



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 *Yo* (Chinese: *Yang*) movement which enters through or behind the attacker and *Tenkan* (tehn-kahn) refers to *In* (Chinese: *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 or thrust
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
Ago tsuki Age	Ah-goh-skee-ah-gay	Chin twist strike
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>Ikkaajo</i>
Irimi Nage	Ee-ree-mee Nah-gee	Entering Throw
Juji Garamme	Joo-gee-guh-rah-mey	“Cross-twine” throw
Kaiten Nage	Kigh-ten Nah-gee	Rotary Throw
		“Breath method”: the fundamental teaching of Aikido technique
Kokyu Ho	Co-kew Ho	Literally: Breath throw; not one of the other throws
Kokyu Nage	Co-kew Nah-gee	Hip Throw
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	Paired Partner Practice: Harmonious Movement Without Contact
Bokken	Bow-ken	Wooden Practice Sword
Buki	Boo-kee	Weapons, arms
Ha	Hah	Blade Edge
Jo	Joe	Wooden Staff, Approximately 50 in
Kashira	Kah-she-rah	Butt Cap of sword
Katana	Kah-tah-nah	Sword
Ken	Ken	Sword
Kesa Giri	Kay-sah Gi-ree	Diagonal Cut Across Body
Kissaki	Kiss-sah-key	Tip of sword
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
Muna, Mune	Moo-nah, Moo-nay	Chest
Saya	Sah-yah	Scabbard
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

Sword Stances & Cuts

Japanese Word	Approximate Pronunciation	Approximate Meaning
Chudan-no-kamae	Choo-dhahn-no-kuh-mah-ey	Middle stance
Gedan-no-kamae	gay-daan-noh-kuh-mah-ey	Low forward stance on right
Gyaku gedan-no-kamae	gyah-kooh- "	Low forward stance on <i>left</i>
Gedan-hasso-no-kamae	gay-daan-hah-soh--noh-kuh-mah-ey	Low rear stance on right
Gyaku-gedan-hasso-no-kamae	gyah-kooh- "	Low rear stance on <i>left</i>
Hasso-no-kamae	hah-soh-noh-kuh-mah-ey	"Figure 8" stance near right shoulder
Gyaku Hasso-no-kamae	gyah-kooh- "	"Figure 8" stance near <i>left</i> shoulder
Jodan-no-kamae	Joe-dahn -no-kuh-mah-ey	High Stance; sword hilt over head
Jodan-hasso-no-kamae		Same as Hasso-no-kamae
Kesa Giri	Kay-sah Gi-ree	Diagonal Cut top to bottom
Kiri Age	Key-ree-ah-gay	Diagonal Cut bottom to top
Makuri	Mah-koo-ree	Continuous swinging cuts
Nagashi	Nah-gah-shee	Looped cuts - transitioning from one to another cut
Seigan-no-kamae	Say-gahn-noh-kuh-mah-ey	Middle Stance
Waki-no-kamae	Waah-keeh-noh-kuh-mah-ey	Side stance with sword to the rear
Yoko Giri	Yoh-koh-ghi-ree	horizontal cut
Yoko kamae	Yoh-koh-kuh-mah-ey	side stance with sword to the front

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 Taïso	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	Inner, or 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 torso (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 (Dogi)
Hakama	Hah-kah-ma	A Divided, Pant-skirt that goes over the gi
Hanmi	Hahn-me	Triangular stance
Hanmi Handachi	Hahn-me Hahn-dah-chee	Nage (thrower) Kneeling; Uke (the attacker) Standing
Hantai	Hahn-tie	Opposite

Common Words Used in Aikido (Continued):

Japanese Word	Approximate Pronunciation	Approximate Meaning
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
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. Each 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; may be 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-ro	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 cooked rice)
Nage	Nah-gay	Throw, or the person who throws
Obi	Oh-bee	Belt
Okuden	Oh-koo-then	Higher, or 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 (literally: "born before"). At 4th Dan or above
Seiza	Say-zah	Formal sitting posture
Shiho	She-ho	Four directions
Shihan	She-hahn	Master teacher. 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	Outer, or beginning teachings
Shomen	Show-men	Front or top of the head

Common Words Used in Aikido (Continued):

Japanese Word	Approximate Pronunciation	Approximate Meaning
Shugyo	Shuh- ghyoh	Daily practice aiming to refine and purify the quality of life
Sutemi	Sue-teh-me	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")
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 another, or by the instructor asking class to practice)
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-gh-e-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 and to Jim Alvarez Sensei for help on the sword terms. Errors are our responsibility - please let us know if you find any