

Common Aikido Terms and Helpful Phrases

Aikido Defenses

Name	Pronunciation	Meaning
Kote gaeshi	koh-tay-guy-shee	(wrist turn out throw) throw accomplished by twisting partner's wrist
Nikkyo	nee-kyoh	(2nd pin technique) bends partner's wrist in two angles and cuts through the center of the body making him drop to the ground
Sankyo	sahn-kyoh	(3rd pin technique) which holding partner's <i>teगतana</i> , cuts to the empty point of the rear triangle
Shiho nage	shee-hoh-nah-gay	(four direction throw)
Sumi otoshi	soo-mee-oh-toe-shee	(corner drop)
Tai no henko	tie-noh-hen-koh	(change the body to blend) basic <i>tenkan</i> blending practice
Tenchi nage	ten-chee-nah-gay	"Heaven" and "Earth" throw - one hand points to heaven; the other to earth, to throw
Yonkyo	yon-kyoh	(4th pin technique) control/throw using pressure point near partner's wrist

Aikido Attacks

Gyaku te tori	gyah-koo-tay-toh-ree	cross-hand grab, e.g. left to left
Hiji dori	hee-jee-doh-ree	elbow grab
Kata dori	kah-tah-doh-ree	shoulder grab
Kata menuchi	kah-tah-men-oo-chee	shoulder grab and strike to the head
Katate dori	kah-tah-tay-doh-ree	same side wrist grab, e.g. right to left
Katate dori han tai	kah-tah-tay-doh-ree hahn-tie	same as <i>gyaku te tori</i>
Men uchi	men-oo-chee	strike to the head
Morote dori	moh-roh-tay-doh-ree	both hands grab partner's wrist
Mune dori	moo-neh-doh-ree	lapel grab
Mune tsuki	moo-neh-tskee	first strike to chest or stomach
Ryote dori	ree-oh-tay-doh-ree	two hands grab both of partner's wrists
Shomen uchi	shoh-men-oo-chee	straight strike to the top of the head
Ushiro eri dori	oo-shee-roh eh-ree- doh-ree	collar grab from behind

Ushiro hiji dori	oo-shee-roh hee-jee-doh-ree	elbow grab from behind
Ushiro kata dori	oo-shee-roh kah-tah-doh-ree	shoulder grab from behind

Common Japanese terms used in Aikido

Aikido	eye-key-doe	Ai = harmony, Ki = spirit, Do = The Way or Path
Aikidoka	eye-key-doe-kah	A person who practices Aikido.
Aiki taiso	eye-key-tie-so	Aikido exercises
Atemi waza	ah-tay-me wah-zah	Striking techniques
Bokken	bow-ken	Wooden sword used in practice.
Bushido	boo-she-do	Warrior's Code. The way of the warrior.
Dan	dawn	Aikido grade holder, black belt rank.
Deshi	day-she	Student, pupil, disciple.
Dojo	doe-joe	Training hall (formally a term used by Buddhist priests in reference to their place of worship).
Doshi	doe-she	Comrade, friend (used among fellow Aikidoka)
Gaeshi	guy-eh-she	To reverse
Gi	ghee	Training uniform.
Hakama	haw-kah-ma	A divided, pant-like skirt.
Hanmi	hawn-me	A posture in which one foot is advanced one step and the body weight is distributed equally on both feet. Triangular stance.
Hanmi handachi	hawn-me hawn-dah-chee	Nage (thrower) is kneeling and partner (the attacker), approaches from a standing position.
Hantai	iawn-tie	In reverse order.
Hara	har-ah	The center of existence. Lower abdomen, physical and spiritual center.
Hidari	he-dah-ree	Left (direction).
Hiji	he-gee	Elbow.
Irime	ee-ree-mee	To enter; entering.
Jiyu	gee-you	Free style.
Jiyu waza	gee-you wah-zah	Free style techniques/practice.
Jo	joe	Wooden staff, usually about 4 feet by 15/16" and commonly made of white oak.
Kaiten	kie-ten	To revolve or rotate.

Kata	kah-tah	Shoulder. Also means 'form' practice of pre-arranged exercises(s).
Katate	kah-tah-tay	One hand (left or right).
Keiko	kay-ko	Practice session; training.
Ken	ken	Japanese sword.
Ki	key	Spirit...the vital force of the body; Universal Energy; a stream or flow of positive energy.
Kiai	key-eye	A piercing scream or cry with practical and psychological value meaning - "Meeting of the Spirits".
Kokyu	coke-you	Breath power...the coordination of ki flow with breathing.
Kokyu dosa	coke-you doe-sah	A method of off-balancing and pinning your partner with your 'ki' instead of with your physical power.
Koshi	ko-shee	Hips, waist (also spelled Goshi).
Kubi	coo-bee	Neck.
Kyu	cue	Aikido rank, class. A mudansha or undergraduate.
Maai	mah-eye	Distance between uke and nage, meaning "harmony of space."
Men	men	Face, head
Migi	mee-ghee	Right (direction).
Nage	nah-gay	Throw...the person who throws.
Obi	oh-bee	Belt.
O'Sensei	Oh-sen-say	The great teacher. (Morehei Ueshiba)
Randori	ran-door-ri	Multiple attack.
Rei	ray	Salutation, bow.
Ryote	ree-oh-tay	Both hands.
Samurai	sa-mu-rye	Military retainer (feudal period).
Sempai	sem-pie	Senior student.
Sensei	sen-say	Teacher, instructor.
Seiza	say-zah	Formal sitting posture.
Shiho	she-ho	Four directions.
Shimi	she-me	To choke.
Shodan	show-dawn	Holder of the first grade black belt.
Shomen	show-men	Front or top of the head.
Shugyo	shoe-gyoo	Hardship.

Suburi	sue-boo-ree	A single movement using the ken or jo, done as a solo practice.
Sutemi	sue-tay-me	A hard fall...literally meaning to throw or sacrifice the body.
Suwari waza	sue-wah-ree wah-zah	Sitting techniques.
Tachi	tah-chee	Japanese sword.
Tachi-dori	tah-chee doe-ree	Techniques of taking an opponents' sword.
Taijutsu	tie-jut-sue	Body arts. The techniques of Aikido done without weapons.
Tai no henko	tie-no-henko	Basic blending practice.
Tanto	tahn-toe	Wooden knife.
Te	tay	Hand.
Tegatana	tay-gah-tah-nah	Hand blade. Sword edge of the hand.
Te kubi	tay-koo-be	Wrist.
Tenchi	ten-chee	Ten=heaven, chi=earth. A position of the hand, one high (up) and one low (down).
Tsuki	tski	Thrust.
Uchi	ooh-chee	To strike.
Uke	ooh-kay	A person who receives an attack. Generally speaking.
Ukemi	ooh-kem-me	Breakfall. The art of falling away from harm.
Ushiro	ooh-she-row	Back, behind, rear.
Waza	wah-zah	Techniques.
Yokomen	yoh-ko-men	Side of the head.
Yudansha	you-dawn-sha	Black belt grade holder(s).

Helpful Japanese Phrases

Ohayo gozaimasu	ohio go-zah-ee-mahs	Good morning (used before 10 am).
Konnichi wa	kone-knee-chee wah	Hello! Good day (after 10 am).
Komban wa	comb-bahn wah	Good evening.
Oyasumi nasi	oh-yah-sue-me hah-sigh	Good night (before bedtime).
Sayonara	sigh-yoh-nah-rah	Good-bye.
Arigato gozaimasu	ah-ree-gah-toe go-zah-ee-mahss	Thank you.
Sensei, domo arigato	sen-say, doe-moe ah-ree-gah-toe go-zah-	Sensei (teacher), thank you very much for what you have done. (Spoken by students at the end of Aikido)

Gozaimashita	ee-mah-she -tah	class.)
Onegai shimasu	oh-nay-guy-she- mahss	I make a request. (Spoken when one wishes to practice with a fellow student or teacher.)
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.
Ogen'ki desu ka	oh-gen-key des-kah	How are you? Are you in good spirits?
Okagesama de	oh-kah-ghe-sama day	Fine, thank you.
Hajimemashite	haji-may-mah-she- tay	How do you do? (When introduced to someone for the first time.)