

****SEMINAR WITH PAT HENDRICKS SHIHAN ON APRIL 20-21. FOR DETAILS AND TO REGISTER →**

NUMBERS

1. 一 **ICHI**
2. 二 **NI**
3. 三 **SAN**
4. 四 **SHI (YON)**
5. 五 **GO**
6. 六 **ROKU**
7. 七 **SHICHI (NANA)**
8. 八 **HACHI**
9. 九 **KU**
10. 十 **JU**

PHRASES

ARIGATO ありがとう thank you.

ARIGATO GOZAIMASU ありがとうございます literally "thank you for being" from **arigato** and **gozaimasu**.

DOMO どうも thanks.

DOMO ARIGATO GOZAIMASHITA どうもありがとうございました literally "thanks, thank you for being" from **domo**, **arigato**, and **gozaimasu**. Traditionally said when ending training. Compare to **onegai shimasu**.

GANBATTE 頑張って do try your best.

MASAKATSU AGATSU 正勝吾勝 literally "true victory, self victory" from **katsu**. **O'Sensei** used this phrase to emphasize the non-competitive nature and anti-conflict principles of aikido.

NANAKOROBI YAOKI 七転び八起き literally "seven times down, eight times up".

ONEGAI SHIMASU お願いします please, when asking for something. In aikido, refers to "Please take care of me." Training begins with this saying in the hopes that there will be no injuries. Compare to **domo arigato gozaimasu**.

UNDO 運動 EXERCISE, DRILL, FORM & **TAISO** 体操 PHYSICAL EXERCISE

FUNAKOGI UNDO 取り船 literally "boat-rowing exercise". Funakogi undo strengthens the hips and the wrists. Hands are placed beside the hips, palm down and curled under. To "row", shift hips forward, then push hands out (with wrists still curled). To "row" back, shift hips back, then pull hands in to hips (with wrists still curled). Make sure to **kiai**. Compare to **ikkyo undo**.

HAPPO UNDO 八方運動 literally "eight direction exercise" from **happo** and **undo**. Happo undo is an extension of **ikkyo**. It can be practiced empty handed or with a **bokken**, known as happo giri or happo-no-giri. The foot work and directions are slightly different between empty handed and with a bokken.

IKKYO UNDO 一教運動 literally "first teaching exercise" from **ikkyo** and **undo**. Ikkyo undo is the empty handed version of *ichi-no-ken-suburi*. To "cut", first shift the hips forward, then raise the arms up, then cut the arms down, and shift the hips back. Compare to **funakogi undo** and **zengo undo**.

KIMUSUBI NO TACHI 氣結びの太刀 literally "energy tying with the sword" from **ki**, **musubi**, and **tachi**. Refers to the final **kumitachi** exercise, sometimes known as the sixth kumitachi.

KOKYU DOSA 呼吸動作 literally "breathing movement" from **kokyu** and **dosa**. Formal exercise to develop **kokyu**, done from **seiza**. Testing usually ends with kokyu dosa.

KOKYU HO 呼吸法 literally "breathing principle".

MOROTE DORI KOKYU HO 諸手取り呼吸法 literally "grip with two hands breathing exercise" from **morote dori** and **kokyu ho**.

SAYU UNDO 左右運動 literally "side exercise". There are three stages of the exercise:

1. From a horse stance with arms relaxed at the side, shift to one side and swing both hands up, palm up. Far hand should be at the body's center and close hand should be 180 degrees from body. Settle down into the position. Shift to the other side and do the same.
2. From a horse stance with arms relaxed at the side, rotate 90 degrees into a **hanmi** while bringing both hands up, palm down (as if to make a circle around the head). Settle down into the **hanmi** while rotating the arms down, palms should be up. Ending position should be the same as **tai no henko**. Rotate 180 degrees bringing the hands up, palm down, and settle to do the other side.
3. From a horse stance with arms relaxed at the side, rotate 90 degrees into a **hanmi** while bringing both hands up, palm down (as if to make a circle around the head). Settle down into the **hanmi** while rotating the arms down, palms should be up. Inner arm should be held in front, outer hand should be 90 degrees to the outside. Rotate 180 degrees bringing the hands up, palm down, and settle to do the other side.

TAI NO HENKO 体の変更 literally "body change" from **tai** and **henko**. Sometimes known as the **tenkan** exercise.

UDE FURI UNDO 腕振る運動 footwork is the same as **tai no henko** but arms raise up, palms out forming a circle around the head on the step forward, and arms fall down, palms in forming a circle around the torso on the step back.

ZENGO UNDO 前後運動 literally "front and back exercise" from **zengo** and **undo**. First do **ikkyo undo** in front, then **irimi tenkan** and do **ikkyo undo** in back.

VOCABULARY

AI 合 to meet, to come together, to harmonize, to join, to fit. First **kanji** in the word **aikido**.

AI HANMI 合半身 literally "harmonious half stance" from **ai** and **hanmi**. Partners are in the same hanmi i.e. both right foot forward or both left foot forward while facing each other. Different from **gyaku hanmi**.

AIKIDO 合氣道 from the three **kanji**, **AI-KI-DO**, translated as "**the way of harmonizing with the spirit of the universe**".

AIKIDOKA 合氣道家 aikido practitioner. All aikido students are aikidoka.

AIKI-JO 合氣杖 aikido **jo**. The aiki-jo was taught by **O'Sensei** and systematized by **Morihiro Saito sensei**. The proper length for the aiki-jo is measured from the floor to under the **aikidoka's** armpit. Aiki-jo practice includes **suburi**, **kumijo**, and **kata**. See **Weapons** →

KYU 級 beginner rank, rank below **dan**. **Iwama-ryu dojos** traditionally wear a white belt throughout the kyu ranks. Ranks go from roku-kyu (6th kyu) to i-kyu (1st kyu). Kyu ranked **aikidoka** are **mudansha**.

MA 間 space, room, time, pause.

MA-AI 間合 literally "space harmony" from **ma** and **ai**. Refers to the proper distance between partners.

MAE 前 front, forward. Compare to **ushiro**.

MEN 面 head area.

MENKYO 免許 license, permit, certificate.

MENKYO KAIDEN 免許皆伝 literally "certificate of initiation" from **menkyo** and **kaiden**. Represents that the reception of full knowledge transmission and that the receiver has learned all there is to learn.

AIKI-KEN 合氣剣 aikido **ken**. The aiki-ken was taught by **O'Sensei** and further developed by **Morihiro Saito sensei**. Aiki-ken training is generally done with the **bokken**. Iwama-ryu bokkens have a flattened tip and are without a hand-guard. For strength training, a **suburito** may be used. Aiki-ken practice includes **suburi**, **kumitachi**, and **kata**. See **Weapons** →

ATEMI 当て身 counter strikes to the body. Atemi is generally used to distract **uke** and to cause a specific reaction from him/her e.g. an atemi to the face makes uke lean back and often release a hand to block his/her face. In practice, we do not make physical contact when applying atemi. However in "real life" applications, atemi can cause physical harm.

AWASE 合わせ blending, harmonizing movement. Good awase can only be achieved when the timing of **uke** and **nage** are matched.

BARAI 払い sweep.

BO 棒 staff.

BOKKEN 木剣 literally "staff sword" from **bo** and **ken**. Refers to the wooden training sword used in **aiki-ken**. Iwama-ryu bokkens have a flattened tip and are without a hand-guard. See **Weapons** →

BU 武 martial, warrior.

BUDO 武道 Japanese martial art, literally "warrior way" from **bu** and **do**.

BUKI-WAZA 武器 weapons technique / skills from **buki** and **waza**

CHOKU 直 direct, straight.

CHU 中 middle.

CHUDAN 中段 middle level from **chu** and **dan**. Compare to **gedan** and **jodan**.

DAME 駄目 no good, wrong, don't do that.

DAN 段 level, black belt rank in **budo**. Dan ranked **aikidoka** are **yudansha**.

DESHI 弟子 literally "younger brother". Refers to a student.

DO 道 path, way, road. Third **kanji** in the word **aikido**.

DOGI 道着 literally "training uniform" from **do** and **gi**.

MIGI 右 right, right hand side.

MISOGI 禊 purification, cleansing.

MORO 諸 both, many, various, all, together.

MOROTE DORI 諸手取り literally "both hands grab" from **moro**, **te**, and **dori**. Grabbing one arm with both hands.

MUDANSHA 無段者 without **dan** rank. **Kyu** ranked **aikidoka** are **mudansha**. Compare to **yudansha**.

MUNE 胸 chest, breast.

MUNE DORI 胸取り literally "chest grab" from **mune** and **dori**.

MUSUBI 結び knot, tying, connection.

NAGARE 流れ stream, current, flow.

NAGE 投げ throw, person who throws.

NAGE WAZA 投げ技 literally "throwing technique" from **nage** and **waza**.

NIKYO 二教 second teaching. Nikyo is a pronating wrist locking technique. It is the reversal of **kotegaeshi**.

OMOTE 表 front, obverse side. Omote techniques are generally done with **irimi**. Compare to **ura**.

O'SENSEI 大先生 Great Teacher. Refers to **Morihei Ueshiba**, founder of **aikido**.

RAN 乱 random.

RANDORI 乱捕り literally "random grab" from **ran** and **dori**. Refers to practice with multiple attackers, multiple techniques. Compare to **jiyu waza**.

REI 礼 gratitude, bow. **Aikidoka** should do a standing bow when entering and leaving the dojo, and when stepping on to and off the mat. **Sensei** will begin and end training by leading the class in bowing to the **shomen**. Students should do this from **seiza**, first lowering the left hand, then lowering the right hand so that the two hands form a triangle, and then bowing. When done bowing, the right hand should first be raised back to the thigh and then the left hand. At Aikido of Arlington, class begins and ends with bowing twice (*shomen-ni-rei*), followed by clapping twice and a third bow accompanied by saying, "**onagai shimasu**" at the beginning of class or "**domo arigato gozaimasu**" at the end of class.

DOJO 道場 Japanese martial arts training hall, literally "place of the way". Basic dojo etiquette requires students to:

- Do a standing bow toward the **shomen** when entering and leaving the dojo.
- Remove shoes prior to stepping on the mat.
- Do a standing bow toward the **shomen** when stepping on and off the mat.
- Do a seated bow to **sensei** when beginning and ending class.

DORI 取り take, catch, grab. Sometimes written as *tori*.

DOSA 動作 movement, behavior, action, manner, exercise.

DOZO どうぞ please, proceed, by all means.

ERI 襟 collar.

GAESHI 返し see **kaeshi**.

GAMAE 構え see **kamae**.

GE 下 lower.

GEDAN 下段 literally "lower level" from **ge** and **dan**. Compare to **chudan** and **jodan**.

GI 着 martial arts uniform, literally "dress or clothes". Sometimes referred to as **keikogi** or **dogi**.

GOKYO 五教 fifth teaching. Similar to **ikkyo** but with the palm holding **uke's** wrist upward. Gokyo is often done with **tanto dori** as it lessens the chance of being cut by the tanto. Gokyo is always an **ura** technique.

GOZAIMASU ございます to be, to exist.

GYAKU 逆 reverse, opposite. Sometimes referred to as **kosa dori**.

GYAKU HANMI 逆半身 literally "opposite half stance" from **gyaku** and **hanmi**. Partners are in opposite hanmi i.e. one person has right foot forward, other person has left foot forward while facing each other. Different from **ai hanmi**.

HANDACHI 半立ち half-standing.

HANMI 半身 literally "half body". Basic triangular standing posture or T-stance in aikido.

HANMI HANDACHI 半身半立ち literally "half body, half-standing" from **hanmi** and **handachi**. Hanmi handachi is done with **nage** in **suwari waza** and **uke** standing.

HAPPO 八方 eight directions. Compare to **shiho**.

RENZOKU 連続 serial, consecutive, continuity, occurring in succession, continuing.

RIAI 理合 common, unified principles of **bokken**, **jo**, and **taijutsu**. Aikido was developed from weapons. As such, the weapons forms are evident in the **taijutsu**.

ROKKYO 六教 sixth teaching. Rokkyo is an arm bar technique.

RYO 両 both.

RYOTEDORI 両手取り literally "both hands grab". Each hand grabs different wrist.

SABAKI 捌き handling, work.

SANKYO 三教 third teaching. Sankyo is a rotational wrist locking technique. Law enforcement are often taught this technique as it allows **nage** to move **uke** while still pinning uke.

SEIZA 正座 proper sitting. To sit in seiza, first drop the left knee, then the right knee, and then flatten the toes. The legs should be folded under the body and the sitted position is on the knees. Toes should be flat when bowing and "live" (toes on the mat) when applying **waza**. The knees and feet should be positioned to give the body a triangular base with about two fists width apart between the knees. Hands should be placed high on the thighs. To get up, first get on "live" toes, then raise the right knee, and then the left knee. It is important to sit down in and get up from seiza in the correct order. Because the sword is carried on the left side, if the knees are raised and lowered in the wrong order and the sword is drawn or sheathed at the same time, the likelihood of cutting your own knee or thigh is high.

SEMPAI 先輩 senior member, mentor. Sometimes written as *senpai*.

SEN NO SEN 先の先 initiating at the same time of an attack.

SEMPAI 先輩 see **senpai**.

SENSEI 先生 teacher, instructor, one who has gone before.

SENSEN NO SEN 先々の先 initiating before an attack.

SHIHAN 師範 senior instructor, master instructor, teacher of teachers.

SHIHO 四方 four directions. Compare to **happo**.

HASSO 八相 like an eight.

HASSO GAESHI 八相返 literally "figure eight return" from **hasso** and **gaeshi**.

HENKO 変更 change.

HIDARI 左 left, left hand side.

HIJI 肘 elbow.

IKKYO 一教 first teaching.

IRIMI 入り身 entering or putting in the body. Irimi techniques are done by entering toward the front of **uke**. Compare to **tenkan**.

IRIMINAGE 入り身投げ literally "entering throw" from **irimi** and **nage**. **Nage** enters behind **uke** and turns the same way uke is facing. **Nage** then draws uke onto their forward shoulder. The throw is executed when nage does an **irimi tenkan** (with uke still attached to the shoulder) and steps across behind uke.

IRIMI TENKAN 入り身転換 literally "entering diversion" from **irimi** and **tenkan**. An irimi tenkan is an entering pivot.

IWAMA-RYU 岩間流 *Iwama style aikido*. **O'Sensei** began purchasing land in Iwama in Ibaraki Prefecture in 1935. In 1942 with approximately 17 acres in Iwama, O'Sensei left Tokyo and moved permanently to Iwama where he opened a dojo. The aikido that he taught in Iwama is the foundation of present day Iwama-ryu.

JIYU 自由 free, freedom.

JIYU WAZA 自由技 literally "free technique" from **jiyu** and **waza**. Refers to freestyle partner practice, any attack. Compare to **randori**.

JO 杖 (1) short wooden staff, traditionally 127.563 cm or 4.21 Shaku (30.3 cm) (2) upper. Homophones, different **kanji**.

JODAN 上段 literally "upper level" from **jo** and **dan**. Compare to **chudan** and **gedan**.

JUJI GARAME 十字絡み cross throw.

JUTSU 術 art.

KAESHI 返し reversal, return. Also written as *gaeshi*.

KAESHI WAZA 返し技 literally "reversal technique" from **kaeshi** and **waza**.

SHIHONAGE 四方投げ literally "four direction throw" from **shiho** and **nage**. **Nage** raises and steps through **uke's** arms, pinning uke's hands to his/her own shoulder (elbows are pointed up), and throws. Students are taught to throw in four basic directions, however, in reality, shihonage can be performed in any direction (360 degrees).

SHIKKO 膝行 knee walking. In **seiza** with "live" toes shift from the hips with the toes kept together, lift one knee up, and then down to move. Shikko is essential for **suwari waza** and (as **nage**) **hanmi handachi**, and for developing strong hip movements.

SHODAN 初段 literally "first stage", refers to first degree black belt

SHOMEN 正面 (1) front of the head (2) front of the mat, often where a picture of **O'Sensei** and a flower are placed. **Iwama dojos** also typically have a model of the Iwama shrine placed on the shomen.

SHOMENUCHI 正面打ち literally "front of the head strike" from **shomen** and **uchi**.

SODE 袖 sleeve.

SOTO 外 outside, exterior. Compare to **uchi**.

SUBURI 素振り practice swing. See **Weapons** →

SUBURITO 素振り刀 heavier than normal **bokken**. See **Weapons** →

SUMI OTOSHI 隅落 corner throw.

SUWARI 座り seat.

SUWARI WAZA 座り技 literally "seated techniques" from **suwari** and **waza**. In suwari waza, techniques are executed with both partners in **seiza**.

TACHI 太刀 Japanese long sword.

TACHI DORI 太刀取り literally "sword taking" from **tachi** and **dori**. In aikido, tachi dori is done with a **bokken**.

TAI 体 body.

TAIJUTSU 体術 literally "body art" from **tai** and **jutsu**. Refers to empty-handed techniques.

TAI SABAKI 体捌き literally "body handling" from **tai** and **sabaki**. In aikido, generally refers to the entire body's movement to avoid an attack and gain an advantageous position.

KAIDEN 皆伝 initiation into an art or discipline.

KAITEN 回転 rotation around, revolution, turning.

KAITEN NAGE 回転投げ literally "rotational throw" from **kaiten** and **nage**.

KAMAE 構え Japanese martial arts posture or stance. Sometimes written as *gamae*.

KANJI 漢字 traditional characters in Japanese writing.

KATA (1) 肩 (2) 形 (1) shoulder (2) form, pre-arranged movement exercise. Homophones, different **kanji**.

KATAME 固め pin, hold, sometimes grapple.

KATAME WAZA 固め技 literally "holding techniques" from **katame** and **waza**. Focus of these techniques is to immobilize.

KATATE 片手 one hand.

KATSU 勝 to win, to gain victory. Sometimes written as *gatsu*.

KEIKO 稽古 practice, training.

KEIKOGI 稽古着 literally "practice clothes" from **keiko** and **gi**.

KEN 剣 Japanese sword. See **Weapons** →

KI 氣 energy, mind/spirit, life force, universe, morale. Second **kanji** in the word **aikido**.

KIAI 気合 literally "energy combined" from **ki** and **ai**. Refers to "fighting spirit" or yell/scream that accompanies techniques. Kiai is an essential part of aikido. It helps control breathing in techniques and **ukemi**. The energy/vibrations and suddenness from kiai also help off-balance **uke**.

KIHON 基本 basic, fundamental techniques in Japanese martial arts. **Iwama-ryu** stresses kihon sometimes known as static training in the early stages. This develops solid techniques and hip strength.

KI NO NAGARE 氣の流れ literally "streaming ki" from **ki** and **nagare**. Referring to fluid or continuous flowing training.

KOHAI 後輩 junior member, mentee.

KOKYU 呼吸 literally "breath or breathing". Often refers to the position where the arm is centered from the body and

TAI SAI 大祭 festival. In aikido, generally refers to a special seminar.

TAKEMUSU 武産 improvised martial art.

TAKEMUSU AIKI 武産合氣 literally "improvised martial art through harmonized energy" from **takemusu** and **aiki**. **O'Sensei** used this phrase to refer to "the spontaneous execution of limitless techniques". **Iwama-ryu** is sometimes known as Takemusu Aikido.

TANREN 鍛錬 forge, drilling, training.

TANREN BO 鍛錬棒 literally "forging staff" from **tanren** and **bo**. Refers to a heavy bat used against the **tanren uchi** for strength training. See **Weapons** →

TANREN UCHI 鍛錬打ち literally "forging strike" from **tanren** and **uchi**. Often refers to the tire that the **suburito** or the **tanren bo** strikes against. See **Weapons** →

TANTO 短刀 Japanese dagger.

TANTO DORI 短刀取り literally "dagger taking" from **tanto** and **dori**.

TE 手 hand.

TEKUBI 手首 wrist.

TEKUBI TORI 手首取り literally "wrist grab" from **tekubi** and **tori**.

TENCHI NAGE 天地投げ literally "heaven and earth throw".

TENKAN 転換 convert or divert. **Tai no henko** is the exercise that is done for practicing the tenkan movement.

TORI 取り see **dori**.

TSUKI 突き thrust. When empty-handed this is a punch. With a weapon this is a thrust.

UCHI (1) 内 (2) 打ち (1) inside, interior (2) striker, attacker. Homophones, different **kanji**. Compare to **soto**.

UCHI-DESHI 内弟子 literally "inside younger brother" from **uchi** and **deshi**. Refers to a student who lives inside the **dojo**.

UKE 受け receive, person who receives.

UKEMI 受身 falling, "receiving body". See the **Training & Ukemi** section of **About Aikido** →

extended with the elbows down.

KOMI 込み including, inclusive of.

KOSA 交差 difference, variations.

KOSA DORI 交差取り literally "difference or variation grab" from **kosa** and **dori**.

KOSHINAGE 腰投げ hip throw.

KOTE 小手 area around wrist and forearm.

KOTEGAESHI 小手返し literally "forearm reversal" from **kote** and **gaeshi**. Kotegaeshi is a supinating wrist locking technique. It is the reversal of **nikyo**.

KUBISHIME 首絞め literally neck hold/constriction.

KUMI 組み group, set.

KUMIJO 組杖 literally "crossing or meeting of short staffs". See the **kumijo** section of **Weapons** →

KUMITACHI 組太刀 literally "crossing or meeting of swords". See the **kumitachi** section of **Weapons** →

KUZUSHI 崩し to breakout, to destroy or demolish, to pull down, to make change (money). Refers to breaking the balance of an opponent by both making him/her unstable and putting him/her in a position where regaining his/her center is impossible.

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URA 裏 rear, backside, behind, bottom, underside, opposite side, reverse side, inside, out of site. Ura techniques are generally done with **tenkan**. Compare to **omote**.

USHIRO 後ろ back, behind. Compare to **mae**.

WAZA 技 technique.

YONKYO 四教 fourth teaching. Yonkyo is similar to **ikkyo** but **uke's** arm is held like a **bokken**. A pressure point under the third knuckle of the forefinger may be applied.

YOKO 横 side, sideways, horizontal.

YOKOMEN 横面 literally "side of head" from **yoko** and **men**.

YOKOMENUCHI 横面打ち literally "side of head strike" from **yoko**, **head**, and **uchi**.

YUDANSHA 有段者 having **dan** rank. Black belts are yudansha. Compare to **mudansha**.

ZANSHIN 残心 literally "residual heart", continued alertness, remaining on one's guard. Often translated as remaining or unbroken spirit. Refers to continued concentration and awareness an opponent.

ZENGO 前後 front and rear, front and back, before and behind.



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