



Redlands Aikikai

Glossary

For a more in-depth rendering of some of the terms below, please refer to the *Student Handbook* of the Aikido Schools of Ueshiba. In general, each syllable in a Japanese word is pronounced with equal emphasis. Some syllables, though, are hardly pronounced at all (eg. *Tsuki* is pronounced as “tski”)

Techniques

The name of each technique is made up of- (1) the attack, (2) the defense, and, if applicable, (3) the direction

There are four sets of directional references used in Aikido techniques (Some techniques do not have a specific “direction”.) -

1. Irimi (ee-ree-mee) refers to Yang movement which enters through or behind the attacker and Tenkan (tehn-kahn) refers to Yin movement which turns with the attacker’s energy.
2. Omote (oh-moe-teh) refer to movements in which nage’s action is mostly in front of the attacker (also “above”), while Ura (oo-rah) movements take place mostly behind the attacker (also “below”). Omote and Ura also have the meanings of “exoteric” and “esoteric” (secret), respectively.
3. Uchi Mawari (oo-chee-mah-wah-ree) is a turn “inside” the attacker, i.e., within the compass of his arms, while Soto Mawari (soh-toe--mah-wah-ree) is a turn “outside” the attacker, i.e., beyond the compass of his arms. Hence also Uchi Deshi: inside student, living in the dojo; and Soto Deshi: outside student.
4. Zenshin (zen-shin), towards the front; Kotai (koh-tie), towards the rear.

Attacks:

| Japanese Word | Approximate Pronunciation | Approximate Meaning |
|--|-------------------------------|--|
| Eri Dori | Eh-ree Doe-ree | Collar Grab |
| Gyakute Dori; Ai Hanmi Katate Dori | Gyah-koo-teh Doe-ree | Kosa Dori (see below) |
| Hiji Dori | He-jee Doe-ree | Elbow Grab |
| Kata Dori | Kah-tah Doe-ree | Shoulder Grab |
| Katate Dori; Katate Mochi; Gyaku Hanmi Katate Dori | Kah-tah-teh Doe-ree | Single Wrist Grab, Same-side Hand |
| Kosa Dori; Gyakute Dori; Ai Hanmi Katate Dori | Koh-sah Doe-ree | Single Wrist Grab, Opposite-side Hand |
| Kubi Shime | Kooh-be Shee-mey | Neck Choke |
| Morote Dori, Katate Ryote Dori, Katate Ryuote Mochi | Moe-roe-toe Doe-ree | Two Hands on One Forearm Grab |
| Muna Dori | Moo-nah Doe-ree | Lapel Grab |
| Mune Tsuki | Moo-net-skee | Chest/Stomach Punch |
| Ryo | Ree-oh | Both (eg., Ryote Dori: each wrist grabbed) |
| Shomen Uchi | Show-mehn Oo-chhi | Top of the Head Strike |
| Sode Dori | Soe-day Doe-ree | Sleeve Grab |
| Ushiro | Oo-she-roe | From the Rear |
| Ushiro Dori | Oo-she-roe Doe-ree | Bear Hug From Behind |
| Ushiro Tekubi Dori | Oo-she-roe Tay-koo-be Doe-ree | Wrist held from behind (opposite hand) |
| Yokomen Uchi | Yo-co-mehn Oo-chhi | Side of the Head Strike |

Defenses:

| Japanese Word | Approximate Pronunciation | Approximate Meaning |
|---------------|---------------------------|---|
| Aiki Nage | Eye-key Nah-gee | Hip Throw Holding Both of Uke’s Legs |
| Gokyo | Go-kyoh | Fifth Form |
| Hiji Nage | Hee-gee Nah-gee | Elbow Throw |
| Ikkyo | Ee-kyoh | First form; “putting the weight on”. Also <i>Ikkajo</i> |
| Irimi Nage | Ee-ree-mee Nah-gee | Entering Throw |
| Kaiten Nage | Kigh-ten Nah-gee | Rotary Throw |
| Kokyu Ho | Co-kew Ho | “Breath method”: the fundamental teaching of Aikido technique |
| Kokyu Nage | Co-kew Nah-gee | Literally: Breath throw; not one of the other throws |
| Koshi Nage | Co-she Nah-gee | Hip Throw |
| Kote Gaeshi | Co-teh Gah-eh-she | Wrist Twist/Return |
| Nikkyo | Knee-kyoh | Second form. Also <i>Nikkajo</i> |
| Rokyo | Roe-kyoh | Sixth Form |
| Sankyo | Sahn-kyoh | Third form. Also <i>Sankajo</i> |
| Shiho Nage | Shee-ho Nah-gee | Four Direction Throw |
| Sumi Otoshi | Sue-mee Oh-toe-she | Corner Throw |
| Tenchi Nage | Tehn-chee Nah-gee | Heaven and Earth |
| Ude Osai | Oo-day Oh-sah-ay | Arm Pin |
| Yonkyo | Yohn-kyoh | Fourth form. Also <i>Yonkajo</i> |

Weapons Terms:

| Japanese Word | Approximate Pronunciation | Approximate Meaning |
|------------------------|--------------------------------|--|
| Awase | Ah-wah-say | Pair Partner Practice: Harmonious Movement Without Contact |
| Bokken | Bow-ken | Wooden Sword Used in Practice |
| Buki | Boo-kee | Weapons |
| Gedan-no-kamae | Gay-dahn-no-kuh-mah-ey | Low Stance |
| Ha | Hah | Blade Edge |
| Hasso Gedan-no-kamae | Hah-so Gay-dahn -no-kuh-mah-ey | Low stance with sword to the rear |
| Hasso-(jodan)-no-kamae | Hah-so -no-kuh-mah-ey | “Figure-Eight” Stance: Sword Near Shoulder |
| Jo | Joe | Wooden Staff, Approximately 50 in |
| Jodan-no-kamae | Joe-dahn -no-kuh-mah-ey | High Stance |
| Kashira | Kah-she-rah | Butt Cap |
| Katana | Kah-tah-nah | Sword |
| Ken | Ken | Japanese Sword |
| Kesa Giri | Kay-sah Gi-ree | Diagonal Cut Across Body |
| Kissaki | Kiss-sah-key | Tip |
| Kobudo | Koh-boo-doe | Traditional Weapons Arts |
| Kumi Jo | Koo-me-joe | Paired Partner Staff Practice with Contact |
| Kumi Tachi | Koo-me Tah-chee | Paired Partner Sword Practice with Contact |
| Mune | Moo-nay | Back |
| Saya | Sah-yah | Scabbard |
| Seigan-no-kamae | Say-gahn-no-kuh-mah-ey | Middle Stance |
| Shinai | She-nie | Bamboo Sword; if Covered: Yagyu Shinai |
| Shoto | Show-toe | Short Sword |
| Suburi | Sue-boo-ree | Solo Practice Movement Using the Ken or Jo |
| Tachi | Tah-chee | Sword |
| Tanto | Tahn-toe | Wooden Knife |
| Tsuba | Tsue-bah | Guard |
| Tsuka | Tsue-kah | Hilt |

Common Words Used in Aikido:

| Japanese Word | Approximate Pronunciation | Approximate Meaning |
|-----------------------|---------------------------|--|
| Aikido | Eye-key-doe | Ai=harmony, Ki=spirit, Do=The Way or Path |
| Aikidoka | Eye-key-doe-kah | Aikido Practitioner |
| Aiki Taiso | Eye-key Tie-so | Aikido Solo Warm-Up Exercises |
| Aiki Sotai | Eye-key So-tie | Aikido Partner Warm-Up Exercises |
| Atemi Waza | Ah-teh-mee Wah-zah | Striking Techniques |
| Bushido; Budo; Budoka | Boo-she-doe | Warrior's Code. The Way of the Warrior. Warrior |
| Chuden | Chew-then | Middle-level Teachings |
| Dan | Dahn | Black Belt Rank |
| Deai | Day-eye | Timing in Action |
| Deshi | Day-she | Student, Pupil, Disciple |
| Do | Doh | Way, Path, Truth. Also Body (attack point in kendo; often to the exclamation “Do!”) |
| Dogi | Doh-ghee | Training Costume |
| Dojo | Doe-joe | “Place of the Way”; Training Hall |
| Doshi | Doe-she | Comrade, Friend (Used Among Fellow Aikidoka) |
| En | En | Circle (as in En-no-irimi: Circular Entering) |
| Gaeshi; Kaeshi | Guy-eh-she | Reversed; To Reverse |
| Gi | Ghee | Training Costume |
| Hakama | Haw-kah-ma | A Divided, Pant-skirt that goes over the gi |
| Hanmi | Han-me | Triangular stance |
| Hanmi Handachi | Hawn-me Han-dah-chee | Nage (thrower) Kneeling; Uke (the attacker) Standing |
| Hantai | Han-tie | Opposite |
| Hara | Ha-rah | Lower abdomen, physical and spiritual center |
| Henka Waza | Hen-kah Wah-za | Multiple techniques off one attack |
| Hidari | He-dah-ree | Left (direction) |
| Hiji | He-jee | Elbow |
| Ikeda Sensei | Ih-kay-dhah | Aikikai shihan, second chief instructor of Aikido Schools of Ueshiba (note the soft “d” sound) |
| Irimi | Ee-ree-me | Entering movement |
| Jiyu Waza | Jee-you Wah-zah | Free style techniques/practice |
| Kaeshi; Gaeshi | Kah-eh-she | To reverse |
| Kaeshi Waza | Kah-eh-she wah-zah | Reversal technique |
| Kaiten | Kai-ten | To revolve or rotate |
| Kamae | Kuh-mah-ay | Stance, posture |

Common Words Used in Aikido (Continued):

| Japanese Word | Approximate Pronunciation | Approximate Meaning |
|-----------------------------|---|--|
| Kata | Kah-tah | Shoulder. Also means "form practice of pre-arranged exercise(s)" |
| Katate | Kah-tah-tay | Wrist |
| Keiko | Kay-ko | Practice session; training |
| Kohai | Koh-hi | Junior student |
| Kote | Koh-tay | Wrist (attack point in kendo; often to the exclamation "K'te!") |
| Kotodama | Coe-thoe-dha-mah | The spiritual function of sound. Every one syllable sound has its own spiritual vibration. |
| Ki | Key | Spirit, the vital force of the body; Universal Energy; A flow of positive energy |
| Kiai | Key-eye | Energy emerging from hara and focused to a point; often accompanied by a piercing yell. |
| Ki No Nagare | Key-no-nah-gah-ray | Flowing movement |
| Kihon Waza | Key-hone-wah-zah | Basic technique |
| Kokoro | Co-co-roe | Heart, spirit (keiko, kokoro, keiko, kokoro...) |
| Kokyu | Co-kyuh | Breath power, the coordination of ki flow with breathing, rhythm of technique |
| Kokyu Dosa; Kokyu Tanden Ho | Co-kyuh Doe-sah; Co-kyuh than-den ho | The foundational centering and connection practice in Aikido |
| Koshi | Koh-she | Hips, waist |
| Kubi | Coo-bee | Neck |
| Kyu | Cue | Aikido rank before black belt. |
| Maai | Mah-eye | Distance between uke and nage, meaning "harmony of space" |
| Men | Men | Face, head (also, an attack point in kendo; often to the exclamation "Men!") |
| Migi | Mee-ghee | Right (direction) |
| Misogi | Mee-so-ghee | Cleansing, inner and outer |
| Mudansha | Moo-dahn-sha | White belt grade holder(s) |
| Mushin | Moo-shin | No mind, a mind without ego. |
| Musubi | Moo-sue-bee | Connection (literally: the steam that connects the grains of cooking rice) |
| Nage | Nah-gay | Throw, or the person who throws |
| Obi | Oh-bee | Belt |
| Okuden | Oh-koo-then | Secret teachings |
| O Sensei | Oh-sen-say | Great teacher: Morehei Ueshiba |
| Randori | Ran-doh-ri | Multiple attack |
| Rei | Ray | Salutation, bow |
| Reigi Saho | Ray-gi Sah-hoe | Etiquette |
| Ryote | Ryou-tay | Both hands |
| Saotome Sensei | Sah-oh-thoe-may | Aikikai shihan, founder of Aikido Schools of Ueshiba (note the soft "t" sound) |
| Samurai | Sa-moo-rye | Military retainer (feudal period) |
| Sankaku | Sahn-kah-koo | Three cornered (as in Sankaku-no-irimi: triangular entering) |
| Sempai | Sem-pie | Senior student |
| Sensei | Sen-say | Teacher, master (literally: "born before"). At 4th Dan or above |
| Seiza | Say-zah | Formal sitting posture |
| Shiho | She-ho | Four directions |
| Shihan | She-hahn | Grandmaster. At 6th Dan or above |
| Shikko | She-coe | Knee-foot walking |
| Shime | She-may | To choke |
| Shizen Tai | Shi-zen-tie | Natural posture |
| Shodan | Show-dahn | Holder of the first grade black belt; first step; low sword stance |
| Shoden | Show-then | Beginning teachings |
| Shomen | Show-men | Front or top of the head |
| Shugyo | Shuh-ghyoh | The daily work to refine and purify the quality of life. |
| Sutemi | Sue-teh-me | A sacrifice throw |
| Suwari Waza | Sue-wah-ree Wah-zah | Sitting techniques |
| Tachi | Tah-chee | Japanese sword, or "standing" |
| Tachi-Dori | Ta-chee Doe-ree | Techniques of taking an opponents sword |
| Tachi Waza | Ta-chee-wah-zah | Standing techniques |
| Taijutsu | Tie-ju-tsoo | Body arts: aikido techniques done without weapons |
| Tai No Henko | Tie-no-hen-ko | Basic blending practice; Kokyu Ho Tenkan |
| Tai Sabaki | Tie-sa-bah-kee | Whole body movement (as against merely moving the hands) |
| Takemusu Aiki | Tah-kay-moo-sue Eye-key | Infinite creativity of Aikido |
| Taninsugake | Tuh-nin-sue-gah-kay | Techniques with multiple people attacking simultaneously |
| Te | Tay | Hand |
| Tegatana | Tay-gah-tah-nah | Hand blade. Sword edge of the hand |
| Te Kubi | Tay-koo-bee | Wrist (literally, "neck of the hand") |

Common Words Used in Aikido (Continued):

| Japanese Word | Approximate Pronunciation | Approximate Meaning |
|---------------|---------------------------|--|
| Tenchi | Ten-chee | Ten=heaven, Chi=earth. A position of the hands, one high (up) and one low (down) |
| Tori | Taw-ree | Grab; in some schools, Nage |
| Tsuki | Tsu-kee | Thrust |
| Uchi | Oo-chee | To strike |
| Uke | Oo-kay | A person who receives a technique; the person being thrown |
| Ukemi | Oo-ke-me | The art of receiving technique while staying connected; flowing away from harm |
| Ushiro | Oo-she-row | Back, behind, rear |
| Waza | Wah-zah | Techniques |
| Yokomen | Yoh-ko-men | Side of the head |
| Yudansha | You-dahn-sha | Black belt grade holder(s) |
| Za | Zah | Sitting |
| Zanshin | Zahn-sheen | Continuous awareness |

Numbers:

| Japanese Word | Approximate Pronunciation | Approximate Meaning |
|---------------------------|---------------------------|---|
| Ichi | Ee-chee | One |
| Ni | Knee | Two |
| San | Sahn | Three |
| Shi/Yon | She/Yawn | Four |
| Go | Goh | Five |
| Roku | Roh-ku | Six |
| Shichi/Nana | She-chee/Nah-nah | Seven |
| Hachi | Hah-chee | Eight |
| Ku | Coo | Nine |
| Ju | Jyu | Ten |
| Ju-ichi, Ju-ni etc. | | Eleven, Twelve etc. |
| Ni-ju, Ni-ju-ichi etc. | | Twenty, Twenty one etc. |
| Hyaku, Sen, Man, Oku, Tyu | | Hundred, Thousand, Ten thousand, One hundred million, Billion |

Helpful Phrases:

| Japanese Word | Approximate Pronunciation | Approximate Meaning |
|-----------------------------------|---|--|
| Ohayo Gozaimasu | Ohio Go-zah-ee-mahs | Good morning (before 10am) |
| Konnichi Wa | Kone-knee-chee Wah | Hello! Good day (after 10:00 am) |
| Komban Wa | Comb-bahn Wah | Good evening |
| Oyasumi Nasai | Oh-yah-sue-me Nah-sigh | Good night (before bedtime) |
| Sayonara | Sah-yoh-nah-rah | Good-bye |
| Arigato Gozaimasu | Ah-ree-gah-toe Go-zah-ee-mahss | Thank you |
| Sensei, Domo Arigato Gozaimashita | Sen-say, Doe-moe Ah-ree gah-toe Go-zah-ee-mah-she-tah | Sensei, thank you very much for what you have done (spoken by students at the end of aikido class) |
| Onegai Shimasu | Oh-nigh-guy She-mahss | I make a request. (spoken when one wishes to practice with a fellow student or teacher) |
| Gomen Nasai | Go-men Nah-sigh | I'm sorry, excuse me |
| Do Itashimashite | Doe Ee-tah-she-mah-she-tay | Don't mention it. You're welcome |
| Ogenki Desu Ka | Oh-ghen-key Des-kah | How are you? |
| Okagesama De | Oh-kah-ghe-sama Day | Fine, thank you |
| Hajimemashite | Haji-may-mah-she-tay | Nice to meet you |

Acknowledgement: This Glossary is based on the one in use by Tamalpais Aikido. Thanks to them for starting this work!

Errors are our responsibility - please let us know if you find any