



Japanese Terminology

A

Ai	Harmony
Ai-gamae	Matching stances.
Aiki	Harmony of Spirit
Aikido	Way of Harmony of Spirit
Aikidoka	Person who practises Aikido
Aiki-Ken	Aikido Sword techniques
Ashi	Leg or Foot
Atemi	Strike
Atemi-waza	Striking techniques.

B

Barai	Sweep
Bokken	Wooden Sword used in Aikido and Kendo training
Budo	Martial Ways

C

Chudan	Middle
Chudan-no-kamae	Basic posture
Chudan-uke	Middle block

D

Dan	Degree ranking for Black Belt
Do	The Way or Path
Dojo	Training Hall or Place of the Way
Dori	Hold or Grasp

E

Eri Dori	Collar held
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F

Furitsuki	Slashing thrust (Normally with a knife)
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Japanese Terminology

G

Gassho no renshu	Blocking exercise with the hands joined together.
Gedan	Low
Gedan-no-kamae	Low posture
Gedan-uke	Low block
Gi	Aikidogi traditional clothing worn when training
Go	Five
Go-no-sen	Attacking after you have been attacked.
Gyaku	Opposite / Reverse
Gyaku-gamae	Opposite stances.

H

Hachi	Eight
Hantai	Change
Hara	A point in the lower abdomen.
Hasso	High sword posture
Hidari	Left
Hidari-gamae	Left stance with the left foot forward.
Hiji	Elbow
Hiji waza	Elbow techniques
Hikitate-geiko	Middle level of competition.
Hyaku	One Hundred

I

Iai-do	Art of Sword Drawing
Ichi	One
Idoryoku	locomotive power; the power of movement.
Irimi	Entering principle
Irimi-nage	Entering throw

J

Jo	Short staff about 4' long
Jodan	High
Jodan-no-kamae	High posture
Jodan-uke	High block
Jujitsu	Ancient Japanese martial art
Ju-nana-hon waza	17 basic techniques of Tomiki Aikido.



Japanese Terminology

Jushin	Balance / Center of gravity
Jyu	Ten
Jyu-Ichi	Eleven
Jyu-Ni	Twelve and so on
K	
Kakari-geiko	Lowest level of competition.
Kamae	Stance / Posture
Kansetsu	Joints
Kansetsu-waza	Joint techniques.
Kata	Pre-arranged techniques, Form or Shoulder
Kata-Dori-Men-Uch	Strike to the head while holding the shoulder
Kata-Dori	Shoulder held
Katate	Single hand
Katate-Dori	One hand held
Keiko-gi	Kit/Uniform
Ken	Sword
Kendo	The way of the Sword
Ki	Spirit or Energy
Kime-waza	Final locking technique
Kiritsu	Stand to attention
Kissaki	Point or Tip of the Sword
Kohai	Junior Student
Kokyu	Blending – Fitting in was a movement
Kokyu-Dosa	Breath Exercise
Kokyu-Nage	Breath Throw
Koryu-no-Kata	Pre-arranged traditional techniques in kata form
Koshi	Hips or lower back
Koshi-Nage	Hip Throw
Kotai	Switch/Change
Kote	Wrist also called Tekubi
Kote-Gaeshi	Outer wrist throw – Wrist twist
Ku	Nine
Kyu	Ranking for belts below black belt.
Kuzushi	Break balance.
Kyudo	Japanese Archery
M	
Mae	Forward, front.
Ma-ai	Correct distance
Marui	Circular / Round



Japanese Terminology

Men	Sword cut to the center of the head.
Me-tsuke	Eye contact, one focuses on the opponent's eyes.
Migi	Right
Migi-gamae	Right posture with the right foot forward.
Mochi	Grasp or hold with hands
Morote Dori	One hand held by two hands
Mu-gamae	Without stance.
Mushin	Without emotion
Mune	Chest

N

Nage	Throw / Technique
Nana-hon nage kuzushi	Kuzushi training exercise comprised of seven throws.
Ni	Two
Ni-Jyu-Ichi	Twenty one
Ni-Jyu-Ni	Twenty two and so on.

O

Obi	Belt worn over the Gi.
Omote	Front
O-Sensei	Great Teacher (Reference to the Founder)
Otoshi	Drop

R

Randori	Freeplay
Randori-no-Kata	Basic 17 techniques in the Tomiki system of Aikido
Rei	Bow
Ritsu-rei	Standing Bow
Rokku	Six
Ryo-Kata-Dori	Both shoulders held
Ryote-Dori	Both hands held



Japanese Terminology

S

San	Three
Seichu-Sen	Center line of one's body
Seiza	Sitting Properly
Sempai	Senior Student
Sen	Initiating an attack slightly before your opponent
Sensei	Teacher
Sensei-ni-rei	Bow to the teacher
Sen-sen-no-sen	Sensing and preparing for your opponent's attack.
Shi	Four
Shiai	Tournament, Competition
Shichi	Seven
Shichihon-no-kuzushi	Balance breaking
Shihan	A master teacher/ teacher of teachers.
Shiho-nage	Four Directional Throw
Shikko	Knee walking
Shime	Lock
Shinkokyu	Deep breathing exercise at the end of practice.
Shite	Defender also called Tori
Shizentai	Natural standing position.
Shomen	Front also called Omote
Shomen ni rei	Bow to the front
Shomen-Uchi	Strike to top of the head
Shotei-awase	Tension exercise
Sode	Sleeve
Suwari-waza	Sitting Techniques from Seiza position

T

Tachi-waza	Standing techniques.
Tai-sabaki	Evasion of an attack by avoidance.
Taiso	Warm-up calisthenics.
Tandoku-undo	Foot and hand movements exercises
Tanto	Knife
Te	Hand
Tegatana	Hand blade
Tegatana-awase	Hand blade exercise.
Tekubi	Wrist also know as Kote
Tekubi waza	Wrist techniques.
Tenkan	Absorption principle
Tentai	Hip-turn



Japanese Terminology

Tori	The defender / Person doing the technique.
Tsugi	Thrust
Tsugi-ashi	Sliding feet

U

Uchi	Hand strike
Uke	Attacker / Person being thrown
Ukemi	Break falls
Uki-waza	Floating or timing techniques.
Ura	Back
Uraken	Back fist
Unsoku	Foot movements (Avoidance) exercises
Ushiro	Backward, behind.

W

Waza	Technique
Waki-gamae	Low Sword posture

Y

Yoi	Prepare
Yoko	Side
Yokomen	Temple area of the face
Yokomen-uchi	Side strike to the opponent's temple.

Z

Zanshin	Awareness
Za-rei	Sitting bow