# AIKIDO GLOSSARY

| ***ATTACKS :*** | |
|---|---|
| Shomen uchi | direct blow the top of head |
| Yokomen uchi | circular blow to side of head |
| Chudan tsuki | direct punch to stomach |
| Jodan tsuki | direct punch to the face |
| Katate tori | one wrist hold (one hand) |
| Morote tori | one wrist hold (two hands) |
| Ryote tori (Jote tori) | both wrists hold (two hands) |
| Mune tori | lapel hold (one hand) |
| Ushiro ryote tori | both wrists hold from behind |
| Ushiro tekubi tori | same hold from behind but static |
| Ushiro kubi jime | one wrist hold from behind, and strangle hold with other arm |
| Kata tori | shoulder hold (one hand) |
| Ryo kata tori | both shoulders hold (two hands) |
| Ushiro ryo kata tori | both shoulders hold from behind (two hands) |
| Katamenuchi | Kata tori followed by Shomen |
| Hiji tori | elbow hold |
| Eri tori | collar hold |
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| ***TECHNIQUES:*** | |
| • **Katame Waza** | **Control techniques** |
| Ikkyo (1st principle) | arm twist control pin |
| Nikyo (2nd principle) | twist of wrist control pin |
| Sankyo (3rd principle) | edge of hand twist control pin |
| Yonkyo (4th principle) | inner arm pressure pin |
| Gokyo (5th principle) | inside wrist pin |
| Shiho nage | four directions arm pin or throw |
| Kote gaeshi | wrist twist out pin or throw |
| Udekimi nage | under elbow lift throw |
| Jujigarami (jujinage) | both crossed arms pin or throw |
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| • **Nage Waza** | **Projection techniques** |
| Iriminage | entering throw |
| Kokyunage | breath throw |
| Koshinage | through hips throw |
| Aiki otoshi | behind through the legs throw |
| Uki otoshi | floating throw |
| Sumi otoshi | corner throw |
| Kaitennage | cart wheel throw |
| Tenchinage | earth-sky throw |
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| ***IMPLEMENTATION :*** | |
| Tachi waza | standing techniques |
| Suwari waza | kneeling techniques |
| Ushiro waza | attack from behind techniques |
| Hanmi handachi waza | Uke standing, Nage kneeling, techniques |
| Kaeshi waza | counter-techniques |
| Henka waza | linked follow-up techniques |
| Jiyu waza | free-style techniques |

| ***VARIOUS TERMS:*** | |
|---|---|
| Ai | harmony, integration, unification |
| Ai hanmi | mirror stance, guard (triangular) |
| Atemi | defensive blow, strike |
| Bokken | wooden sabre, sword |
| Budo | way of the warrior, military (martial) art |
| Bushi | warrior, samurai |
| Bushido | code of honour of the warrior, samurai |
| Dan | rank of black belt |
| Do | way, method, discipline, philosophy |
| Dojo | training hall where to study the way |
| Gi | regular practice uniform (worn under the hakama) |
| Gyaku hanmi | opposite, reverse stance, guard (triangular) |
| Hakama | skirt-like trousers worn over the gi |
| Hara | centre point of body, universe |
| Hidari | left |
| Irimi | moving forward, entering |
| Jo | wooden stave, stick |
| Kamiza | upper seat of the mat (face to bow) |
| Ki | centralized vital (life) energy |
| Kokyu | power of breath, total extension |
| Kokyu ho | exercise of breath extension (seiza) |
| Kyu | rank below dan |
| Ma-ai | optimal, basic distance between partners |
| Migi | right |
| Nage | one who applies the technique, defender |
| Omote | entering, moving forward, using irimi |
| Rei | bowing, gesture of respect |
| Randori | multiple attack |
| Sempai | senior student |
| Seiza | correct, calm sitting posture |
| Sensei | title of Instructor, Teacher |
| Soto | to the side, outside |
| Tanto | knife (wooden) |
| Tenkan | pivoting, swivelling movement |
| Uchi | under, inside |
| Uke | one subjected to the technique, attacker |
| Ukemi | controlled fall, roll when thrown |
| Ura | moving behind, turning, using tenkan |

| • **Numbers** | |
|---|---|
| Ichi | one |
| Ni | two |
| San | three |
| Shi | four |
| Yon, Go | five |
| Roku | six |
| Shichi | seven |
| Hachi | eight |
| Kyu | nine |
| Ju | ten |

| • **Parts of the body** | |
|---|---|
| Te | hand |
| Kubi | neck |
| Tekubi | wrist |
| Ashi | foot, leg |
| Kata | shoulder |
| Ude | arm |
| Hiji | elbow |
| Koshi | hip, lower back |