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**GENERAL TERMS**

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<b>Ai</b>	harmony or love
<b>Ki</b>	spirit or energy
<b>Do</b>	the way or path
<b>Aikido</b>	the path to a harmonious spirit
<b>Kiai</b>	a shout in which or by which one's energy is focused
<b>Bu</b>	war or warfare.
<b>Bushi</b>	warrior
<b>Bushido</b>	the way or code of the warrior
<b>Jutsu</b>	techniques or practices
<b>Budo</b>	the martial way
<b>Bujutsu</b>	the study of fighting techniques
<b>Samurai</b>	the verb meaning "to serve" The warrior class of feudal Japan.
<b>Hara</b>	the lower abdomen. The center of energy & movement.
<b>Zanshin</b>	continuity of concentration, alertness, remaining prepared for the next attack
<b>Shin</b>	mind or heart
<b>Mushin</b>	no mind
<b>Takemusu Aiki</b>	limitless Aikido, spontaneous manifestation of infinite technique
<b>Musubi</b>	unification of opposites
<b>Misogi</b>	purification
<b>Dojo</b>	training hall
<b>Shomen</b>	the front of the dojo
<b>Deshi</b>	student, disciple
<b>Sensei</b>	teacher
<b>O'Sensei</b>	literally, "great teacher". Morihei Ueshiba, the founder of Aikido, is known to Aikido students as O'Sensei
<b>Sempai</b>	senior student, one who began Aikido before you
<b>Kohai</b>	junior student, one who began Aikido after you
<b>Aikikai</b>	Aikido Foundation. Japanese umbrella organization headed by the Doshu a descendent of Morihei Ueshiba, the founder of Aikido.
<b>Shihan</b>	master teacher
<b>Kyu</b>	white belt grades
<b>Dan</b>	black belt
<b>Yudansha</b>	black belt holder(s)
<b>Keiko</b>	practice
<b>Keikogi</b>	practice uniform

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<b>Obi</b>	belt
<b>Hakama</b>	black divided skirt/pants
<b>Seiza</b>	formal kneeling position

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**GREETINGS**

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<b>Rei</b>	bow or salutation
<b>Reigi</b>	etiquette
<b>Dozo</b>	please
<b>Onegai Shimasu</b> <b>(final "u" is silent)</b>	I request the favor
<b>Domo Arigato</b>	I am very much/humbly obliged to you
<b>Gozaimashita</b>	
<b>Oheio gozaimusu</b>	Good morning
<b>Kombanwa</b>	Good evening
<b>Oyasumi Nasai</b>	Good night
<b>Sayonara</b>	Goodbye

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**BODY PARTS**

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<b>Men</b>	face or head
<b>Shomen</b>	top or front of head
<b>Yokomen</b>	side of head
<b>Me</b>	eyes
<b>Kuchi</b>	mouth
<b>Kubi</b>	neck
<b>Kata</b>	shoulder
<b>Hiji</b>	elbow
<b>Te</b>	hand
<b>Tekubi</b>	wrist
<b>Kokyu</b>	breath
<b>Kote</b>	back of the hand
<b>Tegatana</b>	little finger edge of the palm, hand blade
<b>Mune</b>	chest and stomach region
<b>Do</b>	trunk
<b>Hara</b>	lower abdomen
<b>Koshi</b>	lower back
<b>Ashi</b>	leg

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**TAIJUTSU PRACTICE**

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<b>Taijutsu</b>	the unarmed Aikido techniques, body arts
<b>Kokyu</b>	breathing, breath power
<b>Ukemi</b>	the art of taking falls, literally "receiving body".
<b>Suwari Waza</b>	both <i>nage</i> and <i>uke</i> are kneeling
<b>Hanmi handachi</b>	<i>nage</i> is kneeling and the <i>uke</i> attacks from a standing position. Literally, "half standing, half sitting"
<b>Kata</b>	prearranged attack/defense exercise
<b>Atemi waza</b>	striking techniques
<b>Henka waza</b>	variations, switching from one technique to another
<b>Kaeshiwaza</b>	counter techniques
<b>Jiyu waza</b>	freestyle defense practice, any technique may be used.
<b>Tai no henko</b>	basic blending practice
<b>Kokyo dosa or kokyu ho</b>	partner <i>ki</i> practice done in <i>seiza</i> , practice for coordinating breath, <i>ki</i> & movement.
<b>Tenkan</b>	turning around to the rear
<b>Irimi</b>	entering in a straight line
<b>Hantai</b>	in reverse order
<b>Uke</b>	receiver — a person who receive a technique. It generally refers to the person who attacks and is thrown.
<b>Nage</b>	thrower — a throw or the person who performs the throw
<b>Maai</b>	the distance between uke and nage. It literally means "Harmony of space."

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**ATTACKS**

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<b>Dori</b>	a grab or hold
<b>Uchi</b>	a strike
<b>Shime</b>	a squeeze or choke
<b>Katate dori</b>	one-handed grasp on one wrist
<b>Morote dori</b>	two-handed grasp on one wrist
<b>Ryote dori</b>	two-hands grasp, both wrists grasped
<b>Kosa dori</b>	cross hand grab
<b>Kata dori</b>	shoulder grab
<b>Ryokata tori</b>	both shoulders grasped
<b>Shomen uchi</b>	straight down strike to the top of the head
<b>Yokomen uchi</b>	45° strike to the side of the head
<b>Tsuki</b>	a straight thrust or punch
<b>Mune tsuki</b>	straight punch to the stomach or chest
<b>Hiji dori</b>	elbow grab
<b>Ushiro</b>	from behind
<b>Eri dori</b>	collar grabbed from behind
<b>Kubi shime</b>	neck choke
<b>Mae geri</b>	front kick
<b>Mawashi geri</b>	roundhouse kick
<b>Yoko geri</b>	side kick

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**DEFENCES**

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<b>Nage</b>	throw
<b>Irimi</b>	entering
<b>Omote</b>	to the front of uke
<b>Ura</b>	to the rear of uke
<b>Osae</b>	a pin
<b>Uchi</b>	inside
<b>Soto</b>	outside
<b>Gaeshi</b>	reverse
<b>Mawashi</b>	round, rotation
<b>Ikkyo</b>	#one pinning technique (arm pin)
<b>Nikyo</b>	#two pinning technique (inward wrist twist)
<b>Sankyo</b>	#three pinning technique (vertical wrist twist)
<b>Yonkyo</b>	#four pinning technique (wrist pin using pressure on the nerve)
<b>Gokyo</b>	#five pinning technique similar to ikkyo but with reversed hand, for knife disarming
<b>Shiho nage</b>	a throw to four sides or directions
<b>Kote gaeshi</b>	outside wrist twist
<b>Kokyu nage</b>	breath throw
<b>Irimi nage</b>	entering throw
<b>Kaiten nage</b>	rotary throw
<b>Koshinage</b>	hip throw
<b>Tenchi nage</b>	"Heaven-Earth throw. "ten" means "heaven" and "chi" means "earth". The heaven - earth position of the hand has one hand high and the other low.
<b>Juji garami</b>	entwined arms throw
<b>Koshi nage</b>	hip throw
<b>Aiki otoshi</b>	aiki drop, often against a rear bear hug
<b>Sumi otoshi</b>	corner drop
<b>Ude garami</b>	arm entwined lock

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**WEAPONS**

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<b>Katana</b>	the Japanese sword
<b>Bokken</b>	wooden practice sword
<b>Jo</b>	wooden staff (approx four feet long)
<b>Tanto</b>	wooden practice knife
<b>Suburi</b>	individual practice of a single movement of the ken or jo
<b>Tanto dori</b>	knife taking techniques
<b>Tachi dori</b>	sword taking techniques
<b>Jo tori</b>	staff taking techniques
<b>Kumitachi</b>	2 person sword practice
<b>Kumi jo</b>	2 person jo practice

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**NUMBERS**

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<b>1</b>	<b>Ichi</b>
<b>2</b>	<b>Ni</b>
<b>3</b>	<b>San</b>
<b>4</b>	<b>Shi</b>
<b>5</b>	<b>Go</b>
<b>6</b>	<b>Roku</b>
<b>7</b>	<b>Shichi</b>
<b>8</b>	<b>Hachi</b>
<b>9</b>	<b>Kyu</b>
<b>10</b>	<b>Ju</b>

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