

Aikido Terms

* **Bold** terms are most important to learn first.

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Participants

Nage	Person executing a technique ("thrower")
Uke	Person receiving a technique ("receiver")

Solo Preparation Exercises

Fune kogi undo	Rowing the boat (kogi=row, fune=boat)
Ikkyo undo	Raising and lowering both hand blades together with a rowing motion.
Zengo undo	Ikkyo-undo turning both front and rear
Furi-tama undo	Hand shaking (furi=shake, tama=soul)
Sayu Udefuri Undo	Twisting body side to side
Shiho giri	Four direction cutting/extension
Happo giri	Eight direction cutting/extension
Kokyu undo	Breathing exercises
Tekubi furi undo	Hand shaking to relax the body
Tenkan undo	Body turning (tenkan) exercise
Zenpo kaiten undo	Forward rolling exercise
Ushiro ukemi undo	Backward rolling exercise
Shikko	Knee walking
Ushiro shikko	Backwards knee walking

Body Positions, Stances & Steps

Kamae	Stance
Seiza	Sitting on knees (lit: correct sitting)
Tate hiza	Sitting on one knee, other knee up
Hanmi	Half-body stance (used in most aikido schools. Nishio ryu uses shizentai)
Gyakuhanmi	Stance opposite to opponent (opposite foot)
Aihanmi	Mutual stance to opponent (same foot)
Shizentai	Natural (neutral) body stance
Irimi	Entering (penetrating the opponent's defense)
Tenkan	Turning (a.k.a. tai no tenkan)
Shikkodachi	Straddle stance (horse stance)
Zenkutsudachi	One foot forward stance
Furikaburi	Raising the sword
Hanmi Handachi	Uke standing, nage kneeling
Suwari Waza	Uke and nage both kneeling
Tai sabaki	Body shifting

Position & Direction

Omote	Front (i.e. moving to attacker's front side)
Ura	Back (moving to attacker's back side)
Hidari	Left
Migi	Right
Zenpo	Forward
Ushiro	Rear (i.e. an attack from the rear)
Jodan	Upper
Chudan	Middle
Gedan	Lower
Gyaku	Opposite (e.g. Gyakuhanmi)
Ai	Same, mutual (e.g. Aihanmi)
Soto	Outside (e.g. Sotokaiten=turning outside uke's arm)
Uchi	Inside (e.g. Uchikaiten=turning under uke's arm)

Attacks, Grabs

Katatedori	Single wrist grab (from Gyakuhanmi or Aihanmi)
Ryotedori	Grab both forearms of opponent
Katadori	Shoulder grab (usually gyakuhanmi)
Ryokatadori	Grabbing both shoulders
Ushiro Ryokatadori	Grabbing both shoulders from behind
Sodedori	Grabbing the sleeve (near the elbow)
Katadori Menuchi	Front strike w/ one hand, grab sleeve w/ other hand. "Kata" means shoulder but we actually grab the sleeve on katadori menuchi.

Morotedorii

Shomenuchi	Grab one forearm of opponent with two hands
Yokomenuchi	Hand blade strike to top of head
Tsuki	Hand blade strike to side of jaw or neck
Kubishime	Thrust, straight punch
Tori / Dori	Neck choke
Randori	Grab (the term "mochi" is also used)
Taninjudori	Freestyle
	Multiple attackers

Techniques

1. Ikkyo	First control form (ude osae; arm bar)
2. Nikyo	Second control (kote mawashi; wrist turn)
3. Sankyo	Third control (kote hineri; arm twist)
4. Yonkyo	Fourth control (tekubi osae; forearm pin)
5. Gokyo	Fifth control form (ude nobashi; arm stretching)
Shihonage	Four directions throw
Iriminage	Entering throw
Kotegaeshi	Wrist turn out throw
Kokyunage	Throw using atemi, timing, movement, unbalancing
Koshinage	Hip throw
Shime	Choke
Katame waza	Floor pinning technique

Weapons

Bokken	Wooden sword (bo=wood, ken=sword)
laido	laido practice sword (non-sharpened)
Jo	Wooden staff
Katana	Samurai sword
Shinken	Real sword with live (sharp) blade
Tanto	Knife

Weapon Actions

Ken no tebiki	Leading with the sword
Ken tai ken	Sword vs. sword
Jodori	Disarming a staff (take away)
Jo no tebiki	Leading with the staff
Jo tai ken	Sword vs. staff
Tachidori	Sword disarming (take away)
Tantodori	Knife disarming

Cuts & Strikes

Dogiri	Horizontal torso cut
Kiriage	Rising (upward diagonal) cut
Kesagiri	Downward diagonal cut
Kiritoshi	Straight downward cut
Yokogiri	Horizontal cut
Tsuki	Thrust
Kirikaeshi	Repeating cuts

Use of the Hands and Body

Taido	Empty handed technique
Tegatana	Hand blade, edge of hand (lit: "Hand sword")
Kaiten	Turning, rotating, returning (e.g. sotokaiten, uchikaiten; also kaeshi-, -gaeshi, kaesu)
Kirihanashi	Severing, cutting off (breaking away from opponent)
Sotomakikomi	Outside wrap
Atemi	Vital point strike. All aikido techniques include atemi.
Gedankuzushi	Breaking uke's balance forward and downward.
Ki nagare	Flowing movement
Kuzushi	Balance breaking
Nage	Throwing (~60% of Aikido is throwing techniques)
Osae	Controlling techniques (~40% is pinning)