

Common Terms Used in Aikido Class

(Terms on belt tests are in colors)

Pronunciation guide:

a= “ah”

e= “eh”

i= “ee”

o= “oh”

u= “ew”

Phrases and greetings:

Hai (hi) - “Yes”

Ie (ee yeh) - “No”

Konnichiwa (cone nee chee wah)- “Hello” or “Good Day”.

Ohayo Gozaimasu (oh hi oh go sigh ee mahss) – “Good Morning”

Konbanwa (kohn bahn wah) - “Good Evening” (as a greeting)

Hajime mashite (ha jih meh mahss teh) – “Nice to meet you” (used the first time meeting someone)

O genki des ka (oh gang key des kah?) - “How are you?”

Genki des, domo (gang key dess, doh moh) - “I’m fine, thanks”

Omedeto Gozaimasu (oh meh teh doh go sigh ee mahss) – “Congratulations”

Onagai shimasu (oh na guy shee mahss) – “Please” (please let's practice together, please teach me, please lets' begin, etc.)

Domo arigato (doh mo ah ree got toe) – “Thank you indeed”

Domo arigato gozaimashita – (doh mo ah ree got toe go sigh ee mahsh tah) “Thank you very much indeed for what happened.” (It is a long way to say thanks, but it is very courteous)
This is the past tense form, if you are thanking someone for something that is still going on you would say “Domo arigato gozaimasu”

Sumimasen – “excuse me”, “sorry”

So desu (so dess) – “that's right”, “so it is”

Josudesu (jo oso dessu) - “well done!”

Do itashimashite (doh ee tash ee mahsh te) - “You're welcome”

Otore ni ite mo ideska (o tore ee nee eeteh mow ee dess ka) - “May I go to the bathroom”

O mizu kudasai (o mis zoo kew dah sigh) - “Could I have water, please?”

Sayonara (sigh yo nah rah) - “Goodbye”

Yoroshiku Onegai Shimasu –Used to say “Welcome to the dojo.”

Many of the above phrases and words can be learned through this Japanese language learning website:

<http://web-japan.org/kidsweb/language/quickjapanese/index.html>

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Aikido terminology:

Aikido - The word 'Aikido' is made up of three Japanese characters: AI – harmony, KI - spirit or universal energy, DO - the Way. Thus Aikido is 'The Way of Harmony with Universal Energy.'
Another interpretation is, 'The Way of Blending Energy.'

Ai-hanmi - a stance in which both uke and nage have the same foot forward

Ateme – Punches and other kinds of strikes to your partner's unguarded areas, designed to distract and weaken defenses and/or balance.

Bokken - a wooden sword

Gi – practice uniform used in Aikido and Judo also called the dogi

Gyaku-hanmi - a stance in which both uke and nage have the opposite foot forward (mirrored)

Gyakute dori – a grab to the wrist across the bodies, “cross-hand grab”. Done in ai-hanmi.

Hidari – left (direction) (see also migi - right)

Ikkyo – arm and elbow control

Nikkyo, Sankyo, Yonkyo - wrist locks

Iriminage - a throw using an entering movement

Jo - a wooden staff, usually chest height

Kata - the shoulder, same side (also, a set of movements, like a “form” in taekwondo)

Katate - the wrist, same side

Katate dori - one hand grab to the wrist (e.g. right to left, gyaku-hanmi) “same side grab”

Kata dori - one hand grab to the collar or shoulder

Kokyu dosa – a two handed wrist hold exercise practiced from a sitting position

Kokyu Ho – One of three practiced techniques in every Aikido class. This technique emphasizes kokyo, hanmi, connecting hand and movement of center as well as balance.

Kokyunage - describes many throws with no pressure on the joints

Kotegaeshi - a technique in which pressure is applied to the wrist by turning it outward

Migi – right (direction) (see also hidari - left)

Morote dori - two hands on one

Nage - the person who is attacked and who does the technique (also, to throw)

Omote - to the front (see also ura)

Randori - freestyle (any defense)

Rei - bow

Ryo-Katadori - both shoulders grabbed from the front

Ryote dori - both wrists grabbed from the front (two on two)

Seiza – a formal sitting position with the knees and legs folded under the body

Sensei - the teacher

Senpai (sem pie) – senior student, might also be your instructor

Shihonage - four-directions throw

Shikko - knee-walking

Shomen uchi – overhead strike to forehead

Suwari waza - techniques from sitting

Tai no henko – stepping offline and turning “tenkan” while being grabbed by a partner

Tanto - a wooden knife

Tenkan - turning around your whole body in a 180 degree turn

Tsuki - thrust or punch

Uke - the attacker

Ukemi - the art of being thrown (falls), rolls

Undo - an exercise

Ura - to the back (see also omote)

Ushiro ryotekubi dori - both wrists grabbed from behind

Ushiro ryotekubi dori kubishime – from behind, one wrist held along with choke

Ushiro waza - any attack from behind

Yokomen uchi – A overhead knifehand strike that attacks offline and to the side of the head at an angle, bringing the feet along and ending in hanmi at 45 degree angle to nage.

Counting:

ichi (each ee, or each) –	1		
ni (nee) –	2	ni ju	20
san (sahn) –	3	ni ju ichi	21...
shi (she) –	4		
go (goh) –	5	san ju	30
roku (roe ku, or roke) –	6	yon ju	40
shichi (she chi, or sheech)-	7	go ju	50
hachi (hach ee, or hach) –	8	roku ju	60
kyu (q) –	9	nana ju	70
ju (jew) –	10	hachi ju	80
ju ichi	11	kyu ju	90
ju ni	12	hyaku	100
ju san	13		

