

# GLOSSARY

## TERMINOLOGY



# BATH AIKIDO SOCIETY

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## Furo Ryu Aikido

Japanese	English
Ai	Harmony/Blending/Unity/Love
Ai Hanmi	Mutual stance: both partners have same foot forward ( <i>opposite of Gyaku Hanmi</i> )
Aiki	Blending or uniting with partner's <i>ki</i> or spirit/energy
Aikido	The way of Aiki. Martial art founded by Morihei Ueshiba
Aikidoka	One who practises Aikido
Aiki Jo	Aikido Jo exercises. Term used by Morihiro Saito Sensei in the Iwama school
Aikijutsu	Literally: <i>Art of Aiki</i> . Term used to certain kinds of Jujutsu styles/schools pre-dating Aikido
Aikikai	The main Aikido organisation governing Aikido worldwide. Run from the Hombu dojo in Japan by the Ueshiba family
Aiki Ken	Aikido sword exercises. Term used by Morihiro Saito Sensei in the Iwama school
Aiki Otoshi	<i>Aiki drop</i> . A throwing technique
Arigato	Thanks
Arigatou Gozaimashita	Thanks for what has been completed/taught. See <i>Domo Arigato Gozaimashita</i>
Ashi	Leg
Ate	Hit/strike
Atemi	Strike to body. Used to upset partner's balance during Aikido techniques
Awase	Blending movement
Ayumi Ashi	Alternating steps (left then right etc.)
Barai	To parry
Bo	A staff approximately 6 foot long
Bokken	Wooden sword used to simulate a Katana
Bokuto	Same as Bokken. See <i>above</i>
Bu	War/fight/battle

Budo	Literally: <i>way of war, or martial way</i> . Also used as a term for the 'softer' Japanese martial arts that came about just before the 20th century. These include but are not limited to Karate (Karate-do), Judo, and Aikido
Budoka	One who practises Budo
Bujutsu	Literally: <i>art of war/martial art</i>
Buki	Weapon(s)
Buki Waza	Weapons techniques
Bushi	Warrior
Bushido	Literally: <i>way of the warrior</i>
Choku	Direct
Chudan	Middle. <i>See also Gedan and Jodan</i>
Dai	Big/large
Daisho	Pair of long (Katana) and short (Wakizashi) swords
Daito	Long sword
Daito Ryu	School of Aikijutsu on which the technical underpinnings of modern Aikido are based
Dan	Literally: <i>rank</i> . In Budo arts like Aikido, this usually refers to a black belt rank
Deshi	Student
Do	Way/path
Dogi	Uniform used for training. <i>See also Gi and Keikogi</i>
Dojo	Training hall/place
Dojo Cho	Head of a Dojo
Domo	Much
Domo Arigatou Gozaimasu	"Thank you so much" used to express thanks for something which is still happening
Domo Arigatou Gozaimashita	"Thank you so much" used to express thanks for something which has finished. Typically said by students after a class has finished
Dori	Take/grab
Dosa	Movement
Doshu	Literally: <i>leader of the way</i> . In Aikido this refers to the current head of the Aikikai
Dozo	Please
Embukai	Public demonstration
Empi	Strike with an elbow

Eri	Collar. Sometimes refers to the neck
Fuku Shidoin	Assistant instructor. Usually refers to Aikido teachers, normally 1st-4th Dan. <i>See also Shidoin, and Shihan</i>
Funakogi Undo	Rowing exercise. Usually done during the warm up to a class
Futari Dori	Two attackers holding
Futari Gake	Two attackers
Gaeshi	Turn
Gedan	Lower
Geri	Kick
Gi	Uniform used for training. <i>See also Dogi and Keikogi</i>
Go No Sen	Timing a response late to an attack. <i>See also Sen and Sen No Sen</i>
Gyaku	Reverse/opposite
Gyaku Hanmi	Opposite stance: both partners have opposite foot forward ( <i>opposite of Ai Hanmi</i> )
Hai	Yes
Hajime	Begin
Hakama	Traditional pleated pants worn in many Japanese arts. In Aikido these are typically worn at 1st Dan and above
Hanmi	Basic stance in Aikido. The body turns side-on, front foot faces forward, the back foot points roughly 45° outwards.
Hanmi Handachi	Sitting versus standing
Happo	Eight directions. <i>See also shiho</i>
Hara	Literally: <i>stomach</i> . In Aikido this usually refers to one's centre
Hasso	Figure Eight
Henka	Change
Henka Waza	Changing technique. This is used when we execute a technique and change it into another mid-flow
Hidari	Left
Hiji	Elbow
Hiza	Knee
Ho	Method (can also mean direction)
Hombu	Headquarters. When used in Aikido this refers to the Aikikai headquarters dojo in Shinjuku ward, Tokyo
Iaido	The art of drawing a sword. Literally: <i>the way of preparedness</i>
Iaito	Training sword. Unlike a bokken this is not a wooden weapon but a full katana but not sharpened. <i>See also Shinken</i>

Irimi	Entering/inward movement
Iwama Ryu	Style of Aikido founded by Morihiro Saito which was headquartered in the Japanese town of Iwama
Jiyu Waza	Free training. This usually refers to the continuous execution of techniques in a constant flow
Jo	A staff approximately 4 foot long
Jodan	Upper
Jodo	Literally: <i>way of the jo</i>
Jo Dori	Literally: <i>Taking jo</i> . Refers to techniques defending against an attacker with a jo
Ju	Soft. <i>See also Judo</i> . NOTE: can also mean 'ten'
Judo	Literally: <i>the way of softness</i> . Japanese martial art founded by Jigoro Kano around 1882
Jujutsu	Literally: <i>soft art</i> . Refers to a large number of traditional Japanese arts
Jutsu	Art/technique
Kaeshi Waza	Counter technique.
Kaiten	Rotary/rotation/circular
Kamae	Guarded stance
Kami	God/divine/divinity
Kamiza	Honorary place/shrine in a dojo. Similar to a <i>Shomen</i>
Kanpai/Kampai	Cheers! A toast when one drinks. Equivalent to 'Cheers', 'Skal', 'Saluti' etc.
Kangeiko	Mid-winter training
Kanji	Japanese characters. Form of traditional writing in Japanese which were adopted from traditional Chinese writing
Kansetsu	Joint e.g. wrist, elbow etc.
Kansetsu Waza	Joint manipulation techniques
Karate/Karate-Do	Literally: <i>way of the empty hand</i> . Japanese/Okinawan martial art. Popularised by Gichin Funakoshi, founder of Shotokan Karate in the 1920s
Kashima Shinto Ryu	Japanese school of swordsmanship which is said to have influenced O'Sensei Morihei Ueshiba's sword techniques
Kata	Form/set of pre-arranged movements. NOTE: can also mean 'shoulder'
Katame	Pin/pinning
Katame Waza	Pinning techniques
Katana	Type of Japanese sword
Katate	One-handed
Keiko/Geiko	Training/practice

Keikogi	Uniform used for training. <i>See also Dogi and Gi</i>
Keiza	Sitting position (knees under) on toes. <i>See also Seiza</i>
Ken	Sword
Kendo	Literally: <i>way of the sword</i> . Japanese Budo/martial art which takes its lineage from older 'Kenjutsu' schools
Ki	Spirit/energy
Ki-ai	Gathered ki. Usually refers to a shout used in Budo/martial arts to pre-emptively upset an opponent's balance
Kihon	Basic
Kihon Waza	Basic techniques
Kimusubi	Tying one's ki to that of a partner's. Blending/mirroring their movements
Kiri	Cut. Sometimes spelled <i>giri</i> .
Kiri Gaeshi	Turning cut.
Kobudo	Older Budo
Kojiki	Ancient Japanese religious text from the 8th century
Kokyu	Breath/breathing
Koryu	Literally: <i>old school</i> . Term used to refer to older, traditional Japanese martial arts. <i>See also Budo and Kobudo</i>
Kosa	Cross/cross-over/pass
Koshi	Hip
Kote	Wrist
Kubi	Neck
Kumi	Group/set/collection
Kumite	Empty handed fight
Kuzushi	Balance breaking
Kyo	Principle/teaching/learning e.g. <i>Ikkyo or Nikyo</i>
Kyu	Grade. In Aikido this refers to ranks below 1st Dan. NOTE: can also mean <i>bow</i> as in archery
Kyudo	Literally: <i>way of the bow</i> . Modern Budo form of Japanese archery
Ma-ai	Harmonious distance. Refers to the correct spacing between two partners
Mae	Front/forward. <i>See also Ushiro</i>
Mawashi	Revolving/turning
Men	Head

Migi	Right
Misogi	Purification/cleansing
Mochi	Take/grab/grip. Less commonly used alternative to <i>Dori</i>
Moro	Both. <i>See also Ryo</i>
Morote	Both hands. In Aikido this usually refers to both hands grasping a single object. <i>See also Ryote</i>
Mu	Nothing/empty
Mushin	Empty mind. Used as a word to describe a desired state where one can learn more fully
Mune	Chest
Musubi	Tie together
Nagare	Flow/flowing
Nage	Throw. NOTE: Can also refer to the partner performing the throw during a technique but for this meaning, 'tori' is more commonly used
Naginata	Japanese halberd
Nen	Purity of mind
Ninin Dori	Two attackers holding. <i>See also Futari Dori</i>
Nippon	Japan
Obi	Belt
Okuri Ashi	Sliding steps (same foot forward)
Omote	Front. <i>See also Ura</i>
Omoto-kyo	Religious sect with which O'Sensei Morihei Ueshiba spent time during the 1920s. It is where O'Sensei is thought to have developed the spiritual underpinnings of Aikido
Onegai Shimasu	Literally: <i>I make a request</i> . Phrase usually uttered at the beginning of an Aikido class just after bowing
Osae	To press-down/push-down/pin
O'Sensei	Literally: <i>great teacher</i> . Refers in Aikido to Morihei Ueshiba 1883-1969, founder of Aikido
Otoshi	Drop
Oyo Waza	Applied techniques. Usually refers to techniques modified for efficiency
Randori	Free training. Refers to multiple attackers attacking in a free-for-all
Rei	Bow
Renzoku	Continuous
Renzoku Waza	Continuous techniques
Ritsurei	Standing bow

Ryo	Both. <i>See also Moro</i>
Ryote	Both hands. In Aikido this usually refers to both hands grasping two independent objects. <i>See also Morote</i>
Ryu	School
Sabaki	Action
Sankaku	Triangle
Sankaku Tai	Triangular body shape. Describes the feet/body position in basic Hanmi. <i>See also Hanmi</i>
Sannin Dori	Three attackers holding
Sanpo	Three directions
Saya	Scabbard for a sword
Seiza	Sitting position (knees under) with toes tucked under
Sempai	One's senior
Sen	Timing a response so that both attack and defence happen at the same time. <i>See also Go No Sen and Sen No Sen</i>
Sen No Sen	Timing a response to an attack early so the defender takes the initiative. <i>See also Go No Sen and Sen</i>
Sensei	Teacher
Shiai	Competition
Shidoin	Instructor. In Aikido this refers to a mid-level instructor, normally 4th-6th Dan. <i>See also Fuku Shidoin and Shihan</i>
Shihan	Master Instructor. This refers to a high/top-level instructor, normally 6th-10th Dan. <i>See also Fuku Shidoin and Shidoin</i>
Shiho	Four directions
Shikaku	Square. Usually refers to angle, i.e. square-on in relation to something else
Shikko	Knee walking
Shime	Choke
Shin	Heart/will/spirit/mind
Shinai	Practice sword made from bound bamboo used in Kendo
Shindo Muso Ryu	School of Jodo practised by many Aikido practitioners
Shinken	Literally: <i>Authentic sword</i> . From the words Shin (heart, in this case meaning integrity/honesty) and Ken (sword). This refers to a 'live blade' that could be lethal. This is in contrast to an <i>laito</i>
Shinto	Way of the gods. Ancient polytheistic Japanese religion
Shisei	Posture
Shizen Tai	Natural body posture

Sho	First as in 'Shodan' (1st Dan grade)
Shomen	Front of the head. <i>See also Yokomen</i> . NOTE: can also refer to head place of the dojo. This is normally where you would find a picture of O'Sensei and in some dojos, a <i>Kamiza</i>
Sode	Sleeve
Soto	Outside/outer. <i>See also Uchi</i>
Suburi	Basic/fundamental exercise. Normally refers to sword and jo
Suki	Opening
Sumi	Corner
Sutemi Waza	Techniques where one deliberately loses their balance. Also known as 'sacrifice throws'
Suwari Waza	Seated techniques
Tachi	Sword. <i>See also Ken and Katana</i> . NOTE: Also used to mean 'stand' or 'standing'
Tachi Dori	Literally: <i>sword taking</i> . Refers to techniques defending against an attacker with a sword
Tachi Waza	Standing techniques
Tai	Body
Taijutsu	Body arts. Refers to unarmed techniques
Tai No Henko	Changing of the body. Refers to a basic movement where the body turns 180°
Tai Sabaki	Body movement
Takemusu	Improvised/spontaneous art. Term often used by O'Sensei to the ideal state of Aikido techniques
Tameshi	Test
Tameshigiri	Tet cutting. Refers to cutting a bamboo roll used to simulate cutting through a limb
Taninzu Gake	Multiple attackers
Tanto	Knife
Tanto Dori	Literally: <i>knife taking</i> . Refers to techniques defending against an attacker with a knife
Tatami	Mat. Surface upon which Japanese martial arts are usually practiced
Te	Hand
Tegatana	Sword hand. Refers to movements where one uses the edge of their hand as if a blade
Tekubi	Wrist. <i>See also Kote</i>
Tenkan	Turn
Tobi	High/jumping/leaping
Tobi Ukemi	High/leaping fall. Refers to high break falls in Aikido
Tori	The one who takes. Refers to the defender in Aikido techniques. <i>See also Nage and Uke</i>



Tsuba	Part of a sword handle that guards the hands
Tsuka	Hilt of a sword handle
Tsuki	Thrust/strike
Uchi	Strike. NOTE: also used to mean 'inside/inner'. <i>See also Soto</i>
Uchi Deshi	Literally: inner/inside student. Years ago this referred to students who lived inside their dojos
Ude	Arm
Ude Osae	Arm pin
Uke	The one receiving. Refers to the attacker in Aikido techniques. <i>See also Tori</i>
Ukemi	Break falling
Undo	Exercise
Ura	Back. <i>See also Omote</i>
Ushiro	Behind/backwards. <i>See also Mae</i>
Waka	Young. 'Waka Sensei' is a term used to refer to the son of the present Doshu
Waki	Side
Wakizashi	Short sword used as a side arm by samurai
Ware	Break
Waza	Technique
Yame	Stop. Used in Aikido classes to tell students to stop practising and sit down
Yari	Spear
Yoko	Side/sideways/horizontal
Yokomen	Side of the head. <i>See also Shomen</i>
Yudansha	Practitioners of 1st Dan or above
Za	Sit/seated
Zanshin	Continued concentration/focused spirit
Zarei	Seated bow. <i>See also Ritsurei</i>
Zazen	Seated meditation
Zori	Sandals. Footwear often worn by martial arts practitioners

# NUMBERS/COUNTING

English	Japanese	English	Japanese	English	Japanese	English	Japanese
1	Ichi	11	Ju Ichi	21, 31, 41 etc.	Ni Ju Ichi, San Ju Ichi etc.	200	Ni Hyaku
2	Ni	12	Ju Ni	30	San Ju	300	Sanbyaku
3	San	13	Ju San	40	Shi Ju/Yon Ju	400	Yon Hyaku
4	Shi/Yon	14	Ju Shi	50	Go Ju	500	Go Hyaku
5	Go	15	Ju Go	60	Rokku Ju	600	Roppyaku
6	Rokku	16	Ju Rokku	70	Shichi Ju/Nana Ju	700	Shichi Hyaku
7	Shichi/Nana	17	Ju Shichi	80	Hachi Ju	800	Happyaku
8	Hachi	18	Ju Hachi	90	Ku Ju	900	Ku Hyaku
9	Ku	19	Ju Ku	100	Hyaku	1000	Sen
10	Ju	20	Ni Ju	101	Hyaku Ichi	2000, 3000 etc.	Ni Sen, San Sen etc.