



Aikido Center of Jacksonville

Guide To Terminology

Concepts, Principles and Spirituality

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| 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"; warmup exercise used to stimulate the skin and muscles |
| ZANSHIN | continuity; remaining aware and prepared for the next attack; calm awareness; retention of the mind; unbroken concentration |

The Training Place and Appearance

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| 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 |



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| | 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

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| 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" |
| 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 |



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Weapons

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| 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 |

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

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| 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) |



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| 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 |
| 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, |
| DOJO-CHO | head of the dojo |



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| 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 after you |
| 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 |

Greetings, Order, and Etiquette

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|---------------|---------------------------------------|
| 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 |