

# **AIKIDO OF HONOLULU**

## **GLOSSARY**

Is there an Aikido term you don't know or don't understand? If you can't find the answer below, please consult an instructor.

### **TITLES**

Dan - "level," black belt rank  
Doshu - leader of the way  
Kohai - junior practitioner (relative to a sempai)  
Kyu - ranks below dan ranks  
Nage - person who performs the technique  
Sensei - teacher  
Sempai - senior practitioner (relative to kohai)  
Uke - person who receives the technique  
Yudansha - one who has attained a dan rank

### **MOVEMENTS**

Atemi - defensive strike by nage  
Irimi - entering movement  
Omote - forward or frontal movement  
Shikko - knee walking  
Tai sabaki - body movement  
Tenkan - turning/pivoting movement  
Tenshin - nage retreats obliquely from the attack  
Ura - "rear," movement to the rear

### **WEAPONS/GEAR**

Bokken - wooden sword  
Gi (or Dogi) - uniform  
Hakama - divided, pleated pants worn by yudansha  
Jo - short wooden staff  
Obi - belt  
Tanto - wooden knife

### **TECHNIQUES**

Ikkyo - first technique  
Nikyo - second technique  
Sankyo - third technique  
Yonkyo - fourth technique  
Gokyo - fifth technique  
Henka waza - change technique  
Iriminage - entering throw  
Kaeshi waza - uke reverses/counters nage technique  
Kaitennage - circular throw  
Kokyunage - breath throw  
Koshinage - hip throw  
Kotegaeshi - wrist turn out  
Shihonage - four direction throw  
Tenchinage - heaven and earth throw

## **ATTACKS**

Katatetori - one hand wrist grab  
Katatori - one hand shoulder grab  
Morotetori - two handed wrist grab  
Ryokatatori - both shoulders grabbed from front  
Ryotetori - both wrists grabbed from front  
Shomenuchi - vertical strike to forehead  
Tsuki - punch  
Ushiro Hijitori - both elbows grabbed from behind  
Ushiro katatori - both shoulders grabbed from behind  
Ushiro kubishime - one arm choke, and one arm grabbed from behind  
Ushiro tekubitori - both wrists grabbed from behind  
Yokomenuchi - diagonal strike to side of head

## **WEAPON ATTACKS**

Bokken tori - bokken taking  
Jo tori - jo taking  
Kata - sequence of movements using jo or bokken  
Kumitachi - both uke and nage have bokken  
Awase - Opposing sequence of movements to kata  
Suburi - basic movements with jo or bokken (done individually)  
Tanto tori - dagger taking

## **COMMON PHRASES**

Onegai shimasu - a polite way of asking someone for a favor (to practice); carries a connotation of goodwill  
Domo arigato gozaimashita - basically "thank you very much"

## **MISCELLANEOUS TERMS**

Ai - harmony, love  
Aikido - the way of harmony, the way of spiritual harmony  
Ai-hanmi - uke & nage have the same foot forward (left & left or right & right)  
Bu - martial, military  
Budo - martial way  
Do - way, path  
Gyaku-hanmi - uke & nage have opposite foot forward (left & right or right & left)  
Hanmi - basic oblique stance  
Hanmi Handachi - uke attacks from standing position, nage executes technique from seiza  
Hara - center (abdomen)  
Keiko - training  
Ki - spiritual energy, the energy of life  
Kokyu - breath  
Kokyu ryoku - breath power  
Ma-ai - spacing between uke and nage  
Nafudakake - name plate  
Suwari waza - techniques done with both uke and nage in seiza  
Seiza - sitting with feet tucked under  
Shomen - front of head, front of dojo  
Tegatana - "hand blade"  
Tokonoma - display area at front of dojo, reserved for valued objects  
Kakari geiko - free style training, uke may use any attack, nage may use any technique  
Jiyu waza - uke may execute any attack and nage may use any technique  
Randori - free style training with multiple partners  
Waza - technique