

AIKIDO

The non-aggressive martial art

柔道

BASIC TERMINOLOGY

AIKIDO ESSENTIAL ASPECTS

Kamae	Stance/posture, including with a weapon
Kokyu	Extension of ki energy
Ma ai	Harmonious/natural/safe distance
Tai sabaki	Body movement
Waza	Technique

POSITION, POSTURE & MOVEMENT

Ai hanmi	Partners standing with the same foot forward at contact
Gyaku	Reverse
Gyaku-hanmi	Partners standing with opposite foot forward at contact
Hanmi	Basic posture-one foot forward, back foot at approx. a 45° angle
Hanmi-handachi	Uke standing and Nage kneeling
Happo	Eight directions
Irimi	Entering step, generally just off the line of attack
Omote	In front (of uke)
Seiza	Formal kneeling position with legs under the body
Shikko	Knee walking
Soto	Outside/Outer
Suwari waza	Uke & Nage both kneeling
Tachi waza	Uke & Nage both standing
Tenkan	Pivoting 180° turn (to turn away)
Tenkai	Face opposite direction by moving the upper body
Tokodachi	Facing forward, feet shoulder width apart, arms hanging
Uchi	Inside/Inner
Ura	Behind (to the rear of uke)
Ushiro	Behind

GENERAL TERMS

Bokken	Wooden sword
Bokuto	Generally a heavy wooden sword
Chikon kishin	Focus training, fingers triangle shape in front of face
Funekogi	Standing, rowing action, moving hips
Furatama	Shaking clasped hands below navel area
Haishin undo	Exercise stretching the back
Ho	Exercise/training method
Jiyu waza	Apply any technique (from any attack is often implied)
Jo	Wooden staff (replicates a spear)
Jodori	Staff capture techniques
Kaeshi waza	Counter technique
Kendori	Sword capture techniques
Ki	Internal energy
Kokyu-ho	Breath (kokyu) power training
Nage	Person applying the technique
Uke	Receiver (attacker who receives the technique)
Sannin gake	Three person attack (ninin gake, 2 people attack)
Sensei	Teacher
Suburi	Continuous bokken/jo practice in striking/thrusting
Shihan	Master teacher
Tachidori	Sword capture techniques
Tantodori	Knife capture techniques
Tegatana	Hand blade
Ukemi	Rolling, falling from a technique

AIKIDO ATTACKS

Atemi	Strike to a sensitive point
Eri dori	Hold the collar (Ushiro eridori - back of the collar)
Gyaku yokomen uchi	Reverse hand blade strike to side of head
Hiji dori	Hold the elbow
Kata dori	Hold the shoulder
Katatedori	Hold the wrist with one hand
Kubishime	Strangulation
Men tsuki	Thrust attack to the head
Morote dori	Hold one wrist with both hands
Muned ori	Hold jacket lapels at centre of chest
Mune tsuki	Thrust attack to the chest
Ryokata dori	Hold both wrists (often just called 'Ryotedori')
Ryokata dori	Hold both shoulders
Shomen uchi	Strike down to top of head
Tsuki	Thrust attack
Yokomen uchi	Hand blade strike to side of the head, temple area

EMPTY HAND TECHNIQUES

Irimi nage	Entering throw
Kaiten nage	Rotary throw
Kokyu nage	Breath throw (using ki)
Koshi nage	Hip throw
Shiho nage	Four directions throw
Tenchi nage	Heaven & Earth throw
Kote gaeshi	Wrist twisting (turned out) throw
Juji garami	Cross arm throw
Ikkyo	First hold - wrist & elbow control
Nikyo	Second hold - bend wrist
Sankyo	Third hold - twist wrist
Yonkyo	Fourth hold - same as sword grip on the wrist
Gokyo	Fifth hold - take under the wrist, hand reversed

WEAPON TERMS

Chudan-no-gamae	Middle posture (point at shoulder height)
Jodan-no-gamae	High position (weapon above the head)
Waki-no-gamae	Weapon against the hip, facing behind you
Hasso-no-gamae	Weapon vertical, at side of the head
Gedan-no-gamae	Low position (weapon points to the ground)
Junte	Hands gripping either side of the weapon
Gyakute	Both hands on the same side of the weapon, mostly jo
Kissaki	Tip of the sword blade
Tsuka	Sword handle
Tsuba	Sword hand guard - not used with Aikido bokken
Nidan giri	Two level attack with sword (wrist - head)
Ni ju hachi giri	28 direction cut exercise (7 cuts per 90°)
Sotai dosa	Paired exercise
Tandoku dosa	Single person exercise
Shomen uchi	Strike down to top of the head
Kiri tsuke	Cut down to the face area
Kiri sage	Cut downwards
Kiri age	Cut upwards
Kesa giri	Cutting along the line of the collar
Zengo giri	Cut opposite directions in quick succession



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