

# Aikido Center of Jacksonville

## Guide To Terminology

### Concepts, Principles and Spirituality

AI	harmony; coming together; integration; unification; unity
AI	(different written character) love
KI	spirit; life force; vital energy; strength; sensitivity
DO	the Way or Path
BUDO	the way of the warrior arts; the way of protection, of society, strength and honor in peace
KATA	"fixed form"; predetermined practice patterns used as learning vehicle
KOGI-FUNE-UNDO	"rowing the boat"; warm-up exercise adopted from Misogi-ritual
KOKYU	power of breath and life force; coordination of ki flow and breathing
MA-AI	distance of time and space between uke and nage; the direction and movement of mind and spirit, along with physical distance, determine the balance of power and proper usage of space
MISOGI	purification of mind, body and spirit, realized by keiko, cleaning, fasting or other exercises
SANGEN	triangle (pyramid), circle (sphere), square (cube) - the three most perfect proportions in geometry triangle - body, mind, spirit; past, present, future; heaven, earth, humankind; signifies ki flow, creation of energy and initiative circle - unity, serenity, perfection; signifies liquid dimension, source of unlimited techniques square - earth, water, fire, air; signifies solid dimension, applied control based on form and solidity
TAKEMUSU AIKI	"courageous and creative living"; motto of AIKIDO
TEN-CHI	heaven-earth; the whole universe
UCHI-GATAME	"pounding the body with the fists"; warm-up exercise used to stimulate the skin and muscles

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ZANSHIN continuity; remaining aware and prepared for the next attack; calm awareness; retention of the mind; unbroken concentration

## The Training Place and Appearance

DOJO place of the Way; a place for strengthening and refinement body, mind and spirit; training hall

SHOMEN in the dojo, the upper seat with the shrine housing the picture of the Founder and the spirit of Aikido (not a religious, but rather a spiritual symbol); also: front or top of head

KAMIZA upper seat on the mat, opposite the shimoza

GI or DOGI white training uniform

OBI belt (part of gi)

HAKAMA wide-skirted pants worn over gi; symbol of the samurai culture and typically worn by Aikido yudansha (black belts)

## Roles, Postures, Directions and Movements

AME NO FURITAMA standing squarely, left hand resting (palm down) on top of right hand (palm up); hands are gently shaken to relieve all tension in the body

AME NO TORI-FUNE "rowing movements" in hanmi position; practice to cleanse the mind and spirit; in a metaphorical sense, row your boat through the spiritual levels of heaven towards purification

CHUDAN middle position

GAESHI to reverse

GEDAN low position

HANMI relaxed triangular (T-)stance , "half-body" (sankakutai)

HAPPO GIRI (UNDO) eight corner cutting / extension movement  
IRIMI front technique, entering, moving into and through the line of attack

JODAN high position

KAITEN to revolve, rotate; wheel, round; "open and turn"

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NAGE	"thrower"; defender; the person applying a technique
OMOTE	to the front
SEIZA	formal sitting position; the only proper sitting on the mat
SHIHO GIRI (UNDO)	four corner cutting / extension movement
SHIHO	four directions
SHIKKO	knee-walking
SHIME	to squeeze / choke
TENKAN / URA-WAZA	"back" technique, turning
TORI	"the one who takes" (alternate term for NAGE)
UCHI	to strike
UCHI	inside
UCHI-DESHI	live-in disciple who trains full time under senior instructor
UKE	"receiver"; the person providing the attack and falling
UKEMI	the art of receiving / taking actions as uke / falling
URA	rear, back
URA	to the rear / back
YOKO	(to the) side
Weapons	
BOKKEN	wooden sword
JO	short wooden staff (48" - 55" long and 3/4" - 1" thick)
KEN	sword
TACHI	(Japanese long) sword; can also mean "from standing position"
TANTO	(wooden) knife
Attacks	
AIUCHI	"mutual strike"; position in which both partners can strike
TSUKI	thrusting strike
SHOMEN-UCHI	strike to (top of) head
YOKOMEN-UCHI	side of the head (diagonal) strike
SHIME	to squeeze / choke
TACHI-TORI	attack with bokken, sword taking
TANTO-TORI	attack with knife, knife taking
JO-TORI	short staff taking

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## Grabs and Holds

HIJI-TORI	elbow grab
KATA-TORI	shoulder grab
KATATE-TORI	single-wrist grab
KUBI-SHIME	rear choke with one wrist held
MOROTE-TORI	both hands grabbing one wrist
RYOTE-TORI	both hands grabbing one wrist each
USHIRO-TORI	rear "bear hug"
USHIRO-RYO-HIJI-TORI	both elbows grabbed from rear
USHIRO-RYO-KATA-TORI	both shoulders grabbed from the rear
USHIRO-RYOTE-TORI	both wrists grabbed from the rear
USHIRO-RYO-TEKUBI-TORI	both wrists grabbed from the rear

## Techniques

ATEMI	diverting, defensive strike or blow
ATEMI-WAZA	striking techniques
IKKYO	first teaching
NIKYO	second teaching (using wrist pressure)
SANKYO	third teaching (using wrist pressure)
YONKYO	fourth teaching (using nerve pressure)
GOKYO	fifth teaching (reverse grip of ikkyo, esp. for knife attacks)
HANMI-HANDACHI	nage is kneeling and uke attacks from standing
HENKA-WAZA	switching from one technique to another
JO-TORI	techniques for disarming opponent armed with JO
JIYU-WAZA	free-style techniques with one uke (specific or any attacks)
KAESHI	to return, come back (trans. of kaeru, from kaesu)
KAESHI-WAZA	reverse (counter) techniques
RANDORI	free-style practice with multiple attackers
SUWARI-WAZA	techniques practiced on knees
TANTO-TORI	techniques to disarm attacker who is using a knife
TENKAN	"pivoting of the body"; basic blend
USHIRO-WAZA	rear techniques ("sixth sense") (6th pillar of Aikido)
WAZA	technique(s)

## Throws

IRIMI	entering
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IRIMI-NAGE	entering throw ("20-year throw")
JUJI-NAGE	crossed arm (X, ten) throw
KAITEN	opening and turning
KAITEN-NAGE	rotary throw
KOKYU	breath power; concentrated power; good timing
KOKYU-HO (KOKYO DOSA)	seated technique using ki to throw and pin partner
KOKYU-NAGE	"breath throw", using timing of body and spirit without applying pressure to partner's joints
KOSHI-NAGE	hip throw
KOTE-GAESHI	apply wrist reversal to throw partner
KUBISHIME	choke
SHIHO-NAGE	four-direction throw (applied at wrist)
SUMI-OTOSHI	four direction throw (applied at elbow)
TENCHI-NAGE	heaven-and-earth throw

## Ranks, Learning, and Teaching

O'SENSEI	great teacher; the founder of Aikido, Morihei Ueshiba (Dec. 14, 1883 - Apr. 26, 1969)
DOSHU	honorary title for the master of the art; the current Aikido Doshu is Moriteru Ueshiba, head of the dojo
DOJO-CHO SENSEI	teacher; anyone who gives guidance along the way; literally "born before"
UCHI-DESHI	devoted, personal student living in dojo with teacher
KOHAI	junior student; anyone who begins the study of Aikido
SEMPAI	anyone who began the study of Aikido before you
FUKU-SHIDOIN	assistant instructor; usually 2nd dan and below
SHIDOIN	teacher typically with sandan rank
SHIHAN	master teacher with rank of 6th dan or above
KYU	white belt grade; undergraduate / mudansha rank (usually 6th kyu to 1st kyu)
DAN	black belt rank; graduate / yudansha rank (1st dan to 10th dan)
SHODAN	first degree black belt
YUDANSHA	holder of black belt degree

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## Greetings, Order, and Etiquette

DOMO ARRIGATO	thank you
ONEGAISHIMASU	please (train with me); I ask a favor

## Parts of body

HIJI	elbow
KATA	shoulder
KOSHI	hip, lateral pelvis, waist
KUBI	neck
TE	hand
TEKUBI	wrist

## Counting

ICHI	1
NI	2
SAN	3
SHI	4
GO	5
ROKU	6
SHICHI	7
HACHI	8
KU	9
JU	10