

## 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