



Aikido Glossary

Pronunciation Guide

In Japanese, consonants are pronounced as in English but the vowels are slightly different, and are not usually silent when single.

A	As in "Father"
E	As in "Met"
I	As in "Marine"
O	As in "Solo"
U	As in "Rule"

For Example:

Ueshiba	"Weh-she-bah"
Budo	"Boo-doh"
Aikido	"I-kee-doh"

Some vowels are long, these are usually represented with macrons ('a') or doubled ('aa'). Long vowels are not indicated in the glossary. An 'n' is pronounced 'm' before 'm', 'p' and 'b'. The pronunciation of 'hi' is sometimes close to 'shi'.

Alphabetical Listing of Aikido Terms

A gatsu	Victory over your egoism	Bokken Motoe	Put back the bokken
Ai	Harmony	Bokken Yoi	Take the bokken
Ai Hanmi	Same stance	Bukiwaza	Weapons techniques
Aiki Nage	Kind of breath throw	C hoyaku (Undo)	Jumping in place
Arigato Gozaimashita	Thank you very much	Chudan (Seigan)	Basic sword stance
Ashi	Leg, foot	D ai	Order, number
Ashi Kiriage	Cut the foot up	Do	Way
Ashikubi	Ankle	Dogi	Training uniform
Atemi (Ate)	Strike	Do giri	Horizontal body cut
Awase	Matching	Dohai	Equal
Aya	Cross	Dojo	Place of practice, study, or enlightenment
Ayagyakutemochi	Cross wrist reverse grasp	Dosa	Movement
Ayajunmochi	Cross wrist straight grasp	E ri	Collar
Ayamochi	Cross wrist grasp	Erimochi	Collar grasp
B ango Hajime	Begin counting	F ukkin Undo	Leg lift exercise
Bokken	Wooden sword	FukusoTotoete	Fix your uniform



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Fumikomi	Cross step	Hikiotoshi Nage	Pulling down throw
Fumikomi Kotai	Cross step back	Hirakimi	Open stance
Fumikomi Taihenko Ichi	Cross step in body change	Hiriki	Elbow
Fumikomi Uketome	Cross step block	Hiriki No Yosei Ichi	Elbow power #1
Fumikomi Yoke	Cross step evasion	Hiriki No Yosei Ni	Elbow power #2
Futari	Two persons	Hitoemi	Side facing stance with shoulders and feet in line
G aeshi	Reversal or change (direction)	Hiyaku	Jump
Gaiwan Uchi Yoke	Arm bent down block	Hiyaku Ukemi	Jumping forward breakfall
Ganmen	Face	Hiza	Knee
Ganmenzuki	Face thrust	Hiza Giri	Knee cut
Gedan	Basic Stance with weapon low	Hojodosa	Supplementary movement
Giri	Cut	Hyaku Hachi Ju Do Kaiten	180 Degree Pivot
Go	Hard	I chi Ni Tsuite	Everyone to their place
Gyaku	Reverse	Ika	Less than
Gyaku Hanmi	Shite/Uke in mirror image stance	Ikkajo	First control
Gyaku Mawashi	Circles in opposite direction	Ikkyu Yoke (Fumikomi Yoke)	First kyu evasion
Gyakutemochi	Reverse grasp	Irimi	Step in
H ajime	Begin	Irimi Nage	Step in throw
Hakama	A divided skirt	Irimi Zuki	Step in thrust
Hanmi Handachi	Shite sitting and uke standing	J iyu Waza	Freestyle Technique
Happo Giri	Eight direction cut	Jo	A wooden stick
Hashirikomi	Running steps	Jodan	A basic stance with weapon held high
Hasshu Giri	Eight different cuts	Ju	Flexible
Hasso	A basic stance with weapon held vertical at shoulder	Judogi	Practice uniform
Hidari	Left	Juji Kumi	Crossing (overlap)
Hiji	Elbow	Juji Nage	Arm cross throw
Hijiate Nage	Hitting elbow throw	Juji Yoke	Arm cross block
Hijigiri	Elbow cut	Junbi Undo	Warm up exercises
Hijimochi	Elbow grasp	Junmochi	Straight grasp
Hijishime	Elbow lock	K aiten	Rotary
Hijosae	Elbow control	Kaiten Nage	Rotary throw
Hikiashi	Step back	Kaiten Yoke	180 degree, body change escape



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Kakari Geiko	Continuous round training	Koho Ukemi Ichi	Back breakfall #1
Kakuji Hajime	Begin (doing) yourself	Koho Ukemi Ni	Back breakfall #2
Kancho	Head of house	Kokyu	Breath
Kankyu	slow - fast	Kokyu Ho	Breath method
Kanren Waza	Applied technique	Kokyu Nage	Breath throw
Kamae	Basic stance	Koshi Nage	Hip throw
Katahizatsuki	One knee down	Kotai	Retreat, change
Katakotai	Put on shoulder	Kote	Wrist
Katamochi	Shoulder grasp	Kotegaeshi	Reverse hand throw
Kataoshi	Shoulder push	Kubi	Neck
Katate Ayamochi	Cross wrist grab	Kubi Ate	Neck strike
Katate Ayajunmochi	Cross wrist straight grab	Kumitachi	Sword forms with partner
Katatemochi	One wrist grasp	Kuzure	Broken or sliding
Keiko Shuryo	Class dismissed	Kuzushi	Advanced; an advanced movement
Ken	Sword	M a-ai	Appropriate distance
Kenshu	A period of more intensive training	Maki Otoshi	To push the opponent's sword away in a circular thrust
Kenshusei	A kenshu student	Masakatsu	True victory
Kessa Giri	Diagonal body cut (up or down)	Meimoku	Close your eyes: empty your mind
Ki	Spirit; force; energy	Metsuke	Watching
Kiai	A cry concentrating Ki; (opp. aiki)	Migi	Right
Kihon	Basic	Misogi	Purification of mind and body
Kihondosa	Basic movement	Mochi	Grasp
Kihonwaza	Basic technique	Mokuso	Close your eyes: concentrate
Kin Chaku Shibori	To squeeze out a towel (the sword on cutting)	N age	Throw
Kirikaeshi	Block side with bokken	Naore	Back from kamae
Kirioroshi	Cut down	Nido	Two times
Kiriwake	Hands guiding - one palm up, one down	Nido Mawari	Two times pivot
Kohai	Junior	Nido Zuki	Two times thrust
Koho	Backward	Nikajo	Second control
Koho Kaiten Ukemi	Backward roll	Nikyu Yoke (Kaiten Yoke)	Second kyu evasion (shuffle 180 degree pivot)



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Nishu Hanpuku	Two kinds - repeat	Shiho Nage	All direction throw
O mote	Front	Shiho Nage Sabaki	All direction type of control
Onajiku	Same	Shime	Lock
Onegaishimasu	Please	Shikko	Knee walking
Osae	Control	Shin Ko Kyo	Breathing exercise
Otagaini Rei	Bow to each other	Shin Kon	Centering
Oyo	Advanced, variation	Shisei O Tadashite	Stand up straight
R ei	Bow	Shita	Under
Renshu	Practice	Shite	Performer of Technique
Renzoku	Continuation	Shite Uke Kotai	Shite uke change
Ri-Ai	Principle, mechanism	Shitoemi	(See Hitoemi)
Ryo	Both	Shitsumon	Question
Ryohijimochi	Both elbows grasp	Shomen	Front
Ryohizatsuki	Both knees down	Shomen Ni Rei	Bow to the front
Ryote Hiraki	Both arms open	Shomenuchi	Front strike
Ryotemochi	Both hands grasp	Shugyo	Everyone together (in a group)
Ryu	Flow, style	Shumatsu Dosa Ichi	After class exercise #1
S abaki	Body movement	Shumatsu Dosa Ni	After class exercise #2
Sankajo	Third control	Shuto	Cut with edge of arm
Sankaku	Triangle	Sodemochi Hyaku Ukemi	Sleeve grasp jumping breakfall
Sankaku Yoke	Triangle block	Soke	Founder
Sankaku Uchi Yoke	Cutting triangle block	Sokumen Irimi Nage	Side step in throw
Sankaku Soto Yoke	Outside triangle block	Sotai Dosa	Movement with partner
Seiretsu	Line up	Soto Yoke	Outside block
Seiza	Kneel (sitting on your heels)	Suigetsu	Body (middle chest)
Seiza Chumoku	Kneel and attention	Suigetsu Zuki	Body thrust
Sempai	Senior	Suriage	From under (raise up)
Sempai Ni Rei	Bow to the Senior	Suriashi	Slide
Senaka	Back	Suwari	Sitting
Senaka Giri	Back cut	Suwari Komi	Suddenly drop to kneeling position
Sensei	Master; teacher	Suwari Waza	Kneeling techniques
Sensei Ni Rei	Bow to the Sensei	T achi	Weapons
Seoi	Over the shoulder	Taihenko	Body change
Seoshi Undo	Back to back exercise	Taihenko Ni (Kyu Ju Go Do Kaiten)	95 Degree Pivot



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Taihiraki	Body open	Tsuki (or zuki)	Thrust
Taitenkan	Hands overhead body change	Uchi	Strike
Tandoku	Solo	Uchi Yoke	Inside block
Tanto	Knife	Ude	Arm
Tatami	Straw mat	Udegarami	Arm lock
Tegatana	Hand Sword	Ude Osae	Arm control
Tegatana Ate	Chop to face	Ue	High
Tegatana Kirioroshi	Chop with cut down	Uke	Follower of the technique; attacker
Tegatana Kubiatae	Chop to hit neck	Uke Nagashi	A pivot block letting uke flow
Tegatana Michibiki	Lead/guide with hand	Uke Tome	Block/stop straight
Tegatana Sabaki	Knife hand control	Ukemi	Breakfall
Tegatana Yoke	Knife hand block	Ukemi Uchite Renshu	Mat hitting exercise
Te Kiriwake	Hands move in opposite direction	Unaji	Nape of the neck
Tekubi	Wrist	Undo	Exercise
Tekubi Mawashi	Wrist circles	Ura	Back
Tekubi Mochi	Wrist grasp	Ushiro	Back, behind
Tenchi Nage	Heaven and earth throw	Ushiro Nage	Back throw
Tenkai	Pivot	Ushiro Waza	Behind technique
Tenkan	Body change	Waza	Technique
Tenkan Nage	Body change throw	Yame	Stop, finish
Tenoko Mochi	Grab back side of hand	Yoke	Protection (evasion)
Tenoshita Kuguri	Duck under the arm	Yokomenuchi	Side strike
Tenouchi Kiriage	Cut up inside the wrist	Yonkajo	Fourth control
Tobikoshi	Jump and go over	Yubi	Finger
Tori Fune Undo	Rowing exercise	Zanshin	Remaining attentive; balance
Toshu	Bare hands	Zenpo Kaiten Ukemi	Forward breakfall
Toshuwaza	Technique without weapons	Zujo Mawashi	Turn above the head
Tsugiashi	Shuffle	Zuki (or Tsuki)	Thrust
Tsugiashi Taihenko	Shuffle in, body change		