

GLOSSARY of JAPANESE TERMS used in AIKIDO

ichi - one
ni - two
san - three
yon, shi - four
go - five

roku - six
shichi, nana - seven
hachi - eight
ku, kyu - nine
ju - ten

ikkyo - first form
nikyo - second form
sankyo - third form
yonkyo - fourth form
gokyo - fifth form

masakatsu - victory of correctness, precision, righteousness (first principle of Aikido)
agatsu - victory over self (second principle of Aikido)
katsuhayahi - victory over light, over speed (third principle of Aikido)

shihan - master instructor
sensei - title of respect when referring to an instructor; never used for oneself
sempei - senior student
kohai - junior student
yudansha - person with a black belt rank
deshi - student or pupil; usually reserved for those training seriously
uchi deshi - student who lives in *dojo* or who is undergoing specialized intensive training

Aikido - The Way of harmonizing *ki*; the art founded by Morihei Ueshiba O-Sensei
Aikikai - Organization for Aikido; organizational name of Aikido Hombu Dojo in Tokyo
Hombu Dojo - Aikido World Headquarters in Tokyo, Japan
O-Sensei - Title of respect when referring to Morihei Ueshiba, Founder of Aikido
Doshu - Leader of the Way; currently Moriteru Ueshiba, grandson of O-Sensei
Nidai Doshu - Second Doshu, Kisshomaru Ueshiba (1921-1999), son of O-Sensei

dojo - training hall; a place for practicing the Way
rei - formal bow, gesture of respect and gratitude
reigi - courtesy, etiquette
keiko-gi - white uniform worn for Aikido training; sometimes shortened to *gi*
hakama - black divided skirt worn by *yudansha* and women of all ranks

irimi - movement of entering directly

tenkan - turning, pivoting movement

tenshin - movement diagonally back 45 degrees

sen no sen - immediate reaction resulting in leading *uke* to a safe place, *irimi* movement

go no sen - action to lead *uke* safely after completion of the attack, *tenshin* movement

fudoshin - unmovable, unshakable, stable, centered

heijoshin - completely relaxed, totally natural state

kakari geiko - same technique executed on several consecutive *uke*

migaki geiko - specialized practice to polish one's Aikido

mitori geiko - sitting out but seriously watching a practice session

ai hanmi - same stance as partner, both left foot forward or both right foot forward

atemi - a defensive strike directed to an opening in order to distract or neutralize

bokken, bokuto - wooden sword used for training

budo - the martial way

budoka - practitioner of the martial way

bushido - the way of the warrior, spirit of the *samurai*

chi - the earth

dan - rank or degree of black belt

do-gi - training uniform, same as *keiko-gi*

gyaku hanmi - opposite stance as partner, left foot to right foot

hai - yes

hanmi - basic triangular stance of Aikido

hanmi handachi - technique executed when *nage* is kneeling in *seiza* and *uke* is standing

hantai - opposite

hara - one's center, the lower abdomen

henka waza - switching from one technique to another

hidari - left

hiji - elbow

hijitori - elbow grab from behind

hiza - knee

irimi - movement of entering directly

irimi nage - technique with entering movement for throw

jiyu waza - free style techniques
juji nage - throw executed with *uke*'s arms crossed at the elbows
jo - wooden staff used for training

kaeshi waza - counter technique
Kagami Biraki - New Year's ceremony in the martial arts
Kaiso - the Founder, Morihei Ueshiba O-Sensei
kaiten - revolve, turn
kaiten nage - rotary throw with *uke*'s arm behind back
kakari geiko - same technique executed on several consecutive *uke*
kamae - defensive stance
kamidana - an altar or shrine
Kangeiko - special training period during the coldest time of winter
kata - shoulder
katatori - shoulder grab
katatori shomen uchi - shoulder grab with front strike to forehead
katatetori - one hand grab
keiko - practice or training
ki - life energy, life force
kokyu - breath or breathing
kokyu dosa - an exercise to develop breath power
kokyu ho - an exercise to develop breath power
kokyu ryoku - breath power, energy
kosatori - crossed hand grab
koshi nage - hip throw
kotegaeshi - wrist turn throw
kubi - neck
kubishime - choke hold
kumitachi - paired sword practice
kyu - ranks or degrees below black belt

maai - distance, proper spacing between partners
mae - front, forward
mae ukemi - front rolls
migi - right
misogi - purification ritual, spiritual cleansing
morotetori - two hands grabbing one
munetsuki - strike or thrust to the chest

nage - the person who executes the technique, sometimes called **tori**
nage - term meaning throw when describing a technique

okinaga - deep breathing exercise done in repeated cycles
omote - front, forward movement
onagai shimasu - "I make a request or Please grant me this favor."

otoshi - a dropping throw

randori - free style with multiple attackers

ryo - both

ryokatatori - grabbing two shoulders

ryotetori - grabbing two hands with two hands

seiza - traditional Japanese seated position, kneeling style

shiho - four directions

shikaku - dead angle, opening beyond field of peripheral vision

shikko - knee walking

shomen - the head, the front

shomen uchi - overhand strike to front of the forehead

soto - outside

sumi otoshi - corner drop

suwari waza - techniques from seated position

tachi waza - techniques from standing position

taisabaki - body movement

tanto - wooden knife used in training

tatami - Japanese floor mats made from straw

te - hand

tegatana - outer edge of the forearm and hand used like a blade

tekubi - wrist

ten - heaven

tenchi nage - heaven and earth throw, the hands are pointed to heaven and earth

tenkan - turning, pivoting motion

tenshin - movement diagonally back 45 degrees

tokonoma - an alcove for scrolls, pictures, and treasured objects

tsuki - thrust or punch

uchi - inside

uke - person who attacks and is recipient of technique

ukemi - the art of falling

ura - back, to the rear

ushiro - behind

ushiro ukemi - back falls

ushiro waza - technique against attack from behind

waza - technique

yokomen uchi - strike to the side of the head

zanshin - continuous awareness and centeredness as the follow-through of a technique