

Common Terms Used in Aikido Class

(Colors represent expected belt-level material for youth program)

Pronunciation guide:

a= "ah" e= "eh" i= "ee" o= "oh" u= "ew"

Aikido - The word 'Aikido' is made up of three Japanese characters: AI – harmony, KI - spirit or universal energy, DO - the Way. Thus Aikido is 'The Way of Harmony with Universal Energy.' Another interpretation is, 'The Way of Blending Energy.'

Onegai shimasu (oh na guy shee mahss) – "Please" (please let's practice together, please teach me, please let's begin, etc.)

Domo arigato (doh mo ah ree got oh) – "Thank you very much"

Kiai – the martial art yell. Essential for all techniques

Sensei - the teacher

Senpai (sem pie) – senior student, might also be your instructor

Katate dori - one hand grab to the wrist (e.g. right to left, gyaku-hanmi) "same side grab"

Shomen uchi – overhead strike to forehead

Morote dori - two hands grabbing one forearm

Munetsuki – punch to middle of body with a step forward

Hanmi – basic stance – most techniques in Aikido begin and end in this stance

Tai no henko – stepping offline and turning "tenkan" while being grabbed by a partner

Domo arigato gozaimashita – (doh mo ah ree got toe go sigh ee mahsh tah)
"Thank you very much indeed (for what happened)." (It is a long way to say thanks, but it is very courteous)

Konnichiwa (cone nee chee wah)- "Hello" or "Good Day"

Konbanwa (kohn bahn wah) - "Good Evening" (as a greeting)

Hidari – left (direction) (see also migi - right)

Migi – right (direction) (see also hidari - left)

Gyakute dori – a grab to the wrist across the bodies, “cross-hand grab”. Done in ai-hanmi. Also called katatekosadori or kosadori.

Kotegaeshi - a technique in which pressure is applied to the wrist by turning it outward

Kihon & Ki-no-nagare – basic/static vs. fluid-moving methods

Ohayo Gozaimasu (oh hi oh go sigh ee mahss) – “Good Morning”

Sayonara (sigh yo nah rah) - “Goodbye”

Kata dori - one hand grab to the collar or shoulder.

Shomenuchi – overhead attack to front and center of the head.

Bokken - the wooden sword used in aikido

Ai-hanmi - a stance in which uke and nage have the same foot forward (both right or both left)

Gyaku-hanmi - a stance in which uke and nage have the opposite foot forward (mirrored)

Ateme – Punches and other kinds of strikes to your partner’s unguarded areas, designed to distract and weaken defenses and/or balance.

Ikkyo – arm and elbow control

Ura – Turning technique to the back of the partner. Usually involves a tainohenko.

Omote – Technique performed to the front of the partner

Uke - the attacker

Nage - the person who is attacked and who does the technique (also, to throw)

O mizu kudasai (o mis zoo kew dah sigh) - “Could I get water, please?”

Morotedori Kokyu Ho – One of two practiced techniques in nearly every Aikido class (along with Tai No Henko). Involves a slide in, pivot, and opening of the body that takes over the space of the partner.

Kokyunage - describes many throws with no pressure on the joints.

Kokyudosa – kneeling, unbalancing, connection& blending technique.

Tenkan – Different name for Tai No Henko movement.

Yokomen uchi – A overhead angled strike that attacks offline and to the side of the head bringing the feet along and ending in hanmi.

Randori – freestyle practice with any attacks and any defense or multiple attackers. Assigned attacks/defense is called “jiyu waza” or “awase practice”.

Hai (hi) - “Yes”

Ie (ee yeh) - “No”

Hajime mashite (ha jih meh mahss teh) – “Nice to meet you” (used the first time meeting someone)

Omedeto Gozaimasu (oh meh teh doh go sigh ee mahss) – “Congratulations”

Yoroshiku Onegai Shimasu – Used to say “Welcome to the dojo.”

Ryo-Katadori - both shoulders grabbed from the front

Ushiro ryotekubi dori - both wrists grabbed from behind

Shihonage – “four-directions” throw

Nikkyo – a wrist lock

Jo - a wooden staff, usually chest-high in length

Counting in Japanese to 31

Suburi – Weapons practice (“practice swings”)

Ryote dori - both wrists grabbed from the front (two on two)

Ushiro ryotekubi dori kubishime – from behind, one wrist held along with choke

Iriminage - a throw using an entering movement

Morihei Ueshiba – the founder of Aikido (O’ Sensei)

Morihiro Saito – 9th Dan Shihan, developer of Iwama Style weapons curriculum.

Mark Larson – 6th Dan Shihan, founder of Minnesota Aiki Shuren Dojo and Iwama Takemusu Aikikai (our organization).

Phrases that are good to know and "might" be asked as "bonuses":

(3rd kyu students and above are expected to know all terms & phrases on these pages)

Sumimasen – "excuse me", "sorry"

Otore ni ite mo ideska (o tore ee nee eeteh mow ee dess ka) - "May I go to the bathroom"

So desu (so dess) – "that's right", "so it is"

Josudesu (jo oso dessu) - "well done!"

Do itashimashite (doh ee tash ee mahsh te) - "You're welcome"

O genki des ka (oh gang key des kah?) - "How are you?"

Genki des, domo. Anata wa (gang key dess, doh moh. Ah na ta wah?) - "I'm fine, thanks. ...And you?"

Watachi mo genki des, arigato. (wah tas shee mo, gang key dess, ah ree gah toe)
– "I also am fine, thank you."

General Aikido Terminology:

Gi – practice uniform used in Aikido and Judo also called the dogi

Nikkyo, Sankyo, Yonkyo - wrist locks

Kata - the shoulder, same side (also, a set of movements, like a "form" in taekwondo)

Katate - the wrist, same side

Kokyu dosa – a two handed wrist hold exercise practiced from a sitting position

Kokyu Ho – One of three practiced techniques in every Aikido class. This technique emphasizes kokyo, hanmi, connecting hand and movement of center as well as balance.

Rei - bow

Seiza – a formal sitting position with the knees and legs folded under the body

Shikko - knee-walking

Suwari waza - techniques from sitting

Tanto - a wooden knife

Tsuki - thrust or punch

Ukemi - the art of being thrown (falls), rolls

Undo - an exercise

Ushiro waza - any attack from behind

Counting:

ichi (each ee, or each) –	1
ni (nee) –	2
san (sahn) –	3
shi (she) –	4
go (goh) –	5
roku (roe ku) –	6
shichi (she chi)-	7
hachi (hach ee) –	8
kyu (q) –	9
ju (jew) –	10
ju ichi	11
ju ni	12
ju san	13
ju shi	14
ju go	15
ju rokku	16
ju shichi	17
etc...	
ni ju	20
ni ju ichi	21...
san ju	30
yon ju	40
go ju	50
roku ju	60
nana ju	70
hachi ju	80
kyu ju	90
hyaku	100