



## Glossary of Aikido terminology used by Aiki Kai (Australia)

Ai hanmi	Standing in same stance (e.g. both have right foot forward). Ai = same
Budo	Martial way (emphasis on self development) Aikido is a budo
Dojo	Training hall – originally a place of meditation in a temple
Doshu	"Leader of the way". World Aikido leader
Eri dori	Hold collar
Fune kogi	Stand up 'rowing' exercise
Gyaku hanmi	Standing in opposite or cross stance
Gyakute	Reverse sword or jo grip – with both hands on the same side of the weapon
Gyaku yokomen	Striking side of head with reverse attack
Ho	To train. Method
Hanmi	Basic posture: front foot advanced back foot at 45 degree angle
Hanmi handachi	Kneeling position to receive a standing attack
Hiji dori	Hold elbow
Honte	Standard – right handed sword or jo grip
Irimi	To enter forward
Ju (jiyu) waza	Free technique from any attack
Katate dori	Hold one wrist
Kata dori	Hold the shoulder
Ki	Internal energy, spirit
Kokyu ho	"Breath power" training. Kokyu = ki power
Kokyu ryoku	Extension of ki through the hands
Kote	Wrist
Kubi shime	Strangulation
Ma ai	Correct combative distance for safety
Morote dori	Hold one wrist with both hands
Nage	Throw or thrower
Ni dan giri	Two level attack with sword, e.g. wrist and then head
Ni nin gake	Two person attack
Omote	In front
O'Sensei	Ueshiba Morihei – Founder of Aikido
Riyote dori	Hold both wrists
Riyokata dori	Hold both shoulders
San nin gake	Three person attack
Seiza	Kneeling with legs under the body
Sensei	Teacher
Shihan	Master teacher
Shikko	Knee walking
Shomen uchi	Striking forehead (vertically down)
Sotai dosa	Sword exercises in pairs
Soto	Outer
Suwari waza	Technique in kneeling position both attacker and defender
Tachi waza	Technique in standing position
Te gatana	Hand blade (te=hand katana=sword/blade)
Tenkan	To turn away, a pivoting turn; uniting with ki
Tsuki	Forward thrust strike, straight punch
Uchi	Inner
Uke	Attacker. also "receiver" of technique
Ukemi	Rolls (backward, forward) Lit. "to receive"
Ura	Rear. Behind
Ushiro	From behind
Waza	Technique
Yokomen uchi	Striking side of head (downward angle)
Ichi = 1 Ni = 2 San = 3 Shi (Yon) = 4 Go = 5 Roku = 6 Sichi (Nana) = 7 Hachi = 8 Ku = 9 Ju = 10	
Ju ichi = 11 Ju ni = 12 Ni ju = 20 San ju = 30 San ju ichi = 31 etc	

### Major Hand Techniques

Irimi nage	Entering throw
Kaiten nage	Rotary throw
Kokyu nage	Breath throw. Using ki
Koshi nage	Hip throw
Kote gaeshi	Wrist twisting throw
Shiho nage	Four directions throw
Tenchi nage	Heaven & earth throw
Ik kyo	First hold. Wrist & elbow control
Ni kyo	Second hold, bend wrist
San kyo	Third hold. Twist wrist
Yon kyo	Fourth hold. Sword grip on wrist
Go kyo	Fifth hold. Reverse grip on wrist

### Major Sword Stance (Kamae)

Gedan no gamae	Low position, pointing to ground
Chudan no gamae	Middle stance
Jodan no gamae	High position, above head
Waki no gamae	Tucking the sword against the hip
Hasso no gamae	Vertical to the side of the head

### Sword cuts

Kiri tsuke	Cutting downward towards the face
Kiri sage	Cutting downwards towards waist line
Kiri age	Cutting upwards from low position
Kesa giri	Cutting along the line of the collar
Zendo giri	Cut in two opposing directions
Ni ju hachi giri	Twenty eight directions cutting
Ni dan giri	Cut to two levels e.g. wrist then head