

Eagle Rock Aikido Language and Terms

Pronunciation

VOWEL	PRONOUCED LIKE
a	father
e	day
i	see
o	Ohio
u	food

COUNTING IN JAPANESE

English	Japanese 【hiragana】	Meaning
Ichi (<i>eech</i>)	一 【いち】	1
Ni (<i>knee</i>)	二 【に】	2
San (<i>sahn</i>)	三 【さん】	3
Shi (<i>she</i>)	四 【し】	4
Go (<i>go</i>)	五 【ご】	5
Roku (<i>rohk'</i>)	六 【ろく】	6
Shichi (<i>sheech'</i>)	七 【しち】	7
Hachi (<i>hahch'</i>)	八 【はち】	8
Ku or Kyu (<i>coo or queue</i>)	九 【く、きゅう】	9
Juu (<i>zhu</i>)	十 【じゅう】	10
Hyaku (<i>h'-yack-oo</i>)	百 【ひゃく】	100
Sen (<i>sen</i>)	千 【せん】	1,000

<http://www.guidetojapanese.org/learn/grammar/numbers>

The numbers from one – ten are the most important to become familiar with.

HELPFUL PHRASES

Expression or saying (approximate pronunciation)	Japanese 【hiragana】	Translation
douzo (dough-zhou)	どうぞ	please, go ahead, by all means
ohayo gozaimasu (ohio go-zah-ee-mahs)	お早うございます 【おはようございます】	good morning. (< 10:00 am.)
konnichi wa (cone-knee-chee-wah)	今日は 【こんにちは】	hello; good day. (10:00 am >)
komban wa (comb-bahn wah)	今晚は 【こんばんは】	good evening
oyasumi nasai (oh-yah-sue-me nah-sigh)	お休みなさい 【おやすみなさい】	good night
sayonara (sigh-yoh-nah-rah)	左様なら 【さようなら】	goodbye
arigato gozaimasu (ah-ree-gah-toe go-zah-ee-mass)	有難うございます 【ありがとうございます】	thank you
arigato gozaimashita (ah-ree-gah-toe go-zah-ee-mash-tah)	有難うございました 【ありがとうございました】	thank you for what you previously did
onegai shimasu (oh-neh-guy she-mahss)	お願いします 【おねがいします】	Polite phrase to ask someone to do something
oshiete kudasai (oh-shee-ay-tay koo-da-sigh)	教えてください 【おしえてください】	Please teach me
misete kudasai (me-se-tay koo-da-sigh)	見せて下さい 【みせてください】	please show me
gomen nasai (go-men nah-sigh)	御免なさい 【ごめんなさい】	I'm sorry or excuse me
dou itashimashite (doe e-tah-she-mash-tay)	どう致しまして 【どういたしまして】	You're welcome
ogenki desu ka (oh-ghen-key des-kah)	お元気ですか 【おげんきですか】	How are you? (do you have good ki?)
okagesama de (oh-kah-ghe-sah-ma day)	お蔭様で 【おかげさまで】	I'm fine, thank you. (a response to "ogenki desu ka".) Literally, under the gods' shadow
hajimemashite (ha-gee-may-mahsh-tay)	はじめまして 【はじめまして】	How do you do? Used for introductions.
shitsurei shimasu (she-tsu-ray-she-mahss)	失礼します 【しつれいします】	Discourtesy, impoliteness Expression used when performing an action that is impolite, to mean excuse me for being rude.

TYPES OF AIKIDO TRAINING

kihon waza	Basic Technique
tachi waza	Standing Technique
suwari waza	Technique executed from a kneeling or seated position by way of shikko
hanmi handachi waza	Technique executed with nage kneeling and uke standing
kaeshi waza	Countering techniques
henka waza	modifying or shifting to another technique during execution
jiyu waza	Free flowing, any attack, any technique
randori	Multiple attackers
tachidori	Techniques of taking an opponent's sword
katai	Technique started from a static position; rigid (We normally just say static)
yawara kai	Flexible (Iwama term, not normally used in our dojo.)
ki no nagare	Flowing ki

How techniques are built and called

In Aikido, techniques are normally called by the attack, some body part or area, the desired technique, and any modifiers like front and back. It is useful to become familiar with the building blocks of how these are built to understand what is being called for. For example: katate dori ikkyo omote – side hand grab 1st technique in front. It is not necessary to be able to read Japanese or break these down in a detailed way. What is important is to be able to recognize what is being asked for. This detailed breakdown is to help remove confusion for terms like *kata* which can mean different things and to help students build a language repertoire. Read the kyu and dan examination requirements and refer back to this list to build your understanding of what's required at each level.

ATTACKING TERMS

English	Japanese 【hiragana】	Meaning
atemi	当て身【あてみ】	strike to the body
osae	押さえ【おさえ】	holding down (esp. in judo); holding technique; pinning down; immobilizing; bringing under control
mochi	持ち【もち】	Hold; mochi and tori are interchanged in different styles of Aikido. We use <i>tori</i> or <i>dori</i> in our dojo.
shime	締め【しめ】	choking or strangling techniques
tori	取り【とり】	Grab, pronounced dori when used as a suffix. Also used to denote attacker (one who grabs) in Judo and some styles of Aikido (as opposed to uke.)
tsuki	突き【つき】	thrust, lunge, or stab
uchi	打ち【うち】	strike

BODY

English	Japanese [hiragana]	Meaning
atama	頭【あたま】	head
ashi	足【あし】	foot
ashi	脚【あし】	leg
eri	襟【えり】	collar
hara	腹【はら】	Center, both physical and spiritual; below the belly button right around where your belt knot is
hiza	膝【ひざ】	knee
hiji	肘【ひじ】	elbow
kata	肩【かた】	shoulder (not to be confused with kata – side)
koshi	腰【こし】	hips, waist
kote	小手【こて】	forearm, literally “little hand”
kubi	首【くび】	neck
men	面【めん】	face, face guard, striking the head in Kendo
mi	身【み】	body; see also: irimi, hanmi
mune	胸【むね】	chest, torso
sode	袖【そで】	sleeve
te	手【て】	hand
ude	腕【うで】	arm

STANCE

English	Japanese [hiragana]	Meaning
ai hanmi	相半身 【あいはんみ】	Nage and uke being in the same hanmi. Eg both left hanmi
hanmi	半身 【はんみ】	Han= half, mi=body. Triangular stance where one foot is brought back on the line
hidari hanmi	左半身 【ひだりはんみ】	Left foot forward triangular stance
gyaku hanmi	逆半身 【ぎゃくはんみ】	Nage and uke being in opposite hanmi.
kamae	構え 【かまえ】	Posture, stance in martial arts
migi hanmi	右半身 【みぎはんみ】	Right foot forward triangular stance

MODIFIERS, DIRECTIONS, ETC

English	Japanese 【hiragana】	Meaning
ai	合【あい】	To meet, join, come together; harmony
chudan	中段【ちゅだん】	middle
gyaku	逆【ぎゃく】	Reverse, opposite
gaeshi	返し, 反し【かえし】	Reversal, return. Pronounced kaeshi when not used as a suffix. Eg. kote gaeshi (forearm reversal)
gedan	下段【げだん】	low
guchi	口【くち】	Opening, normally kuchi, but guchi when used as a suffix.
han	半【はん】	Prefix meaning half Ex: hanmi (half body) handachi (half standing). Tachi changes to dachi when used as a suffix.
hidari	左【ひだり】	left
ho	方【ほう】	direction
irimi	入り身【いりみ】	Entering. Literally means “entering body”.
jiyu	自由【じゆう】	Free, unrestricted
jodan	上段【じょうだん】	high
kata	方【かた】	side
kaiten	回転【かいてん】	Rotation, usu. Around something, revolution, turning
mae	前【まえ】	Front, before
migi	右【みぎ】	right
moro	諸【もろ】	Both; together. Example: both hands grabbing together on nages wrist as in <i>moro te dori</i>
omote	表【おもて】	in front, face
ryo	両【りょう】	Both, as in both hands
sho	止【しょう】	front
soku	側【そく】	Side, normally used with men. Sokumen side of head
soto	外【そと】	Outside, normally outside both uke’s arm and body
uchi	内【うち】	Inside, normally between uke’s arm and body
ura	裏【うら】	rear; back; behind; bottom, or another side that is hidden from view
ushiro	後【うしろ】	back, behind

CALLED ATTACKS

English	Japanese 【hiragana】	Meaning
eri dori	襟取り 【えりどり】	Collar grab
kata te dori	方手取り 【かたてどり】	Side hand grab
gyaku te dori	逆手取り 【ぎゃくてどり】	Opposite hand grab
hiji dori	肘取り 【ひじどり】	Elbow grab
moro te dori	諸手取り 【もろてどり】	Both of nage's hands grasping one hand of uke
mune dori	胸取り 【むねどり】	Grasping the chest or lapel
ryo te dori	両手取り 【りよてどり】	Grabbing both of nage's hands
kata dori	肩取り 【かたどり】	Shoulder grab
ryo kata dori	両肩取り 【りよかたどり】	Both shoulder grab
sode guchi dori	袖口取り 【そでぐちどり】	Grasping the opening of the sleeve
ushiro ryo te dori	後両手取り 【うしろりよてどり】	Both hands grasped from behind
ushiro ryo kata dori	後両肩取り 【うしろりよかたどり】	Both shoulders grasped from behind
kubi shime	首締め 【くびしめ】	Neck strangle
ushiro kubi shime	後首締め 【うしろくびしめ】	Neck strangle from behind
sho men uchi	止面打ち 【しょめんうち】	Strike to top of head
yoko men uchi	横面打ち 【よこめんうち】	Strike to side of head
gyaku men uchi	逆面打ち 【ぎゃくめんうち】	Strike to opposite side of head
kata dori men uchi	肩取り面打ち 【かたどりめんうち】	Shoulder grab followed by strike to the head
tsuki	突き 【つき】	Punch, thrust

AIKIDO TECHNIQUES

English	Japanese [hiragana]	Meaning
ikkyo	一教【いっきょう】	1 st teaching
nikyo	二教【にきょう】	2 nd teaching
sankyo	三教【さんきょう】	3 rd teaching
yonkyo	四教【よんきょう】	4 th teaching
gokyo	五教【ごきょう】	5 th teaching
shi ho nage	四方投げ【しほなげ】	Four corner/direction throw
kote gaeshi	小手返し【こてがえし】	Forearm return
irimi nage	入身投げ【いりみなげ】	Entering throw
kaiten nage	回転投げ【かいてんなげ】	Rotary arm throw
koshi nage	腰投げ【こしなげ】	Hip throw
kokyo nage	呼吸投げ【こきゅうなげ】	Breath throw
ju ji nage	十字投げ【じゅじなげ】	Figure ten throw, locks arms against each other like in a Japanese number 10 “十”
sumi otoshi	隅落【すみおとし】	Corner drop
soku men irimi nage	側面入身投げ【そくめん いりみなげ】	Entering throw where nage's arm comes across the side of uke's head
ten chi nage	天地投げ【てんちなげ】	Heaven (ten 天) and earth (chi 地) throw
ude garami	腕絡み【うでがらみ】	Arm entanglement
tai no henko	体の変更【たいのへんこ】	<p>tai – body, position, posture no – of henko – change, modification</p> <p>Change of body, position, posture.</p> <p>Basic blending practice. Versions are irimi and tenkan. Normally performed katai (static) or ki no nagare (flowing ki)</p>

OTHER COMMON AIKIDO TERMS

English	Japanese [hiragana]	Meaning
abunai (ah-boo-nai)	危ない 【あぶない】	Dangerous, risky, hazardous, perilous; “watch out!”, “be careful!”
Aikido (eye-key-doe)	合気道 【あいきどう】	compound from “ai” (harmony), “ki” (spirit), and “do” (Way): the Way of harmonious spirit.
aikidoka (eye-key-doe-kah)	合気道家 【あいきどうか】	one who practices aikido, an aikidoist.
aiki taiso (eye-key-tie-so)	合気体操 【あいきたいそう】	Aikido exercises.
ai uchi (eye-oo-chi)	相打ち 【あいうち】	Equal strike, equal kill; draw, tie
bokken (bow-ken)	木剣 【ぼっけん】	wooden sword used in practice.
bushido (boo-she-doe)	武士道 【ぶしどう】	warrior’s code; the way of the warrior.
dan (dahn)	段 【だん】	aikido grade holder, black belt rank.
deshi (deh-she)	弟子 【でし】	student, pupil, disciple.
dojo (doh-joh)	道場 【どうじょう】	training hall; place of the Way. In Buddhism also refers to the place of worship.
dojo cho (doh-joh chou)	道場長 【どうじょうちょう】	Head of a dojo
doshu (doh-shoo)	道主 【どうしゅ】	Chairman of the Aikikai (Aikido World Headquarters)
gambatte kudasai (gahm-bah-‘te khoo-da-sai)	頑張ってください 【がんばってください】	Keep up the good work, keep striving toward your goals
gambarimasu (gahm-bah-ri-mah-su)	頑張ります 【がんばります】	To persevere, to persist; to keep at it; to hang on; to hold out; to do one’s best
gi (ghee)	着 【ぎ】	training clothing. (a synonym is <i>keikogi</i> .)
hajime (ha-gee-may)	始め 【はじめ】	Imperative form for begin, usually as a beginning to formal randori.
hakama (hock-kah-ma)	袴 【はかま】	a divided, pant-like skirt: a formal Japanese garment also worn by aikido <i>dan</i> -grade holders.
hai (high)	はい	yes, affirmative
hantai (Hahn-tie)	反対 【はんたい】	in reverse order
hasso (Ha-soh)	八双 【はっそう】	Posture where jo or ken is held vertically at right shoulder
hasso gaeshi (Ha-soh-ga-eh-she)	八双返し 【はっそうがえし】	Movement from basic stance to hasso posture

iee (ee-eh)	いいえ	No, negative
itai (ee-tie)	痛い 【いたい】	Painful, sore, "it hurts"
jo (joh)	杖 【じょう】	wooden staff
kamiza (kah-me-zah)	神座 【かみざ】	shrine; literally "seat of the spirit(s)"
keiko (kay-koh)	稽古 【けいこ】	practice session; training
keikogi (kay-koh-ghee)	稽古着 【けいこぎ】	training clothing. (a synonym is <i>gi</i>)
ken (ken)	剣 【けん】	Japanese sword
ki (key)	氣 【き】	spirit: the vital force of the body; universal energy; a stream or flow of positive energy
kiai (key-eye)	気合い 【きあい】	a piercing scream or cry with practical and psychological value; literally "meeting of the spirits"
kohai (co-high)	後輩 【こうはい】	student junior to oneself; someone with a lower rank or who attained the same rank at a later date. (see <i>sempai</i>)
kokyu (coke-you)	呼吸 【こきゅう】	breath power; the coordination of <i>ki</i> flow with breathing
kokyu dosa (coke-you doe-sah)	呼吸動作 【こきゅうどうさ】	a method of off-balancing and pinning your partner with <i>ki</i> instead of physical power
Kokyu-Ryoku (coke-you ree-oh-kyoo)	呼吸力 【こきゅうりょく】	breath power
kyu (cue)	級 【きゅう】	the aikido ranks held by undergraduates, prior to attainment of <i>dan</i> ranking
ma-ai (ma-eye)	間合い 【まあい】	distance between <i>uke</i> and <i>nage</i> . literally, "harmony of space"
ma'te (ma-'te)	待って 【まって】	Wait
misogi (me-soh-ghi)	禊 【みそぎ】	Purification of body and mind, also of the environment
mudansha (moo-don-sha)	無段者 【むだんしゃ】	someone who has not yet attained <i>dan</i> ranking: an undergraduate. (see <i>yudansha</i>)
mushin (moo-shin)	無心 【むしん】	No mind, a mind without ego
musubi (moo-soo-bee)	結び 【むすび】	Connection, blending, or harmonizing
nage (nah-gay)	投げ 【なげ】	a throw or the person who throws
obi (oh-bee)	帯 【おび】	belt

O'Sensei (oh-sen-say)	大先生 【おおせんせい】	Morihei Ueshiba, the founder of aikido; literally, "great teacher"
rei (ray)	礼 【れい】	salutation, bow
samurai (sam-ooh-rye)	侍 【さむらい】	military retainer (from the feudal period of Japanese history)
seiza (say-zah)	正座 【せいざ】	formal sitting posture in which the insteps and shins rest against the floor
sempai (sem-pie)	先輩 【せんぱい】	student senior to oneself; someone with a higher rank or who attained the same rank at an earlier date. (see <i>kohai</i>)
sensei (sen-say)	先生 【せんせい】	teacher, instructor; generally a title earned at 4th <i>dan</i>
senshin (s)	洗心 【せんしん】	A purified and cleansed spirit
shihan (she-hahn)	師範 【しはん】	Master teacher, very high ranked instructor
shikaku (she-ka-koo)	死角 【しかく】	Blind spot; dead space; dead angle, no counter possible
shikkou (she-kohh)	膝行 【しっこう】	A technique of walking on the knees. Note that the last "o" is held twice as long: shikkou.
shinai (she-nigh)	竹刀 【しなひ】	Bamboo and leather practice sword used in kendo
shisei (she-say)	姿勢 【しせい】	Attitude, posture, stance; carriage of the body
shodan (show-don)	初段 【しょだん】	holder of the first grade of black belt
shomen (show-men)	正面 【しょうめん】	1. the front or top of the head; 2. the front of the dojo, where the <i>kamiza</i> is
shugyo (shoo-gyo)	修行 【しゅぎょう】	Rigorous daily training
suburi (suh-boor-ee)	素振り 【すぶり】	a single movement using the <i>ken</i> or <i>jo</i> , done as a solo practice
sutemi (suh-teh-me)	捨て身 【すてみ】	a hard fall; literally "casting aside one's body"
tachi (tah-chee)	太刀、立ち 【たち】	1. Japanese sword; 2. standing (as opposed to sitting)
taijutsu (tie-jute-sue)	体術 【たいじゅつ】	body arts; the techniques of aikido performed without weapons
tanto (tahn-toe)	短刀 【たんとう】	dagger
tegatana (tay-gah-tah-nah)	手刀 【てがたな】	hand blade; sword edge of the hand
tekubi (tay-koo-be)	手首 【てくび】	Wrist (literally hand neck)

uke (ooh-kay)	受け 【うけ】	a person who receives an attack; generally speaking, the person being thrown
ukemi (ooh-ke-me)	受身 【うけみ】	the art of receiving the energy of a technique; literally, "receive with the body"
waza (wah-zah)	技 【わざ】	technique(s)
yame (ya-may)	止め 【やめ】	Imperative form for stop. Usually said to end formal randori
yudansha (you-don-sha)	有段者 【ゆうだんしゃ】	black belt grade holder(s). (see <i>mudansha</i>)
zanshin (zahn-shin)	残心 【ざんしん】	Remaining mind
zazen (zah-zen)	座禅 【ざぜん】	Seated Zen meditation, usually in a cross legged position or in seiza

If you are interested in learning more about the Japanese language, one excellent resource is <http://www.guidetojapanese.org/learn/>

Online Japanese Dictionary Service: <http://www.csse.monash.edu.au/~jwb/cgi-bin/wwwjdic.cgi?1C>

This document is compiled from different definition sources such as the links above and from our own learned knowledge of Japanese and Aikido. As such, they are definitions of common Japanese words and terms. If you have a definition that you would like add, to have attributed to you, or to have removed, please contact us at eaglerockaikido@gmail.com.