

Japanese – English vocabulary for Aikido



Body

Japanese	English	Usage
Ude	Arm	Udekimenage: arm throw
Te	Hand	Tekatana: sword hand
Mune	Chest	Munedori: grab lapels at the chest
Koshi	Hip	Koshinage: hip throw
Kote (tekubi)	Wrist	Kotegaeshi: wrist turn (lock) throw
Kata	Shoulder	Kata dori: grab the shoulders
Hiji	Elbow	Hijikimeosae: elbow lock (rokyo)
Eri / iri	Neck, collar	Eridori / iridori: grab the collar at the back of the neck
Kubi	Neck, throat	Kubishime: strangulation

Directions

Japanese	English	Usage
Mae	Forward	Mae ukemi
Ushiro	Backward	Ushiro ukemi
Yoko	Sideways	Yoko ukemi
Omote	Front	
Ura	Backside	
Uchi	Inside	Uchikaiten nage: inside wheel throw
Soto	Outside	Sotokaiten: outside wheel throw
Jodan	High	Jodan tsuki: strike (punch) at the head
Chudan	Middle	
Gedan	Low	

Posture

Japanese	English
Kamae	Basic posture
Hanmi	(Basic) stand, Han: half
Hidari hanmi	Basic stand with left foot forward
Migi hanmi	Basic stand with right foot forward
Aihanmi	Equal position
Gyaku hanmi	Mirror position
Hanmi handachi	Half sitting, half standing
Shisei	Attitude
Shizentai	Natural posture (feet together)
Sankakuho	Triangular position, feet are in hanmi. Sankaku: triangle
Seiza	Sit on heels
Kiza	Kneeling on toes
Jodan (no) kamae	Position with weapon above the head
Hasso (no) kamae	Position with weapon next to the head

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Techniques, training

Waza	Technique(s)	Also: training method
Katame waza	(Joint) lock techniques	Different from nage / nage waza
Nage waza / nage	Throw techniques	Nage: used as a synonym for tori
Suwariwaza	training in the sitting position	
Tachiwaza	training in the standing position	
Hanmi handachiwaza	sitting/standing training	Tori defends sitting position while uke attacks in a standing position
Kihon waza	Basic techniques	
Jiyu waza	Free techniques	Free training
Kaeshi waza	Counter techniques	
Henka waza	Free / Change techniques	Change a technique during its performance
Oyo gi/waza **	Applied technique	Application of principles of the technique

*/** Henka waza are techniques in which you use one technique and then switch to the execution of another technique (for example from nikyo to rokyo, from ikkyo to iriminage). Oyo waza is the application of the principles of the technique: tori reacts to what is happening at that moment, for example because uke blocks. The distinction is sometimes difficult to make and henka waza / oyo waza may overlap.

Exercise, practice

Keiko	Practice
Suburi	Solo practice with sword and stick
Ikkyo undo	Ikkyo movement in four directions
Kokyu ho	Breath power exercise, often practiced at the end of the lesson
Aikiken	Sword (ken) exercises for Aikido. Not sword fighting (kenjutsu)
Aikijo	Stick (jo) exercises for Aikido
Randori	Throwing of more than one attacker

Falling

Ukemi	Fall, to roll	
Mae ukemi*	Forward roll	
Mae ukemi (kaiten)	Forward roll	
Mae ukemi chokuto	Forward break fall	Distribute the impact on the lower arms
Ushiro ukemi (kaiten)	Backwards roll	
Ushiro ukemi chokuto	Backwards break fall	Distribute the impact by straightening the arms
Yoko ukemi (kaiten)	Sideway roll	
Yoko ukemi chokuto	Sideway break fall	Distribute the impact by straightening the arm

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Body movement

Taisabaki	Movement of the body	
Irimi	Forward movement	
Tenkai	Half rotation	Turn without a step
Tenkan	Half rotation with step	Turn with a step backwards
Irimi tenkai / kaiten*	Step forwards followed by half turn	Step forwards and turn without further steps
Ayumi ashi	Walking	With one foot in front of the other
Tsugi ashi	Sliding step	One foot stays in front
Okuri ashi	Sliding step	The front foot moves first
Shikko	Walking on your knees	

Basic techniques

Technique	English	Explanation
Ikkyo	First form	Ude osae
Nikyo	Second form	Kote mawashi
Sankyo	Third form	Kote hineri
Yonkyo	Fourth form	
Gokyo	Fifth form	
Rokyo	Sixth form	Udeshigi, hijikimeosae
Iriminage	Entering throw	
Shihonage	Throw of 4 directions	
Kotegeashi	Throw by twisting the wrist	Gaeshi: turn
Uchi Kaiten nage	Wheel throw from the inside	
Soto Kaiten nage	Wheel throw from the outside	
Uchi Kaiten kata katame	Wheel turn with shoulder lock	
Koshinage	Hip throw	
Udekimenage	Arm lock throw	
Udegaraminage	Arm wrapping throw	
Tenchinage	Heaven and earth throw	
Jujigarami /	Crossed arm throw	
Jujinage		
Sumiotoshi	Corner throw	
Kokyu nage	Breath power throw	Basic exercise, no technique

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Attack

Japanese	English
Katate	One hand
Dori	Form
Katatedori	Wrist grab
Aihanmi katatedori	Wrist grab in crossed stance
Gyaku hanmi katatedori	Wrist grab in mirror stance
Shomenuchi	Strike the head from above
Yokomenuchi	Strike the head from the side
Katadori	Grab the shoulder
Sodedori	Grab the sleeves of the suit (Sode: sleeve)
Munedori	Grab the lapels at the chest
Ryotedori ryotemochi	2 hands grab 2 wrists (Ryote: 2 hands)
Katate ryotedori (/morotedori)	2 hands grab 1 wrist
Katadori menuchi	Grab the sleeve at the shoulder and strike at the head
Tsuki	Strike
Chudan tsuki	Strike the belly / solar plexus (w or w/out weapon)
Jodan tsuki	Strike towards the head
Ushiro ryo(kata)tedori	Grab 2 wrists from behind
Ushiro ryo katadori	Grab 2 shoulders from behind
(Ushiro) munedakeshime	Lock (from behind)
Ushiro kubeshime	Strangulation with wrist grab
Iridori (eridori)	Grab the back of the neck from behind
Tanto dori	Defence against knife
Jo dori	Defence against stick
Tachi dori	Defence against sword
Futaridori / futarigake	2 attackers
Atemi	strike

Principles

Ma-ai	Distance
Kime	Projection
Ki no nagare	Flowing technique
Kokyu (ryoku)	Breath power
Kuzushi	Disturbing / destroying the balance
Sen	Timing
Zanshin	Alertness

Numbers Native numbers

Ichi	1	Hitotsu
Ni	2	Futatsu
San	3	Mittsu
Shi, yon	4	Yottsu
Go	5	Itsutsu
Roku	6	Muttsu
Shichi, nana	7	Nanatsu
Hachi	8	Yattsu
Ku (kyu)	9	Kokonotsu
Yu	10	Tô

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Clothing

Keiko gi	Training suit
Obi	Belt
Hakama	Pants, traditional Japanese clothing
Zori	Slippers

Greetings

Hai	Yes	
Onegaishimasu	Please (do your best)	
Domo arigato gozaimasu	Thank you very much	much
Zarei	Sitting greetings	Za: sit; Rei: greeting, bowing
Ritsurei	Standing greetings	
Reigi / reishiki	Etiquette	
Shomen ni rei	Greetings towards shomen	Is used during examination rituals
Sensei ni rei	Greeting the teacher(s)	Is used during examination rituals
Otakai ni rei	Greeting each other	Is used during examination rituals

Various

Tate	Get up
Hajime	Start
Budo	the martial way, japanese martial arts. The way of war
Embukai	Public demonstration
Kamiza	Central or high spot. Also called Shomen
Kata	Shape, shoulder, one
Tanden	Center of the body
Tachi	Sword, portrait. Katana, Ken, to