

AIKIDO OF HONOLULU

GLOSSARY

Is there an Aikido term you don't know or don't understand? If you can't find the answer below, please consult an instructor.

TITLES

Dan - "level," black belt rank
Doshu - leader of the way
Kohai - junior practitioner (relative to a sempai)
Kyu - ranks below dan ranks
Nage - person who performs the technique
Sensei - teacher
Sempai - senior practitioner (relative to kohai)
Uke - person who receives the technique
Yudansha - one who has attained a dan rank

MOVEMENTS

Atemi - defensive strike by nage
Irimi - entering movement
Omote - forward or frontal movement
Shikko - knee walking
Tai sabaki - body movement
Tenkan - turning/pivoting movement
Tenshin - nage retreats obliquely from the attack
Ura - "rear," movement to the rear

WEAPONS/GEAR

Bokken - wooden sword
Gi (or Dogi) - uniform
Hakama - divided, pleated pants worn by yudansha
Jo - short wooden staff
Obi - belt
Tanto - wooden knife

TECHNIQUES

Ikkyo - first technique
Nikyo - second technique
Sankyo - third technique
Yonkyo - fourth technique
Gokyo - fifth technique
Henka waza - change technique
Iriminage - entering throw
Kaeshi waza - uke reverses/counters nage technique
Kaitennage - circular throw
Kokyunage - breath throw
Koshinage - hip throw
Kotegaeshi - wrist turn out
Shihonage - four direction throw
Tenchinage - heaven and earth throw

ATTACKS

Katatetori - one hand wrist grab
Katatori - one hand shoulder grab
Morotetori - two handed wrist grab
Ryokatatori - both shoulders grabbed from front
Ryotetori - both wrists grabbed from front
Shomenuchi - vertical strike to forehead
Tsuki - punch
Ushiro Hijitori - both elbows grabbed from behind
Ushiro katatori - both shoulders grabbed from behind
Ushiro kubishime - one arm choke, and one arm grabbed from behind
Ushiro tekubitori - both wrists grabbed from behind
Yokomenuchi - diagonal strike to side of head

WEAPON ATTACKS

Bokken tori - bokken taking
Jo tori - jo taking
Kata - sequence of movements using jo or bokken
Kumitachi - both uke and nage have bokken
Awase - Opposing sequence of movements to kata
Suburi - basic movements with jo or bokken (done individually)
Tanto tori - dagger taking

COMMON PHRASES

Onegai shimasu - a polite way of asking someone for a favor (to practice); carries a connotation of goodwill
Domo arigato gozaimashita - basically "thank you very much"

MISCELLANEOUS TERMS

Ai - harmony, love
Aikido - the way of harmony, the way of spiritual harmony
Ai-hanmi - uke & nage have the same foot forward (left & left or right & right)
Bu - martial, military
Budo - martial way
Do - way, path
Gyaku-hanmi - uke & nage have opposite foot forward (left & right or right & left)
Hanmi - basic oblique stance
Hanmi Handachi - uke attacks from standing position, nage executes technique from seiza
Hara - center (abdomen)
Keiko - training
Ki - spiritual energy, the energy of life
Kokyu - breath
Kokyu ryoku - breath power
Ma-ai - spacing between uke and nage
Nafudakake - name plate
Suwari waza - techniques done with both uke and nage in seiza
Seiza - sitting with feet tucked under
Shomen - front of head, front of dojo
Tegatana - "hand blade"
Tokonoma - display area at front of dojo, reserved for valued objects
Kakari geiko - free style training, uke may use any attack, nage may use any technique
Jiyu waza - uke may execute any attack and nage may use any technique
Randori - free style training with multiple partners
Waza - technique