

Aikido Glossary

General Terms

Ai – to unify
Aikido - The Way of Unity with the Ki of the Universe
Aite - partner
Bokken - wooden sword
Bo – long staff
Budo – the way to “stop the fight”.
Chinkon Kishin No Ho – to calm the mind and return to center
Dan – black belt rank
Deshi – student or pupil
Dojo – “place of the way”
Domo Arigato Gozaimashita – “thank you very much”
Gi – training uniform
Hakama – pleated pant-skirt worn by yudanshya
Hara – center of abdomen
Kami – spirit or divine
Keiko – training
Ki – vital life energy
Ki-ai – the focus and/or release of power through a shout
Ki Musubi – tied together by ki
Kokyu – breath
Kotodama – the spiritual power of sound
Ku – emptiness
Kyu - rank
Obi – belt
Ma-ai – distance between nage and uke
Makoto – sincerity
Misogi – purification of body, mind, and spirit
Monjin – one who enters the gate
Onegaeshimasu – “please train with me”
O Sensei – Great Teacher
Rei – bow
Reigi – proper etiquette or formality
Renshu – practice through repetition
Shugyo – spiritual/austere training
Satori – enlightenment
Seiza – seated on knees
Sensei – teacher (lit. born before)
Seishin – spirit or attitude
Shihan – master teacher with 6th dan or above
Shikko – knee walking
Shomen – front position of dojo
Suburi – single movement using sword or staff
Suki – opening or gap
Tanto – wooden dagger
Tanren – forging the body and mind
Tegatana – hand blade
Ueshiba Morihei – Founder of Aikido
Ukemi – the art of receiving

Waza – forms

Yudanshya – holder of black belt rank

Zanshin – unbroken concentration

Aikido Waza

Ikkyo - first teaching

Nikyo - second teaching

Sankyo - third teaching

Yonkyo - fourth teaching

Gokyo - fifth teaching

Irimi Nage - entering throw

Juji Nage - cross arm throw

Kaiten Nage - revolving throw

Kokyu Nage - breath throw

Kokyu Ho - breath exercise

Koshi Nage - hip throw

Kotegaeshi - wrist turn out

Shiho Nage - four direction throw

Sumi Otoshi - corner drop

Tenchi Nage - heaven and earth throw

Stance & Movement

Kamae - stance

Hanmi - triangular stance

Ai Hanmi - same stance

Gyaku Hanmi - opposite stance

Shizen Tai - natural body stance

Irimi - entering

Tenkan - turning

Omote - to the front

Ura - to the rear

Aikido Grabs, Holds, & Strikes

Shomen Uchi - strike to front of head

Yokomen Uchi - strike to side of head

Tsuki - thrust or punch

Hiji Tori - elbow grab

Kata Tori - shoulder grab

Katate Tori - wrist grab

Kubi Shime - choke hold

Morote Tori - grab with both hands

Ryokata Tori - grabbing both shoulders

Ryote Tori - grabbing both wrists

Ushiro Kubi Shime - choke hold from behind

Ushiro Ryokata Tori - grabbing shoulders from rear

Ushiro Ryote Tori - grabbing wrists from rear

Types of Practice

Kihon Waza - basic practice
Suwari Waza - seated practice
Tachi Waza - standing practice
Ushiro Waza - forms applied from rear attack
Hanmi Handachi - nage seated, uke standing
Ki No Nagare - flowing ki practice
Osae Waza - pinning technique
Jiyu Waza - freestyle practice
Kaeshi Waza - reversal techniques
Randori - freestyle practice with multiple uke
Buki Tori - taking away weapons