

New Tampa Aikido

Glossary of Aikido Terms

- Ai-hanmi* - Mutual stance. Partners stand facing one another with the same foot forward
- Aiki* - Harmonising/Unification of ki
- Ashi* - Foot
- Atemi* - A strike, hit or blow
- Awase* - Blending exercise with a partner using jo/bokken
- Bokken* - Wooden sword
- Chudan* - Middle level eg chudan tsuki - strike to the abdomen
- Deshi* - Student, pupil, disciple
- Do* - Way eg Aikido = The Way of Aiki
- Dojo* - Training hall
- Domo arigato gozamashita* - Thank you very much
- Dori* - Holding eg Katadori - holding the gi at the shoulder
- Dozo* - Please (used when giving permission)
- Etsunen-geiko* - Special New Year's Eve practice
- Furitama* - Clapsed hands/tanden shaking following torifune
- Futaridori* - Being held by two opponents
- Gassho* - Palms together, as if praying
- Gedan* - Lower level eg Gedan Uchi - strike to legs/lower area of body
- Geiko/Keiko* - Practice
- Gi/Keikogi* - Training suit
- Giri* - Cutting
- Gyaku* - Reverse
- Gyakuhanmi* - Opposite stance. Partners stand with opposite feet forward
- Gyakute* - "Reverse hand". Holding the jo with the palm facing downwards.
- Hachi no ji gaeshi* - Figure of eight circular movement
- Haishin-undo* - Back stretch exercise
- Hajime* - Begin
- Hanmi* - Oblique stance. "Half body"
- Hanmi-handachi* - Techniques performed with Tori (thrower) seated, Uke (attacker) standing
- Happo giri* - Eight direction cutting
- Hara* - Lower abdomen; physical and spiritual centre
- Hasso* - Holding jo or bokken vertically at right shoulder
- Hidari* - Left
- Hito e mi* - Basic back triangle stance. "Making the body small".
- Ho* - Method eg Kokyu ho - breathing method
- Irimi* - Entering with the body
- Irimi-ashi* - "Back foot irimi"
- Iriminage* - Body-entering throw
- Jo* - Staff/stick, about 4-foot long
- Jodan* - Upper level eg Jodan tsuki - strike to the face
- Jutsu* - Techniques
- Jyunte* - "Normal hand". Holding the jo with the palm facing upwards.
- Kaiten* - Turning

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Kaitennage - Rotary throw

Kamae - Posture, stance

Kamiza - Place in the dojo where O-Sensei's picture is placed.

Kata - Series of movements eg 13-count jo kata

Kata - Shoulder eg Katadori - holding the gi at the shoulder

Katana - Japanese sword

Katate - One hand

Katatedori - One hand held

Keiko/Geiko - Practice

Keikogi/Gi - Training suit

Ken - Sword

Kesa - The collar of the gi where it lies across the chest. A blow aimed along this line.

Kesagiri - Sword cut along the line of the kesa

Ki - "Energy", "intention"

Kihon - Basic

Kiri - Cutting

Kiriotoshi - Cutting down

Kiza - Sitting on the heels, supported by the toes (in seiza, the toes lie on the mat).

Kohai - Junior

Kokyu - Breath

Kokyu-ho - Breathing method

Kokyunage - Breath throw

Kokyu Ryoku - Breath power

Koshi - Hip

Koshinage - Hip throw

Kote - Wrist

Kotegaeshi - Wrist out-turn

Kotehineri - Wrist twist. Another name for Sankyo

Kotemawashi - Wrist turn-in. Another name for Nikyo

Kubi - Neck

Kubishime - Neck choke

Maai - Distance

Mae-ukemi - Forward ukemi

Makiwara - Object used for striking practice

Men - Strike, blow, cut

Menuchi - Same as Shomenuchi

Mi - Body eg Irimi - entering with the body

Migi - Right

Misogi - Purification practice

Mitori-Geiko - Learning by observing others

Morotodori - Uke (receiver) holds one of Tori's (thrower's) arms with both hands

Mune - Lapel

Munedori - Holding both lapels together, usually with one hand

Musubi - Uniting, bonding

Nage - Throw or thrower

Nagewaza - Throwing techniques

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Obi - Belt
Omote - Front
Onegaishimasu - Please (would you do this for me)
Osae - Pin, immobilisation
Otoshi - Drop
Oyowaza - Applied techniques
Rei - Bow
Renzoku - Continuous
Renzoku Uchikomi - Continuous striking attack
Ryokata - Both shoulders
Ryote - Both hands
Ryotedori - Both of Tori's hands held
Ryotemochi - Holding with both hands
Sabaki - Movement, motion
Sangaku or Sankaku - Triangle
Sake - Japanese rice wine
Sate - Sit down
Seiza - Sitting posture. "Good sitting"
Sempai - Senior
Sensei - Instructor, teacher
Shikko - Knee walking
Shime - Strangulation
Shimewaza - Strangulation techniques
Shihonage - Four-direction throw
Shizentai - Natural
Shomenuchi - Vertical blow to the head
Sode - Sleeve
Sodedori - Sleeve held
Sokumen - Side
Soremade - Finish
Soto - Outer, outside eg Sotokaiten nage
Suburi - Striking, cutting exercises with jo or bokken
Sumiotoshi - "Corner drop"
Suwariwaza - Techniques performed in a seated posture
Tachi - Standing
Tachiwaza - Techniques performed from a standing posture
Tai - Body
Taijutsu - "Body arts"
Tai no henko - Body turning
Taisabaki - Body movement
Tanden - Energy centre in the lower abdomen
Tanren Uchi - Makiwara practice with a bokken
Tanto - Knife
Tatami - Mat
Tate - Stand up
Te - Hand eg Katate - one hand, Ryote - two hands

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Tegatana - The edge of the hand. "Hand blade"

Ten - Heaven

Tenchinage - Heaven-earth throw

Tenkan - Turning

To - Sword

Toma - A great distance

Tori - The person who throws

Torifune - "Rowing" exercise

Tsugi-ashi - "Glide-walking". "Forward foot irimi"

Tsuki - Thrust, punch

Uchi - A strike

Uchi - Inner eg Uchikaiten nage

Uchideshi - A disciple who lives in the dojo and acts as a trainee/attendant to a master

Ude - Arm

Udegarame - "Arm entanglement"

Udekimenage - Another name for jujinage. "Arm focus throw".

Udeosae - Another name for Ikkyo. "Arm pin".

Uke - Receiver of technique

Ukemi - The art of falling. "Receiving with the body".

Ura - Behind, rear

Ura sankaku - The basic back triangle stance

Ushiro - From behind

Ushiro ukemi - Backward breakfall

Ushiro Kiriotoshi - Cutting down from behind

Ushirowaza - Techniques performed against an attack from behind

Waza - Technique

Yame - Stop

Yokomenuchi - Circular strike to the head

Yoi - Be ready

Za - Sitting

Zafu - Firm cushion used for sitting in Zazen

Zanshin - Continuing awareness after executing a technique

Zazen - "Sitting Zen"

*Zori*¹ - Straw sandals
