

Aikido Japanese Vocabulary Glossary - WIP

– Basic Movements & Concepts –

Onegaeshimasu	Please / Let's practice!
Seisa	Sitting (on heels)
Rei	Bow
Uke	The attacker / roller
Nage	Defender / thrower
Hanmi	Triangle aikido stance
Tai no henko	Blending exercise
Kokyu	Breath / body coord.
Kokyu dosa	Seated breath exercise
Funakogi undo	Rowing exercise
	sounds: (ee-ho, ay-sah, ee-ee)
Irimi	Enter
Tenkan	Turn & step back
Tenkai / kaiten	Pivot
Irimi Tenkan	Enter and turn
Omote	Front of attacker
Ura	Back of attacker
Uchi	Inside movements
Soto	Outside movements
Domo Arigato (Gozaimashita) ...	Thank you (for practice)

– Common Attack Word Parts–

Kata	Shoulder, sleeve
Katate	Wrist (shoulder “neck”)
Men	Head
Yokomen	Side of head / temple
Shomen	Front of head / face
Dori	Grab
Uchi	To hit, strike
Ushiro	Attacks from behind

– Common Attacks –

Tsuki	Thrust, punch
Shomenuchi	Head/face strike
Yokomenuchi	Side of head strike
Katadori	Shoulder / lapel grab
Katatedori	Wrist grab
Morotetori	2 hands on 1 forearm
Ryotetori	Grab both wrists
Ushiro Tekubitori	Wrists from behind

– Common Wrist Techniques –

Ikkyo	1st technique
Nikkyo	2nd technique
Sankyo	3rd technique

– Common Throws –

Iriminage	Entering throw
Shihonage	Four direction throw
Tenchinage	Heaven & earth throw
Kotegaeshi	Wrist turn throw
Kaitennage	Arm leverage throw
Kokyunage	Breath throws

– Uncommon Words & Word Parts –

Sumimasen	Apologies / thank you
Tai Sabaki	Foot & body movement
Waza	Techniques
Undo	Practice
Shikko	Knee walking
Zanshin	Connected attention
Tegatana	Sword hands
Ai hanmi	Same feet forward
Gyaku hanmi	Opposite feet / mirror
Gedan	Low
Chudan	Middle
Jodan	High
Te	Hand
Kubi	Neck
Tekubi	Wrist
Kesa	Shoulder diagonal
Hiji	Elbow
Kohai	Junior student
Senpai	Senior student
Sensei	Teacher
Shihan	Master teacher

– Uncommon Wrist Techniques –

Yonkyo	4th technique
Gokyo	5th technique
Rokyū	6th technique

– Uncommon Attacks–

Ushiro Ryokatatori	Shoulders from behind
Katatori Menuchi	Grab shoulder, hit head
Ushiro Kubishime	Wrist grab & choke

– Uncommon Throws & Pins –

Suwari waza	Seated techniques
Jo waza	Throwing partner w/ jo
Koshinage	Hip throw
Ude garami	Bent arm lock

– Uncommon Practices–

Jujinage	Twisting elbow throw
Koshinage	Hip throw
Jiyu waza	Nage varies techniques

– Counting in Japanese –

Ich	1
Ni	2
San	3
Shi	4
Go	5
Roku	6
Shichi	7
Hachi	8
Ku	9
Ju	10

– Advanced Practices –

Suwari waza	Seated techniques
Henka waza	Changing techniques
Kaeshi waza	Counter techniques
Jo waza	Throwing partner w/ jo
Jo tori	Disarm uke of jo
Tachi tori	Disarm uke of sword
Tanto tori	Disarm uke of knife
Jiyu waza	Nage varies techniques
Randori	Freestyle attacks



– Suggested Learning Order –

New students brand new - 5th kyu

- Basic movements & concepts
- Attack word parts
- Common attacks
- Common wrist techniques
- Common throws

Beginner 5th kyu-3rd kyu

- Uncommon words & word parts
- Uncommon wrist techniques
- Uncommon attacks
- Uncommon throws & pins
- Uncommon practices

Intermediate 3rd kyu - 1st Kyu

- Counting in Japanese
- Advanced practices

Advanced Shodan +

- Rolling terminology
 - ...to be added
- Weapon-related terminology
 - ...to be added