

Aikido Vocabulary

Etiquette

Japanese (romanji)	English
reigi	etiquette
rei	bow
ritsurei	standing bow
zarei	sitting bow
dozo	please
arigato	thank you
domo arigato gozaimasu	thank you
onagai shimasu	please (said when bowing to practice partner)
shomen ni rei	said before bowing to shomen (the front of the dojo)
sensei ni rei	said before bowing to sensei
otakai ni rei	said before bowing to other students
sensei	teacher
senpai	student more senior to you
kohai	student more junior to you

Various Common Phrases and Words

Japanese (romanji)	English
aikidoka	person or people who do aikido
aikikai	organization of aikidoka
nage	person who performs the technique
uke	person who receives the technique
hai	yes
iie	no
hajime	start
yame	stop
ma ai	combative engagement distance
kuzushi	balance taking

Strikes

Japanese (romanji)	English
atemi	strike
tsuki	punch or thrust with a closed-fist of forward hand
gyaku tsuki	reverse punch: punch with rear fist
mawashi tsuki	round punch, cross
age tsuki	rising punch, uppercut
uraken uchi	back fist strike
empi uchi	elbow strike
shuto uchi	hand-blade strike
shomenuchi	hand-blade strike to forehead
yokomenuchi	hand-blade strike to side of head
mae ashi geri	front kick
yoko geri	side kick
hiza geri	knee strike
fumikomi	stomp down strike

Grabs

Japanese (romanji)	English
katatetori	one-handed grab to same side wrist
kosatori (katatetori aihanmi)	one-handed grab to opposite side wrist
katatori	one-handed grab to same side shoulder
katatori menuchi	one-handed grab to same side shoulder and overhead strike to head
morotetori	two hands grab one wrist
ryotetori	both wrists held from the front
ushiro tekubitori	both wrists held from the back
ryokatatori	both shoulders held from the front
ushiro ryokatatori	both shoulders held from the back
ushiro kubishime	choke from behind with a wrist grab
hijitori	one-handed grab to same side elbow
munetori	one-handed gi lapel grab
sodetori	one-handed gi sleeve grab

Falling

Japanese (romanji)	English
ukemi	fall, roll
mae ukemi	forward roll
mae ukemi chokuto	forward break fall
ushiro ukemi	backward roll
ushiro ukemi chokuto	backward break fall
yoko ukemi	sideways roll
yoko ukemi chokuto	sideways break fall

Basic Techniques

Japanese (romanji)	English
ikkyo	first technique
nikyo	second technique
sankyo	third technique
yonkyo	fourth technique
gokyo	fifth technique
rokyo	sixth technique
iriminage	entering throw
jujinage	crossed-arm throw
kaitennage	wheel throw
kokyunage	breath-power throw
koshinage	hip throw
kotegaeshi	wrist twisting throw
makiotoshi	downward spiraling throw
shihonage	four directions throw
sumiotoshi	corner throw
tenchinage	heaven and earth throw
udekimenage	arm lock throw

Body Movements

Japanese (romanji)	English
tai sabaki	body movement
irimi	entering movement
tenkai	half turn
tenkan	full turn
tenshin	step back angled off the line of attack
irimi tenkan	enter and full turn
ayumi ashi	walking step: switching hanmi with each step
suri ashi	sliding step: maintaining hanmi with each step
shikko	walking on your knees

Directions/positions

Japanese (romanji)	English
mae	forward
ushiro	backward
yoko	side, sideways
omote	front
ura	back
soto	outside
uchi	inside
hidari	left
migi	right
jodan	high
chudan	middle
gedan	low

Posture/stance

Japanese (romanji)	English
hanmi	basic stance
hidari hanmi	stance with left foot forward
migi hanmi	stance with right foot forward
aihanmi	nage and uke have same stance
gyakuhanmi	nage and uke have opposite stance (mirror image)
shizentai	open (natural) posture: feet parallel and shoulder-width apart
seiza	seated position with foot and toes tucked flat and butt on heels
kiza	seated position with foot perpendicular to the ground, toes bent, and butt on heels
anza	sitting cross-legged
kamae	basic posture
jodan no kamae	posture with weapon held above the head
hasso no kamae	posture with weapon held beside the head

Weapons

Japanese (romanji)	English
buki	weapon, tool
bokken	wooden sword in the shape of a katana
jo	mid-staff, shoulder-height in length
tanto	knife

Exercises

Japanese (romanji)	English
undo	exercise(s)
kokyu undo	breathing exercises
ikkyo undo	ikkyo exercise: perform ikkyo movement in place in one direction
funakogi undo	rowing exercise
happo undo	eight direction exercise: perform ikkyo exercise in eight cardinal directions
koho tento undo	backward rolling exercise
tai no henko	tenkan and blending exercise
kokyudosa/zagi kokyuho	seated extension and breathing partner exercise
suburi	solo exercises with a weapon
bokken suburi	solo exercises with a bokken
jo suburi	solo exercises with a jo
tanto suburi	solo exercises with a tanto
kata	solo practice of a specific sequence of movements (often with a weapon)
kumijo	paired exercises with a jo
kumitachi	paired exercises with a bokken

Technique categories

Japanese (romanji)	English
waza	technique(s)
kihon waza	basic techniques
nage waza	throwing techniques
katame waza	joint lock techniques
osae waza	pinning/immobilization techniques
henka waza	change techniques: start executing one technique then perform a different one
kaeshi waza	counter techniques
tachi waza	standing techniques: both uke and nage are standing
suwari waza	sitting techniques: both uke and nage are sitting in kiza
hanmi handachi waza	sitting and standing techniques: nage is sitting and uke is standing
jiyu waza	freestyle techniques with one attacker: uke can perform any attack and nage can perform any response
randori	freestyle techniques with multiple attackers

Body parts

Japanese (romanji)	English
tai	body
ashi	leg
eri	collar
hiji	elbow
kata	shoulder
koshi	hip
kubi	neck
men	head
mune	chest
te	hand
tekubi (kote)	wrist
ude	arm

Clothing

Japanese (romanji)	English
keiko gi	training uniform
obi	belt
uwagi	top part of keikogi
hakama	wide-legged pants
himo	straps
koshita	lower back support on hakama