

JAPANESE VOCABULARY

<i>ai hanmi</i>	'harmony' stance (ie, each person has her/his right foot forward)
<i>aikido</i>	the way (<i>do</i>) of spirit (<i>ki</i>) harmony (<i>ai</i>)
<i>aikidoka</i>	a professional <i>aikido</i> instructor
<i>Aikikai</i>	<i>aikido</i> organization founded by Morihei Ueshiba
<i>aikitaïso</i>	exercises for coordination of mind and body
<i>bo</i>	long wooden staff
<i>bokken</i>	wooden sword
<i>budo</i>	warrior arts
<i>chudan no kamae</i>	middle stance
<i>dan</i>	black belt level
<i>do</i>	the way
<i>dojo</i>	training hall
<i>dori</i>	grab (same as <i>tori</i>)
<i>Doshu</i>	Kisshomaru Ueshiba , son of the founder of <i>Aikido</i> , and current head of the <i>Aikikai</i>
<i>eri</i>	collar
<i>fukushidoïn</i>	assistant instructor, awarded separately from belt rank
<i>funakogi undo</i>	rowing exercise
<i>gedan no kamae</i>	low stance
<i>gi</i>	uniform
<i>gokyo</i>	fifth control (one of the <i>ude osae</i>)
<i>gyaku hanmi</i>	mirror stance (ie, one person has his right foot forward, and the other her left)
<i>hai</i>	yes
<i>hanmi</i>	stance
<i>handachi</i>	half-standing (<i>hanmi handachi</i> has <i>nage</i> kneeling, <i>uke</i> standing)
<i>happo undo</i>	eight direction exercise
<i>henka waza</i>	changing technique
<i>hidari</i>	left
<i>hiji</i>	elbow
<i>hiji tori</i>	elbow grab
<i>hiza</i>	knee
<i>ho</i>	method
<i>hombu</i>	headquarters (each different martial art may have its own <i>hombu</i> ; it is not specific to <i>Aikido</i>)
<i>ikkyo</i>	first control (one of the <i>ude osae</i>)
<i>irashaimasu</i>	welcome
<i>irimi</i>	entering motion
<i>itai</i>	painful
<i>jiyu waza</i>	defense against a specified attack
<i>jo</i>	short wooden staff (usually about 52 inches)
<i>jodan no kamae</i>	high stance
<i>joseki</i>	'upper side' of mat area, to the right when facing <i>shomen</i>

<i>juji nage</i>	twined arm throw
<i>kaeshi waza</i>	counter technique
<i>kaiten nage</i>	rotary throw
<i>kamae</i>	stance or posture
<i>kamiza</i>	the 'high seat'; the place in front of the <i>shomen</i> where <i>sensei</i> sits at start of class
<i>kata</i>	shoulder
<i>kata tori</i>	shoulder grab
<i>katate</i>	wrist
<i>katate tori</i>	wrist grab
<i>katate kosa tori</i>	cross-hand wrist grab
<i>katana</i>	sword
<i>ki</i>	spirit
<i>kiai</i>	spirit shout
<i>kime</i>	focus
<i>kokyu</i>	breath
<i>kokyudosa</i>	breath or timing exercise
<i>kokyu nage</i>	breath or timing throw
<i>konban wa</i>	good evening
<i>konnichi wa</i>	good afternoon
<i>koshi</i>	hip
<i>koshi nage</i>	hip throw
<i>kotai</i>	movement to the rear
<i>kote</i>	wrist
<i>kotegaeshi</i>	a wrist throw; literally, back of the hand out-turn
<i>kubi</i>	neck
<i>kubishime</i>	neck choke
<i>kuden</i>	secret (usually a training secret orally bequeathed to a student)
<i>kyu</i>	ranks below <i>dan</i> level; literally means grade
<i>maai</i>	proper distance
<i>mae</i>	front
<i>mae ukemi</i>	front roll
<i>migi</i>	right
<i>mune</i>	chest
<i>mune tsuki</i>	mid-level punch
<i>nage</i>	throw or thrower
<i>nikkyo</i>	second control
<i>obi</i>	belt
<i>ogenki desu ka?</i>	how are you? literally, how is your original <i>ki</i> ?
<i>ohayo</i>	hi, informal
<i>ohayo gozaimasu</i>	good morning, more formal hello
<i>omote</i>	in front (different from <i>irimi</i> , which means entering)
<i>orenai te</i>	unbendable arm
<i>osae</i>	pin
<i>O Sensei</i>	great teacher; in <i>Aikido</i> , this is Morihei Ueshiba , the founder

<i>oyasumi nasai</i>	good night
<i>randori</i>	defense against open attack
<i>rei</i>	bow
<i>ritsurei</i>	standing bow
<i>ryote tori</i>	grabbing with two hands
<i>san</i>	when used after a person's name, a term of respect
<i>sankyo</i>	third control
<i>sayonara</i>	goodbye
<i>seiza</i>	kneeling posture
<i>sensei</i>	teacher; literally, one who has gone before
<i>shidoi</i>	instructor rank, awarded separately from belt rank
<i>shihan</i>	master instructor rank, awarded separately from belt rank
<i>shiho nage</i>	four direction throw
<i>shime</i>	choke or strangle
<i>shimoseki</i>	mat area to the left as you face the <i>shomen</i>
<i>shimoza</i>	mat area opposite the <i>shomen</i>
<i>shizentai</i>	natural stance
<i>shomen</i>	front (i.e., the front of the mat area, where <i>O Sensei's</i> picture hangs)
<i>shomen uchi</i>	front of head strike
<i>shugyo</i>	hard training leading to enlightenment
<i>sokomen</i>	side of head
<i>suburi</i>	practice cutting with weapon; literally, empty cut
<i>sumi otoshi</i>	corner drop
<i>suri ashi</i>	gliding step
<i>suwari waza</i>	performing techniques with <i>uke</i> and <i>nage</i> kneeling
<i>tai jitsu</i>	unarmed self-defense
<i>tai sabaki</i>	body motion
<i>tanto</i>	knife
<i>tanto tori</i>	self-defense against a knife attack
<i>tatami</i>	woven mats, usually of rice straw and measuring 6 feet by 3 feet
<i>te</i>	hand
<i>tegatana</i>	hand blade (from <i>katana</i> , sword)
<i>tekubi</i>	wrist; literally, neck of the hand
<i>tenchi nage</i>	heaven and earth throw
<i>tenkan</i>	turning
<i>tsuki</i>	to thrust or strike; pronounced 'ski'
<i>uchi deshi</i>	student living in the <i>dojo</i>
<i>ude</i>	arm
<i>ude osae</i>	arm pin
<i>uke</i>	one who is thrown
<i>ukemi</i>	fall
<i>undo</i>	exercise
<i>ura</i>	behind (different from <i>tenkan</i> , turning)
<i>ushiro</i>	from behind

<i>ushiro tori</i>	grab from behind
<i>waza</i>	technique
<i>yokomen uchi</i>	strike to the side of the head
<i>yonkyo</i>	fourth control
<i>yudansha</i>	someone of black belt level
<i>zanshin</i>	continuing mind; completion of a technique while maintaining awareness of <i>uke</i> and <i>nage</i> 's surroundings
<i>zareii</i>	kneeling bow
<i>zazen</i>	sitting <i>zen</i> ; a type of meditation exercise
<i>zengo undo</i>	an exercise using the <i>shomenuchi undo</i> motion and incorporating a pivot
<i>zori</i>	sandals