compare *mudansha*

Z

za seated, sit
Zaidan Hojin Aikikai Aikikai Foundation
zanshin remaining spirit, continued concentration
zare sitting bow
zazen sitting meditation, also called *mokuso*
zen a form of buddhism
zengo around, forward and back, front and rear
zori sandals

Numbers

1 *ichi*
 2 *ni*
 3 *san*
 4 *shi / yon*
 5 *go*
 6 *roku*
 7 *shichi / nana*
 8 *hachi*
 9 *ku*
 10 *ju*
 20 *ni-ju*
 21 *ni-ju-ichi*
 100 *hyaku*
 1000 *sen*