

Two Rivers Aikikai - Aikido Glossary



Ai:	Harmony.
Ki:	The energy in all living things.
Do:	The Way. A path to follow.
Aikido:	The path towards harmony with the energy in all living things.

Reigisaho - Etiquette

Reigisaho:	Rules of Etiquette; the way to show respect and appreciation to O Sensei, your instructors, your partners, the dojo and yourself.
Rei:	The proper way to bow.
Seiza:	The formal kneeling position taken by students when watching during class.
Anza:	Sitting cross legged with a straight back.
Tokonoma:	The alcove at the front of the dojo where the Aikido scroll is hanging. If a shrine is in the alcove, it is called a Kamiza .
Dojo:	The place where we practice finding the Way through a martial art.
O Sensei:	The Great Teacher. The O Sensei of Aikido is Morehei Ueshiba who founded Aikido in the 1940's.
Takejuku:	The scroll with Japanese calligraphy in the Tokonoma.
Katanakake:	The sword stand in the Tokonoma.
Hana:	The arrangement of flowers in the Tokonoma.
Sensei:	Teacher.
Sempai:	One's senior students.
Kohai:	Junior students who began practicing Aikido after you.
Dogi:	The uniform you wear when you practice a martial art in the dojo
Obi:	Belt. To avoid displays of ego, there are no colored belts in Aikido.
Hakama:	The pleated skirt worn by students who have achieved dan levels of practice.
Onegaeshimasu:	Please do me a favor and practice with me.
Domo Arigato Gozaimashita:	Thank you very much.

Kihon - Basic Concepts

Ma-Ai:	The proper distance between nage and uke before the attack begins. Ma-ai varies depending on the heights and reach of partners and whether weapons are used.
Nage:	The person who practices a technique based on the attack of the uke.
Uke:	The person who attacks nage and gives energy for nage's technique.
Ukemi:	The art of following and blending in with nage and taking falls without injury. <u>The ultimate aim of good ukemi is to allow nage to perform the technique at speed without any hesitation as if in a real-life situation.</u>
Zenpo Kaiten:	Forward rolls.
Koho Kaiten:	Back rolls.
Junbi undo:	Warming up exercises at the beginning of class.
Senobashi undo:	Stretching backs at the beginning of practice.
Haishin undo:	The backstretch at the end of class.
Shizen Tai:	A natural posture with feet, hips, hands and eyes facing forward.
Hanmi:	Your stance. The placement of your feet in relation to your partner's feet.
Ai Hanmi:	Both partners have their right foot forward or both have their left foot forward.
Gyaku Hanmi:	One partner has the right foot forward and the other has the left foot forward.
Tori Funo undo:	Rowing exercise that initiates movement with the hips and tanden.

Tai Sabaki - Body Movements

Tai Sabaki:	Precise body movements to move into Shikaku (a safe place) and to control uke's attack, while maintaining a balanced posture.
Tenkan:	A basic movement initiated by turning the hips in which you rotate 180 degrees. Your back foot moves as you pivot on the ball of your front foot.
Irimi:	A basic movement in which you slide forward or step forward. An entering movement initiated by moving your hips forward.
Tenshin:	A basic movement in which you step back and off the line as uke steps in or attacks. The movement is initiated by the hips.
Enten:	A basic movement in which you rotate 180 degrees or more. With Enten, the front foot moves because of the initial hip movement as opposed to the back foot of the Tenkan. Pivot is on the ball of back foot.
Uchi Kaiten:	Turning inside or under uke's arm during an irimi movement.
Soto Kaiten:	Turning outside or toward uke during an irimi movement.
Kiri Kaishi:	Crossing over with the arms and cutting down at an angle.
Surinuke:	Passing under using an irimi movement.
Shikko:	A method of walking on your knees and the balls of your feet.
Hiji Dome:	Stopping uke's elbow during an attack.
Tai no Henko:	Literally means 'turning of the body.'
Tai no Tenkan:	Literally means 'tenkan of the body.'

Parts of the Body

tai:	body	me:	eye	ago:	chin
men:	face, head	ko kyu:	breath	hara:	stomach
kubi:	neck	mune:	chest	yubi:	fingers
kata:	shoulder	koshi:	hip, lower back	ashi no yubi:	toes
ude:	arm	hiza:	knees		
hiji:	elbow	ashi:	leg, foot		
te:	hand	tanden:	the 'center' of the body		
te kubi:	wrist	te gatana:	blade of the hand, (hand sword)		

Suuji - Numbers

ichi:	1	shichi:	7	jyu-san:	13	jyu-ku:	19
ni:	2	hachi:	8	jyu-yon:	14	ni-jyu:	20
san:	3	ku:	9	jyu-go:	15	san-jyu:	30
shi:	4	jyu:	10	jyu-rokku:	16	yon-jyu:	40
go:	5	jyu-ichi:	11	jyu-nana:	17	go-jyu:	50
rokku:	6	jyu-ni:	12	jyu-hachi:	18	hyaku:	100

Kamae - Postures

Kamae:	A posture of readiness with the backbone straight! In each kamae there are three different positions for the hands or weapons: Jodan - high; Seigan or Chudan - middle; Gedan - low.
Suwari Waza:	Nage and Uke are both kneeling (shikko).
Tachi Waza:	Nage and Uke are standing. (Tachi Tori = taking away the bokken)
Hanmi Handachi:	Nage is kneeling and Uke attacks from a standing position.
Hiza Tate:	Kneeling while up on one's toes. (literally: standing on one's knees.)

Tori - Grabs

- Katate tori:** Uke grabs nage's wrist with one hand.
Gyaku Hanmi Katate tori = same side grab ie. left on right or right on left.
Ai Hanmi Katate tori = cross hand grab ie. right on right or left on left.
Morote tori: Uke grabs one of nage's wrists with both hands (gyaku hanmi).
Ryote tori: Uke grabs both of nage's wrists with both hands (gyaku hanmi).
Kata tori: Uke grabs one of nage's shoulders with one hand (gyaku hanmi).
Ryo Kata tori: Uke grabs both of nage's shoulders from the front (off the line).

Uchi - Strikes

- Tsuki:** Uke throws a straight punch at nage's midsection (ai hanmi).
Mune Tsuki: Uke throws a straight punch at nage's solar plexus.
Gamen Tsuki: Uke throws a straight punch at nage's head.
Shomen uchi: Uke makes an overhead and open handed strike with tegatana (the blade of the hand) toward nage's forehead (gyaku hanmi).
Yokomen uchi: Uke strikes the side of nage's head with tegatana (ai hanmi).
Gyaku Yokomen uchi: Uke makes a backhand yokomen uchi (gyaku hanmi).
Kata Tori Men uchi: Uke grabs one of nage's shoulders and strikes with tegatana to the head with the other hand (gyaku hanmi).

Ushiro - From Behind

- Ushiro Tekubi tori:** Uke grabs both of nage's wrists from behind.
Ushiro Ryo Kata tori: Uke grabs both of nage's shoulders from behind.
Ushiro Ryo Hiji tori: Uke grabs both of nage's elbows from behind.
Ushiro Kubishime or Katate Jime: Uke grabs one wrist and one lapel from behind.

Atemi - Strikes / Distractions

- Atemi:** A feint or a movement by nage which makes uke react with a retreat or a defensive motion. Atemi do not usually make hard contact with uke in Aikido. Atemi can help nage to create and take advantage of an opening in uke's attack.

Waza - Techniques

- Kihon Waza:** Basic pinning or throwing techniques from which all other techniques are derived.
Katame Waza: Basic pinning and joint locking techniques.
Ikkyo: The first pinning technique.
Nikkyo: The second pinning technique.
Sankyo: The third pinning technique.
Yonkyo: The fourth pinning technique.
Gokyo: A pinning technique usually against a tanto, the wooden knife.
Omote waza: A version of a technique in which nage moves in front of uke.
Ura waza: A version of a technique in which nage moves behind uke.
Nage Waza: Basic throwing techniques.
Irimi nage: A throw in which nage's arm lifts uke's chin. (The 20 year throw.)
Hitoe irimi nage: A backhanded version of irimi nage.
Shiho nage: Nage brings uke's hand to the shoulder. Lit: the four corner throw.

Nage Waza: (continued)

Kotegaeshi: Nage turns uke's wrist out with fingers pointing to the elbow.

Gyaku Kotegaeshi: A reverse kotegaeshi often done from ryote tori attack.

Tenchi nage: The heaven and earth throw. One hand is up and one hand is down.

Ni Te nage: A two-handed throw while getting uke up onto their toes.

Gyaku Te nage: A backhand throw after getting uke up onto their toes with an arm lock.

Kaiten nage: Nage places one hand on the back of uke's neck to bend uke over and grasps one of uke's wrists behind uke's back. Lit: rolling throw.

Ude Kimi nage: Nage has a hand on uke's wrist and extends an arm under the elbow.

Juji nage: Nage throws with uke's arms crossed and a hand on each wrist.

Kaze Garuma: The windmill throw. **Kaze** means wind or breeze.

Kokyu Ho: Breathing and extension exercise often done at the end of class.

Kokyu nage: Breath throw. A general term used for throws without a specific name.

Oyo Waza: Other Aikido techniques based on Kihon Waza.

Ude Hishigi nikkyo: An arm locking technique often used as a counter against tsuki with tanto by controlling the shoulder and elbow joints through the wrist.

Ude Garami nikkyo: A version of nikkyo on the elbow. Nage has the arms crossed around uke's elbow and wrist and leads uke around and down directly into the nikkyo pin.

Kata Hiki otoshi: Shoulder pulling drop.

Ago Tsukiage: Nage throws uke straight back with one hand under uke's chin and one at the elbow.

Kata Tsukiage: Shoulder drop. A combination of irimi nage and shiho nage.

Aiki otoshi: Drop uke off the side of the hip.

Maki otoshi: Wrapping drop while pivoting down to one knee.

Osoto otoshi: Big outside drop - throwing uke back while stepping behind uke with a hip twist.

Seoio otoshi: Big inside drop - throwing uke to the front and over the shoulder with a knee down.

Sumi otoshi: Corner drop with an angled projection.

Tai otoshi: Body drop with a straight projection.

Hiza Tate Tai otoshi: A body drop from a kneeling position with the hips up straight.

Uki otoshi: Floating drop - throwing uke over an upright knee.

Koshi nage: Hip throws.

Ko Goshi: A small, quick hip throw with one arm around uke's neck and a hand at uke's elbow.

O Goshi: A big koshi nage using a full hip turn.

Hajiki Goshi: A throw off the front of the hip rather than over the hip.

Uki Goshi: A hip throw with one arm wrapped around uke's lower back.

Ukashi Goshi: A hip throw that sweeps uke's feet out from under.

Tsuribe Goshi: A hip throw with a hand in the crook of uke's elbow. (Scale or balance)

Shiho Goshi: A hip throw with a shiho nage grip.

Kote Hineri Koshi Nage: A hip throw with a sankyo grip.

Kata Garuma: A throw over the shoulders instead of the hip.

Jiyuu Waza: Nage has freedom to do any technique against uke's attack.

Henka Waza: Nage switches from one technique to another.

Kaeshi Waza: Uke counters a technique that nage tries to apply.

Ran Dori: Nage is attacked by two or more ukes.

Tachi Tori: Uke attacks with bokken and nage takes the bokken away during the throw.

Jo Tori: Uke attacks with jo and nage takes the jo away during the throw.

Jo nage or Nage holds the jo: Nage uses the jo to unbalance and throw uke.