

Some Japanese Terms used in Aikido

Agatsu (ah gat soo) Victory over oneself.

Ago: Chin, jaw.

Ago tsuki-age: A strike or push to the chin.

Ai (eye) Harmony, blending, oneness, love. To meet; love; unity; harmony. The principle blending.

Ai hanmi: Situation in which opponents face each other in same posture. To face one another in identical stance. You and your partner stand facing each other in the same position.

Aiki (eye key) Harmony with. Harmony with the universe. Unifying or harmonizing of ki. The principle of blending spirits.

Aiki-bundo: The martial way of spiritual harmony. The name used by Morihei Ueshiba O'Sensei to describe his art, circa 1936-1942.

Aikido (eye key doe) The way of blending with energy. The way of blending spirits. The way of life through harmony with the universe; a non-violent art of self defense. The way to unify mind, body and spirit; the Way of peace; the Way to harmonize ki. Officially recognized as the name of O'Sensei's art circa February, 1942.

Aiki-en: Name of the martial art developed circa the 5th century a.d., and said to contain techniques from which daito-ryu jujutsu was created. The oldest known form of aiki.

Aiki-in-yo-ho: The aiki system or doctrine of yin and yang, based on Taoist thought. Also written aiki inyo-ho.

Aiki-jinja: The aiki shrine, located at the Founder's country home in Iwama, Japan.

Aiki-ken: A sword used in accordance with aiki principles; swordsmanship in accordance with aiki principles.

Aiki-nage: To throw an attacker without touching them, allowing the attacker's force to execute the throw.

Aiki-no-kokore: the spirit of aiki or aikido; the essential heart of aiki or aikido.

Aiki-O'kami: The Great Spirit of Aiki.

Aiki taiso (eye key tie so) Exercises derived from Aikido motions. Exercised derived from the self defense movements of aikido. Basic aikido exercises performed solo, embodying aiki principles. Taiso=body skills.

Aikidoka: One who participates in Aikido. One who studies aikido; a practitioner of aikido.

Aikijutsu: The martial system of spiritual harmony. The name the Founder gave his art prior to 1936 (Ueshiba-ryu-aikijutsu) derived from aiki-jujutsu. Aiki-jujutsu itself is often referred to as aiki-jutsu.

Aikikai: The World Aikido Federation headquarters, located in Tokyo, Japan, and headed by the Founder's son, Kisshomaru Ueshiba Doshu.

Aioi-ryu: An ancient system of jujutsu, one of many systems studied by the Founder, aspects of which he incorporate into aikido.

Arigato (ah ree gah toe) Thanks.

Arigato gozaimasu (ah ree gah toe go zai mahs) Thank you – present tense. Thank you very much.

Arigato gozaimashita (air e got toe go za mosh ta) Thank you very much – past tense

Ashi (ah she) Leg, foot. Feet.

Ashi-sabaki: Foot, feet or leg movement or placement. Footwork.

Atams (ah tah mah) Head.

Atemi (ah tem e) (ah the me) A stunning blow to the opponent. A disruptive strike to an opponent's vital point. Blows delivered against vulnerable points of the body. Strike; a blow to the vital parts of the body to stun the opponent. A strike or strikes; striking.

Ate-waza: Striking arts or techniques. Striking.

Barai (Bah rye) Sweep.

Bo (boe) Long wooden staff. Wooden staff or rod. A cylindrical wooden staff, traditionally made of oak and roughly six feet long, often tapered at both ends. 6-foot staff.

Bogu – Kendo armor.

Bogu parts: Men=helmet, Do=trunk protector, Kote=gloves, Tare=waist protector.

Boken kata – Eight direction sword cutting (happo giri)

Bokken (boe kin) (boe ken) Wooden sword. Wooden practice sword. Hardwood sword used for Kendo Kata. Also called Bokuto. Light wooden sword.

Bokken parts: Tsuba=handle, Tsuba=hilt, Kensen=tip of the sword.

Bokuto: Another term for bokken.

Bu (boo) Martial. Martial spirit.

Budo (boo doe) The way of the warrior. The way of life through application of the principles of martial arts. The martial Way. Budo generally refers to the study of a martial system intended more for spiritual benefit rather than martial prowess. The martial way.

Budoka: A practitioner of budo. The student of Budo.

Bugei: The classical fighting arts.

Bugeisha: A practitioner of the fighting arts; a bushi.

Bujutsu: (boo jit sue) The martial arts. As opposed to budo, bu-jutsu generally implies a practical martial intent.

Bushi (boo she) Japanese warrior. A samurai. A warrior.

Bushido (boo she doe) The way of the warrior. Warrior's code. The martial Way. The code of honor of the Samurai.

Bukuto (boo coo toe) Wooden sword.

Chayoko (choy ocko) Semi circular side step.

Chi-kara: Physical ki; muscular strength or force.

Chi-no-kokyu: Breath of the earth.

Choyaku (cho yah coo) footwork; steps. To step back and turn.

Chudan (chew dahn) Center.

Chudan no kamae (chew dan no com me) Middle stance, sword at opponent's throat

Chuden: The second or middle level of mastery.

Chudo (chew doe) Middle path, moderation. Middle. The principle of chudo is to move from your center and stay centered in your balance. Chudo also addresses the concept of keeping your opponent in your center and not letting them get off to the side or into a position in which they can take you off balance. In life, Chudo means to take a balanced approach to life. Make the right response to circumstance and don't let yourself get taken "off balance" by life's obstacles.

Dachi (dah chi) Stance.

Dai Nippon Butokukai: Lit. "Greater Japan Association of Martial Virtues." A Japanese society dedicated to the preservation and promotion of contemporary Japanese martial arts. Also written Dai Nihon Butokukai.

Daito-ryu: A system of jujutsu founded circa 1100 A.D. by Minamoto Yoshimitsu. O'Sensei studied Daito-ryu under Sokaku Takeda and drew upon it extensively in creating aikido.

Dan (dan) (dahn) A black belt rank in Budo. Black belt rank; lit. grade. Level. Height.

Deshi (day she) A student.

Do (doe) A way or path. Path; way. Path, road, a way of life.

Do uchi – Ribcage strike.

Dochu (doe chew) Action.

Dochu no sei (doe chew no say) Calmness in action. Calm action. A calm mind is essential to seeing the intent of another, whether in an attack situation or in the many dealings that we have with each other daily. If you focus on the outcome of a situation and whether you will win or lose you will tighten, both in body and mind, and the opportunity to find the path to victory will be closed to you. Relax and see everything as an interaction in which you blend with the other and seek a way to have a positive outcome.

Dogi: Martial arts practice uniform, usually referred to simply as gi, the uniform of the Way.

Dojo (doe joe) Training center for Budo. Training hall; the place of the way. Training hall; place of enlightenment. Martial arts training hall; the place of the Way. A place for learning Kendo techniques and patterns of discipline.

Dojo Cho (doe joe cho) Manager of dojo. Leader or manager of a dojo.

Domo (doe mow) (doe moe) Short for thank you. Thanks.

Domo arigato gozaimasu (doe moe ah ree gah toe go zai mahs) Thank you very much. Thank you very much for allowing me to practice with you.

Dori (door ee) lit. Street; A way of doing something; grab or hold.

Dosa (doe sah) Method.

Doshe (doe shoe) Head of a “do” or way.

Doshu: A Grandmaster in a hereditary sense; a successor. Kisshomaru Ueshiba, son of aikido founder Morihei Ueshiba, is referred to as Doshu.

Dozo – Please.

Dynamic Pivot – Men uchi Ikkyo undo in four directions (shiho)

Enkai (in kay) Circular motion.

Enkei (en kay) Circle. Circulat motion. Aikido uses circular motion in all of its techniques. There is a circle or part of one in every technique. Sometimes it is a large circle that is easy to see. Other times, the circle can be very small or almost invisible when it is generated from your center, or hara.

Enkei choyaku undo – Circular exercise (hand) with footwork.

Enkei undo – Circular exercise (hand)

Eri: Collar.

Eri-tori: Collar grasp; to grasp the collar. Tori: (tore e) (tore ee) (dori) To grab. A way of doing something; grab or hold. The one who applies the technique and the eventual winner. To grasp; to take. In judo and some aikido styles, the nage. Tori comes from the root word Toru which means to take.

Fudo-no-shisei: Immovable posture.

Fudo-shin: (foo doe shin) immovable mind.

Fudoshin (foo doe shin) A self controlled mind. Immovable mind.

Fudotai – Immovable body.

Funakogi undo (foon a koe gee oon doe) Rowing exercise, basic aiki taiso.

Fune (foo neh) Boat.

Fune-kogi: (foo neh) (coe gee) Rowing motion.

Fune-kogi-undo: (foo neh) (coe gee) (oon doe) Rowing motion exercise. An aiki-taiso. Boat rowing exercise. Row boat exercise/movement.

Funekogi undo – (foo neh) (coe gee) (oon doe) FUNI=boat. KOGI=rowing. UNDO=exercise.

Furi (fur ee) (fur a) Inseparabe. To swing; a shaking or swinging motion. Wave.

Furitama: Settling one's ki; a shaking motion used to settle one's ki.

Gaeshe - turnout; circular.

Gaeshi (guy aish) (guy a she) comes from the word Kaesu, which means to turn around.

Gaku: The calligraphy or motto on the dojo wall.

Ganmen: The face; the front of the head, as in an attack to that area.

Ganmen-uchi: A straight attack to the face. Also ganmen-tsuki.

Ganmen-tsuki: See ganmen-uchi.

Gatame or Katame (Gah tah may or Kah tah may) Hold down.

Gawashi (Ga wha sh) turn-up move in Ken.

Gedan (gay dahn) Lower. Lower level of mastery.

Gedan gaeshi (gay don guy a she) A circular jo strike to the lower portion of the body. A low throwing technique; a low butting motion with a sword.

Gedan no kamae (gay don no com e) Low sword stance, sword to the ground.

Geiko: Training. Also keiko.

Genki: Good, health; vigor. Literally, good ki.

Geri (Geh ree) Kick.

Gi (gee) Training uniform. Martial arts training uniform. Shortened from dogi.

Giri (gih ree) Cut (sword). Honor; pride; a sense of duty and obligation.

Go (go) The number 5. Five. Five; hard style.

Godan: Fifth dan; a fifth degree black belt.

Gokyo (goke yo) (go kyo) Fifth controlling technique; arm cut down. Fifth classification or pinning/locking technique.

Gokyu (goko yu) (go cue) Fifth kyu – blue belt.

Gomen-Asai – Excuse me. When you bump into someone accidentally what is said.

Gomen Nasai (go men nah sigh) I'm sorry. Pardon me or Please excuse me.

Gyaku (Gya koo) Reverse: opposite, as in stance. Opposite; reverse.

Gyaku hanmi: (Gya koo) (hawn me) (haw me) Situation in which opponents face each other in different postures. Opposite stance; to face one another in opposite stance (ex: left hanmi facing right hanmi) Though facing each other, you and your partner are in reverse postures; that is, you are in the right hanmi, and he is in the left hanmi.

Gyaku-Te: Opposite hand; opposite side.

Gyaku-yokomen: (Gya koo) (yo co men) A strike to the opposite side of the head.

Hachi: Eight

Hachidan: Eighth dan; an eighth degree black belt.

Hachiji Dachi (Ready Stance) Stand with feet shoulder width apart; feet pointed at 45 degree angle to your body.

Hai (hi) Yes. Answer emphatically with spirit when spoken to.

Haiku (hi coo) Japanese poetry

Hajime (ha jih may) Start; begin.

Hakama – Long skirtlike formal wear; normally worn by advanced aikido students. An ankle length divided skirt worn by practitioners of many martial arts, including but not limited to aikido, kendo, iaido, and kyudo. Kendo pants. Divided skirt.

Hakkama (ha kaw ma) (haw kah ma) Formal Samurai trousers. Japanese trousers.

Hanmi (hawn me) (haw me) Stance. Standing posture in which one foot is advanced. Ready stance with either left or right foot forward. A triangular stance where the leading foot is placed normal stepping distance in front and the rear foot positioned perpendicular to it. Weight is distributed equally on both feet. A posture in which one foot is advanced one step and the body weight is distributed equally on both feet. It is very easy to move from this position.

Hanmi Dachi (Triangular Stance) Move the right foot forward and to the right in the direction of your toes. Feet remain pointed outward at a 45 degree angle to your body. This is the main stance used in Aikido.

Hanmi handachi (hawn me hawn daw chi) (haw me hawn dah chi) Nage defends from kneeling while uke is standing. Nage is seated and uke is standing. Situation in which one person is sitting and the other standing. Two opponents facing off where one is kneeling or sitting and the other is standing; techniques practiced from this position. Nage is kneeling and uke attacks from a standing position.

Hanmi hantachi katate mochi – One sitting, one standing, one hand grasp.

Hanmi hantachi ryote mochi – One sitting, one standing, both hands grasp.

Hanmi hantachi waza: Techniques performed when one is sitting and the other standing. One sitting and one standing.

Hanmi Hantachi/Zagi Hantachi – Defender kneeling, attacker standing.

Hansha: Reflection; the same side (ex: grasping a person's right hand with your left).

Hantai (hawn tie) Opposite. Opposing. The opposite side (ex: grasping a person's right hand with your own). Opposite or reverse.

Happo (haw poe) Eight directions

Happo giri (hop o gear e) Eight direction cut. To cut in eight directions.

Happo-to: To strike or jab in eight directions.

Happo undo (hop o oon doe) Eight direction exercise. An aiki taiso. Men uchi Ikkyo undo in eight directions. HA=eight. PPO=direction. UNDO=exercise.

Hara (har ah) (ha rah) The center of the body, area just below the navel. Center of gravity of a person; area below the navel. It is the reservoir of ki. Abdomen; the tanden; the one point. The lower abdomen.

Hara Kiri – Ritual suicide.

Harai: A sweeping motion.

Hasso (ha so) Vertical at right shoulder; resembles kanji for “8”

Hasso no knmae (haw soe no ka me) Posture where weapon is held vertically at the right shoulder.

Hayasuburi – Fast paced sword swing; used as warm up, endurance, and strengthening exercise.

Hazushi: The point at which uke’s grip or grasp on nage is broken.

Henka: Continuous; free style (ex: henka waza=continuous one on one randori).

Hidari (he da e) (hih da ree) Left

Hidari hanmi: (he da e) (hih da ree) (hawn me) (haw me) Left natural posture.

Hiden: Secret traditions, arts or techniques; the secret techniques within an art or style. (see also Kuden)

Hiji (he gee) (he jee) Elbow

Hiji jime: Lock applied against the elbow.

Hiji osae: Elbow control.

Hiji ostoshi (he gee oh toe she) Elbow drop. Dropping the opponent's elbow to lead his fall.

Hiji-tori: Elbow grab; to grasp the elbow.

Himo (he moe) Strap (on hakama)

Hiragana (hih rah gah nah) Japanese Phonetic alphabet for words of Japanese origin.

Hiriki: Elbow power

Hombu dojo: The home or headquarters dojo of an organization. The Aikikai Hombu is in Tokyo.

Hozoin-ryu: A system of spear fighting founded in the 16th century. Studied by O'Sensei, aspects of which were incorporated into aikido.

Iaido: The Way of perfection of the sword; the art of drawing, cutting, cleaning and sheathing the sword.

Iaijutsu: The martial system of swordsmanship from which iaido was derived.

Ibuki: A method of breathing; focused, controlled breathing practice.

Ichi (e chee) (each) Number one

Ie (ee aa) No

Iki: Breathe; to breathe.

Ikkyo (eek yo) (ee kyo) First controlling technique. Elbow turn. A method controlling an opponent by cranking the arm and applying pressure to the elbow. First classification or pinning/locking technique. The most basic of the aikido ways to grip an opponent's arm.

Ikkyo-undo: ikkyo exercise. An aiki taiso. I=1st. KKYO=form. UNDO=exercise. First exercise/movement.

Ikkajo (ikkyo) osae: 1st control. Press back of hand, fold arm.

Ikkajo osae – Is a method of breaking an opponent's posture and controlling them by a movement that centers on the elbow joint.

Ikkyu (eek yo) (eek you) First kyu – High brown belt.

Irimi (ear rim e) (ih rih me) To enter without fear. Enter. Literally putting in the body. Tori brings his body into or almost into contact with uke's body to effect the technique. Entering technique without collision. To enter; entering; an entering technique. Irimi specifically refers to stepping in without turning the hips. Entering motion. Without changing your direction you apply your technique on an opponent who is moving straight towards you. You must be careful to lead and to avoid a direct collision with his strength.

Irimi nage (ear rim e naw ge) Entering throw. Throw in which tori brings his body into contact with, or very close to uke. An entering throw.

Ishizuki (ish e zoo key) Spear tip

Itten – The “One Point”

Itto-ryu: System of swordsmanship using a single sword, said to have been founded on the concept that a single technique (kiri otoshi) can be adapted to answer all situations. Studied by O'Sensei.

Iwama: Located in Ibaraki Prefecture, Japan. The site of O'Sensei's country home and dojo, and of the Aiki Jinja.

Jinja: A shrine.

Jitsu (jit sue) Combat applications

Jiyu (ji you) Freestyle

Jiyuwaza (gee you wah za) Free style exercise

Jo (joe) Short staff. Staff approximately 50 inches long. A cylindrical wooden staff, roughly an inch in diameter and fifty inches long, traditionally made of oak. 4-foot staff.

Jodan (joe dahn) Upper. The highest level; the upper level.

Jodan-gaeshi: A high throw; a high cutting motion with a sword.

Jodan ryote tori – Both hands held above the head in an ground attack.

Jodan no kamae (joe dan no kaw may) Upper stance weapon overhead

Jodo: The Way of the jo; a martial art.

Jogeburi – Full sword swing; used for warming up, stretching and strengthening exercise. Jo=high area, ge=low area.

Jo Gi (joe gee) Jo form; jo kata

Jogi (joe gee) Jo kata

Joho (joe hoe) Upper body. High; upper.

Joho kosa undo (joe hoe ko sa oon doe) High hand crossing aiki taiso

Jojutsu: The martial system of the jo.

Jo kata (jogi) Techniques to throw the opponent with jo. A choreographed series of movements and techniques using the jo.

Jo kata – (kata no nijusan) 23 count kata with short staff.

Jo nage (joe naw gee) Throws with a jo staff

Jo tori (joe tore e) Taking jo from attacker (jo dori means the same thing) Disarming jo attack. To grasp the jo; jo taking techniques.

Joseki (joe ski) (jo sake e) Straight thrust with jo. The right side of the dojo where the most senior students line up. Upper side of dojo. (upper side): Side of dojo where senior students sit in seiza. Right side of the dojo when facing shomen.

Joza – (upper seat): Same as kamiza but used more in context of relation to other sides of the dojo; shimoza, joseki, and shimoseki.

Ju: Ten; gentle; soft; suppleness; the ability to adapt.

Judan: Tenth dan; a tenth degree black belt. Generally the highest level of dan promotion.

Judo: Lit. “The Gentle Way”. A throwing and grappling sport founded by Jigoro Kana in 1882, derived from jujutsu technique.

Juji (joo jee) Lit. The character ten; refers to the kanji for 10

Juji-nage: A crossed arm throw or technique.

Juji-waza: Crossed arm techniques.

Jujutsu: A close combat martial system emphasizing grappling, throws, locks and pins. O'Sensei drew heavily on jujutsu styles when creating aikido. Often written ju-jutsu and ju-jitsu.

Jutsu – Art, science.

Kaeshi (ka aish) Reverse; counter. To return; a reverse or counter; to reverse or counter a technique.

Kaeshi kesa giri – Sword cut. Reverse kesa cut. Stand in migi hanmi, sword in chudan no kamae. Raise sword over you head, tip pointing to the right. Step in to Hidari Hanmi and rotate the sword around your head. Slice from shoulder to hip while turning your hips.

Kaeshi-waza: Reversal or countering techniques.

Kai (kya) Society. Headquarters or home organization. Club association.

Kaicho (kya cho) Owner of an organization

Kaiden: A master's license or teaching certificate.

Kaiten (kite in) (kya ten) To turn like a wheel. Rotation. To turn like a wheel. To open and turn; to revolve. Kaiten means a spinning, revolving or circular motion.

Kaiten nage (kite in naw gee) Wheel throw. Windmill throw. A revolving throw. A technique in which you force your partner to revolve his body once before you down him.

Kaitenage – Refers specifically to the motion with which you throw your opponent.

Kakari geiko (kaw tar e gay co) To practice an art over and over again with many attackers.

Kama: A short handled sickle.

Kamae (kaw may) (kah my) Ready stance. Posture; Stance (sword). Stance or posture; a combative stance. On guard position; your spirit and mental attentiveness should be fully on your opponent.

Kami (kah me) Gods. A deity; divine spirit.

Kamidana: The altar or shelf supporting the jinja, where the kami resides. Often found on the front wall of a dojo, as part of the kamiza. Some dojo have a center piece for the shoman side of the dojo. This is called the kamidana, and could display anything from a picture of the founding master of the style, to a display of weaponry. The kamidana and or kamiza (if there is truly a seat) may be set within a recess on the shoman side of the dojo. This recess is known as the tokonoma. Kamidana (god shelf): Traditional Shinto altar. The whole decorative structure at the front of the dojo containing the picture of O'Sensei can be referred to as the kamidna. However, the small wooden house-like shrine often seen on the shelf is also referred to as the kamidana. These small wooden houses are found in all traditional Shinto households and are there to welcome the spirits of the ancestors. In aikido we generally use the term kamidana to refer to the entire ornate structure at the front of the dojo that contains the portrait of O'Sensei, and by implication, the spirit of O'Sensei, watching over our training and guiding us. The kamidana may also contain calligraphy, a flower display, or sword display.

Kamiza (calm ee zaa) (kah me zah) Primary front of dojo. Shrine. Lit. "Upper Seat." A position of respect or veneration. Kamiza is usually employed to refer to a scroll, altar, photograph of a teacher or founder, or a combination of the three, placed on the front wall of a dojo, to which students bow in respect. Literally the 'seat of gods', this is the position taken up by the instructors and any esteemed guests of the dojo. It does not confer a godlike status on the person(s) taking this position; simply respect. Upper seat of dojo (front) Kamiza or Shiinza (seat of the gods): Seat of honor and is reserved for instructors and honored guests. While it refers to the sitting place at the front of the dojo the term is often used interchangeable with the word kamidana. As you'll see, this usage is not correct. The term Kamiza refers to front region of the dojo, where the picture of O'Sensei resides.. But also where your sensei instructs from and presides over testing from.

Kamiza Ni Rei or Rei – Bow to the Kamiza. Command to bow to front of dojo.

Kan: A particular activity; a training hall, as in budokan.

Kancho (cawn cho) (kahn cho) Founder and head of a dojo or school. Owner of a school.

Kanji (kahn jee) Japanese picture words.

Kansetsu: Body joints.

Kansetsu-waza: Joint techniques. Sometimes used specifically to refer to techniques executed against the natural range of motion of a joint.

Kata (kaw tah) (kah tah) A series of movements. Set of training movements; shoulder; single (depends on usage). Shoulder. From practice of pre-arranged exercise; also, the shoulder. A fixed form; a choreographed series of sequential movements/techniques; the shoulder or lapel area. Prearranged formal patterns with a bokuto that teach footwork, distancing, concentration, sword handling, etc. Kata refers to the shoulder or lapel region.

Kata dori – Keep the fly from landing on your nose.

Kata mochi – Shoulder grasp.

Kata oshi (kaw tah oh she) Shoulder push.

Kata otoshi (kaw tah ah toe she) Throw by dropping the shoulder. Shoulder drop.

Kata tori (kaw tah toe e) Shoulder grab. To grasp the shoulder or lapel; grasping the shoulder or lapel. Your opponent attacks by seizing your shoulder.

Kata tori men tsuke – Ground attack: One lapel held and punch to the head.

Katakana (kah tah kah nah) Japanese phonetic alphabet for foreign words. Shoulder (2nd meaning) Pre-arranged exercise that teaches basic forms and principles, e.g. bokken kata.

Katame-waza: Mat techniques. Often used specifically to refer to pinning or submission techniques.

Katana (kaw tan ah) (kah tah nah) A sword. Samurai sword.

Katatori Ikkyo Irimi – Kata refers to the shoulder or lapel region; add Tori and this means to grab or hold the shoulders or lapel region. Ikkyo merely refer to specific throws. Ikkyo, Nikkyo, Sankyo and Yonkyo merely refer to specific throws; the numbers one, two, three and four (ichi, ni, san and shi or yon) have been designated to differentiate these different techniques.

Katate (kah tah tay) One hand.

Katate mochi – One hand grasp.

Katate osa (kaw tah tay oh saw) Forearm stretching aiki taiso.

Katate osa undo – Single hand stretch, lit. single hand arc.

Katate tori (kaw tah tay tore e) Wrist grab. One handed grasp; to grasp with one hand; to grasp one hand with one hand. Your opponent attacks by seizing one of your arms. One hand held on the same side.

Katate tori hantai – One hand held by the opposite side.

Katate tori ryote mochi – Two hands grabbing one wrist.

Katate tori tenkan undo – Single hand control w/turn to the outside, lit. divert.

Katatetori Kokyunage – Katate means one hand; Tori comes from the root word toru, which means to take. Katatetori therefore means to take with one hand. Kokyu refers to leading, timing, or momentum; nage comes from the word nageru which means to throw. Therefore kokyunage refers to a timing or momentum throw, of which there are a number.

Katatetori Kokyunage Kaitenage – Katate means one hand; Tori comes from the root word toru, which means to take. Katatetori therefore means to take with one hand. Kokyu refers to leading, timing, or momentum; nage comes from the word nageru which means to throw. Therefore kokyunage refers to a timing or momentum throw, of which there are a number. Kaiten means a spinning, revolving or circular motion; combined with nage, this means to throw with a circular or spinning motion. Kaitenage refers specifically to the motion with which you throw your opponent.

Katatetori Kokyunage (Tenchi) Irimi - Katate means one hand; Tori comes from the root word toru, which means to take. Katatetori therefore means to take with one hand. Kokyu refers to leading, timing, or momentum; nage comes from the word nageru which means to throw. Therefore kokyunage refers to a timing or momentum throw, of which there are a number. Tenchi is written with two characters (in Japanese) which are literally translated to mean “heaven” and “earth.” The execution of this art is with one hand pointing upwards, and the other down. Irimi specifically refers to stepping in without turning the hips.

Katatetori Kokyunage Tenkan– Katate means one hand; Tori comes from the root word toru, which means to take. Katatetori therefore means to take with one hand. Kokyu refers to leading, timing, or momentum; nage comes from the word nageru which means to throw. Therefore kokyunage refers to a

timing or momentum throw, of which there are a number. Tenkan is the opposite of irimi, in that the tenkan movement is one where hips turn, one steps out and around, revolving the hips.

Katatetori Kotegaeshi – Kote is the back of the hand; Gaishi comes from the word Kaesu, which means to turn around.

Katatetori Ryotemochi Kokyunage Tenkan - Katate means one hand; Tori comes from the root word toru, which means to take. Katatetori therefore means to take with one hand. Ryote means both hands. Mochi means to hold. Katatetori Ryotemochi means to hold one hand of your opponent's with both of yours. Kokyu refers to leading, timing, or momentum; nage comes from the word nageru which means to throw. Therefore kokyunage refers to a timing or momentum throw, of which there are a number. Tenkan is the opposite of irimi, in that the tenkan movement is one where hips turn, one steps out and around, revolving the hips.

Katsu haya bi (caught sue hi ya bee) Faster than the speed of light

Katsu hayai: Instant victory; to win quickly, with a minimum of effort, pain, or destruction.

Katsujin ken (caught sue gin ken) The sword of life

Kawasu (kaw wa sue) To dodge

Keiko: Training; practice.

Keikogi – Kendo jacket.

Kempo: Sword techniques; fist way; a martial system emphasizing striking/fist techniques.

Ken (kin) (ken) Sword

Ken giri – Sword cuts.

Kendo: The Way of the sword; Japanese fencing using bamboo swords. Ken=sword, Do=way.

Ken Gi (ken gee) Sword form; sword kata

Kengi (kin gee) Sword kata

Kenjutsu: The martial system of swordsmanship; sword techniques. The art of the sword.

Kenshi – A Kendoist. Swordsman.

Keri: Kick; to kick.

Keri-waza: Kicking techniques. In aikido, keri waza generally refers to kick defense techniques.

Kesa (kay sah) Buddhist monk's garment worn over the shoulder.

Kesa giri (kay saw gear e) Diagonal cut from shoulder to hip. Sword cut.

Ki (key) Internal energy, life force. The energy found in all things. The essence of the universe; the source of energy of nature; the power of one's mind. Vital life energy; the energy of Creation; the vital life force of the Universe; spirit; energy.

Kiatsu – Healing with Ki.

Ki-ga-nukueru: To lose ki.

Ki-musubi (key moo sue bee) The uniting of one's energy with that of the opponent's. The linking of ki; to link ki; to unite one's ki with that of another.

Ki-no-kenpo: Sword techniques with ki.

Ki no kokyu dosa undo – Ki/Breath extension exercise/movement.

Ki-no-kokyu-ho: Breathing meditation with ki.

Ki-no-kokyu-ho-undo: A ki no taiso.

Ki no kokyu ho undo irimi – Breath blending with ki exercise/movement.

Ki no kokyu ho undo tenkan – Breath blending with ki exercise/movement.

Ki-no-nagare: Flowing ki; the stream of ki.

Ki-no-taiso: Ki development exercises.

Ki-shin-tai: Ki of mind of body.

Ki-wo-dasu: To pour forth ki; to extend ki.

Ki-wo-kiru: To cut ki.

Ki-wo-neru: To train one's ki.

Ki-wo-totonoeru: To prepare one's ki.

Kiai (key eye) Unification of mind and body through verbalization. Ki expressed through breath; may be vocal or silent. To shout with ki; to alarm or frighten your opponent. Full of ki; life force; spirit meeting; spirit shout. A piercing cry used to focus ki during execution of a technique. Shout; a way of building up and extending/expressing your spirit.

Kiaijutsu: The martial system of kiai; techniques using kiai or intense mental concentration.

Kiatsu (key at sue) (key ah tsu) Pressure point massage with ki. Pressure point massage therapy utilizing ki, similar to acupressure.

Kihon (key hone) Basic.

Kihon dosa: Fundamental movement. Fundamental movement used to move out of the line of the opponent's attack by pivoting on either foot to assume a safe position from which the opponent can be controlled.

Kime: Bending the joint in the direction of natural movement.

Ki o tsuke: Attention. Full attention.

Kio-Tsuke: Attention. Upon starting the class, everyone bows to the instructor. The senior student will give signal by calling the class to attention ("Kio tsuke") and saying "Sensei Ni Rei." Or Kami za Ni Rei. Bowing to the kamiza/front. The same courtesy will be given when closing the class.

Kiri: To cut; a cutting attack.

Kiri-otoshi: In swordsmanship, to cut from the top down. Fundamental technique of Itto-ryu.

Kirikami: The first level of a system; first certificate; initial teaching license.

Kiritsu – Stand up from seiza.

Kissaki (kiss saw key) Tip of the sword. Front portion of katana w/steep curve.

Kito: Rising and falling motion.

Kito-ryu: An ancient form of jujutsu, and one of the systems from which aikido was derived.

Kiza (key zah) Seated position with legs folded under and on balls of feet.

Kobudo: All classical martial and warrior arts. Most commonly used to refer to Okinawan weapons systems, such as kama, bo, kusari gama, etc.

Kobukai: The name O'Sensei gave his Aiki Budo organization circa 1919.

Kobukan: The name of O'Sensei's original training hall, the present day Aikikai site.

Kogi (coe gee) Rowing; var.

Kogeki: An attack.

Kohai (coe hi) Student who is junior to another. Junior student. A junior (less experienced) student.

Koho (koe hoe) To the rear. Backward. (directional)

Koho-kaiten: Backward tumbling.

Koho-kaiten-undo: Backward tumbling exercise (s). An aiki taiso. It is nothing more the continuous repetition of the backward tumble.

Koho kaiten ukemi – Backwards tumbling methods. You do not tumble directly backwards, onto your head. Rather, you tumble over your shoulder. The shoulder over which you will tumble is determined by whichever leg is raised and bent. If it is your left leg, you will tumble over your left shoulder, and vice-versa. Note: Getting the hang of backwards tumbling is harder for some people than forward tumbling. The most common reason is failure to keep the body tightly tucked. The more open your posture, the harder it will be to get ever halfway through the tumble without tipping over to the side.

Koho nage (koe hoe naw gee) Throw to the rear

Koho-tento: Rising and falling method. Rolling exercise: From sitting. From kneeling. From standing. Backward roll. A method of falling to the rear.

Koho Tendo Undo (koe hoe ten toe) Roll backward. Backward roll. Rising and falling exercise. An aiki taiso. Backward rising and falling exercises. Is an exercise designed to help you become proficient in koho ukemi.

Kohotendo undo (ko hoe ten toe oon doe) Back rocking exercise/backward roll. KOHO=rear direction. TENTO=tumbling fall. UNDO=exercise.

Koho-ukemi: Backward falling techniques. Usually when you take koho ukemi, you will not fall directly backwards, but will instead find yourself falling at a backwards angle to the left or right, landing on one side or the other.

Kokyo (koke qo) Breath, rhythm of ki movement

Kokyo dosa (koke qo doe saw) Ki development exercise

Kokyo ho (koke qo hoe) Method to blend with ki

Kokyo-ho-undo: An aiki taiso.

Kokyo nage (koke qo naw gee) Breath throw

Kokyu (koe cue) (koke qo) Breath. Breathing; the rhythm of ki movement. Breath; breath power; breathing with one's ki flowing. Kokyu refers to leading, timing, or momentum. Kokyu means breath but is more than just breathing. Kokyu encompasses the essence of life, including awareness, movement and Ki or energy. Our Ki rides on our breath, or Kokyu, and ties us to all that exists. Kokyu is studied through practicing proper breathing and meditation. Kokyu means more than simple inhalation and exhalation. It means to take your breath deep within your hara, your one-point, using it to gather and focus your ki, and then to exhale ki throughout every fiber of your being.

Kokyu-dosa: A ki extension exercise performed while kneeling in seiza; pinning with ki. An aiki taiso. A method of pinning your partner with your ki instead of with your physical strength.

Kokyudosa – Special exercised of extension

Kokyo ho – Two step turning (hold the Emperor's clothes). Literally, breathing method.

Kokyu ho undo – KOKYU=breath. HO=method. UNDO=exercise. Pivot on alternating feet-extending same side hand. Breath blending exercise/movement.

Kokyu-nage: Breath throw; throwing with kokyu. A throw in which, without applying pressure to any of your partner's joints, you use the timing of both your body and your spirit to throw him.

Kokyunage – Breath or timing throw.

Kokyu ryoku: Breathing power. Controlling one's ki through breathing.

Konbanwa (cone bon wah) Good evening in Japanese

Konichiwa (cone ee chi wah) (coe knee chi wah) Good day in Japanese

Kosa (koe sah) (ko saw) (ko sa) Cross. To cross or intersect. Crossover; crossing.

Kosa sayu undo – Crossing sideways exercise/movement.

Kosa-sayu-undo: An aiko taiso.

Koshi (co she) (coe she) Hip. The hips or lower back.

Koshi nage (co she naw gee) Hip throw. To throw uke over one's hips.

Koshi-waza: Hip throwing techniques.

Koshiita (coe she e tah) Back plate on a hakama.

Kotai (co tie) (coe tie) to move backwards. Drop backwards. A movement to the rear; to change.

Kote (co teh) (co tie) Wrist. Forearm strike. Kote is the back of the hand.

Kote gaeshi: Outward wrist twist. Wrist turn out; reverse wrist throw. Wrist twisting or wrist cutting technique or throw. A throw accomplished by twisting your partner's wrist.

Kotegaeshi (co tie guy a she) Reverse turn wrist lock. Wrist turn out; reverse wrist throw.

Kote-gaeshi undo: Kote gaeshi exercise; a wrist strengthening exercise. An aiki taiso. Wrist turnout.

Kotegaeshi undo – KO=small. TE=wrist. GAESHI=return. UNDO=exercise.

Ku: Nine

Kubi (coo bee) (coo be) Neck. The neck or throat.

Kubi-shime: A choke. Chokes from various positions.

Kubishimi (coo be she me)

Kubi shime – Ground attack: choke.

Kudan: Ninth dan, a ninth degree black belt.

Kuden: Orally bequeathed secrets or secret techniques. Also hidden.

Kumi (coo me) Paired; lit. team, group, set

Kusari-gama: A kama (sickle) to which a chain, varying in length, has been attached. Also written kusarigama.

Kuzushi: The point at which uke is off balance, and his or her momentum and ki are captured and turned to nage's advantage. Breaking balance.

Kyu (cue) Ranks below black belt. Lit. rank. Ranks before black belt. Lower, non-dan ranks. Unlike dan ranks, which proceed from shodan (first dan) up, kyu ranks "count down" as one is promoted, so that ikkyu (first kyu) is the last kyu rank before dan ranking. Class, grade; non-black belt rank.

Mai – Frontward.

Ma ai (mah eye) Proper distance. Proper distance between opponents. Distance. The distance between you and your partner.

Maai : Distance between opponents.

Mai ai (my eye) Proper distance between partners

Mae(my) Front. Forward.

Mae geri – Front snap kick

Maeawari (my ah war e) To go around the wrists

Maegiri (my gear e) Front kick

Makoto (ma co toe) (mah coe toe) The highest truth/sincerity/best qualities of a warrior.

Quality of being true and faithful to your beliefs. Means to be true to yourself and your beliefs as well as being true to others. It is being sincere and honest, seeing things as they are not as we wish them to be. One aspect of makoto in Aikido means that, if attacked, you defend yourself and do as little harm to the opponent as possible.

Marui: Circular motion

Masakatsu (moss ah caught sue) (mah sah kah tsu) True victory. Masakatsu Agatsu “True victory is victory over oneself”. We need to understand that the attacker is not the opponent. The opponent is that part inside of us that causes negative feelings and emotions. Masakatsu Agatsu is the process of defeating negative thoughts and feelings that hold us back from becoming better people.

Mawashe (mah wa she) Roundhouse

Mawashi giri (ma wahs ah gear e) Roundhouse kick

Meijin: A true master; one who has attained perfection in an art. Often used as an honorific.

Men (men) Face. The face; the front of the head; forward.

Menkyo: Teaching certificate; third license to teach.

Menkyo-kaiden: Certificate of mastery. Awarded to one who has in the eyes of his or her teacher mastered all aspects of an art.

Men-tsuki: A strike to the face. Also men uchi. Punch to face.

Men-uchi: A strike to the face. Men (helmet) strike. To strike the forehead or the top of the head. Your partner attacks by striking your face.

Menuchi Kokyunage – Menuchi means to strike the forehead or the top of the head. Kokyunage is Breath or timing throw.

Metsubushi: Literally, smashing the eyes.

Migi (me gee) (mih gee) Right side. Right.

Migi hanmi: Right natural posture. Right posture.

Mikatsuki geri – Crescent kick

Mina sama: Everyone, as in Mina sama domo arigato gozaimasu.

Misogi or ki breathing – Breathing exercise to unify mind and body. Ritual purification; methods for the purification of mind, body and spirit. A breathing method; purification.

Mochi (moe chi) To grasp with two hands. Grip. To grab; to grasp. To hold.

Mokuroku: A catalog of techniques; second level license or certificate.

Mokuso (Mok so) Meditate. Means to focus, concentrate on the here and now. Quietude; eyes closed, quiet your mind, prepare for training or consider the training just completed. A command to wait calmly and mentally prepare yourself.

Mokuso yame – End quietude period; open your eyes.

Morote: Two hands; both hands.

Morote-tori: A two handed attack or grab, as when uke grabs nage's arm or wrist with both hands.

Mudansha (moo dahn sha) Students with kyu ranks

Mune (moo neh) Chest. The torso or abdominal area. Generally refers to the chest and stomach region.

Mune mochi – Chest grasp.

Mune-tsuke: A strike to the torso or abdominal area. Mune generally refers to the chest and stomach region. Tsuki means to thrust or stab either with a weapon or fist. Your partner attacks by thrusting to your chest or abdomen.

Munetsuki (moo net ski) Straight punch to abdomen. Punch to chest area. – Mune generally refers to the chest and stomach region. Tsuki means to thrust or stab either with a weapon or fist. Punch to the body.

Munetsuki Kotegaeshi – Mune generally refers to the chest and stomach region. Tsuki means to thrust or stab either with a weapon or fist. Kotegaeshi: Outward wrist twist. Wrist turn out; reverse wrist throw. Wrist twisting or wrist cutting technique or throw.

Munetsuki Nikkyo Hantai Tenkan - Mune generally refers to the chest and stomach region. Tsuki means to thrust or stab either with a weapon or fist. Nikkyo refers to wrist bending technique, Pinky up, thumb on palm, fold arm. Second controlling technique, wrist lock. Second pinning technique. Hantai is opposite or reverse. Tenkan Rotating about a vertical axis. Turn out of the way; lit. divert. Turning. Turning away; leading away in an outward circular motion. Tenkan is the opposite of irimi, in that the tenkan movement is one where hips turn, one steps out and around, revolving the hips. Tenkan refers to how one initially begins the movement immediately after your opponent grabs you. It does not refer to any particular throw.

Mushin: No mind; empty mind. See also shin no mushin.

Musubi (moo sue be) (moo sue bee) Harmony; connection. This is a state of connectin with all things. We must have a connection with the energy and intent of all around us in order to truly live in harmony with our environment. We must understand and be able to move with the energy of all with which we come into contact. If we only see things from our own point of view we have no connection with others. When we have musubi we can blend with any situation and affect a positive outcome.

Musubi Dachi (Attention Stance) Stand with your heels together and the toes pointed out at a 45 degree angle from your body.

Nagare: Flow to flow; flowing.

Nage (naw gee) (nah gay) To throw, a person who throws. One who throws. Throw. The person who is attacked. A throw; one who is attacked; the defender. Nage comes from the word Nageru which means to throw. Throw.

Nage waza: Throwing techniques

Naginata (naw gee naw ta) Japanese curved tip spear

Nana (na na) Seven. Also shichi.

Nanadan: Seventh dan; a seventh degree black belt. Also shichidan.

Naname: An oblique, angular movement or motion.

Naname suri-ashi: Sliding one's feet at an angle.

Ni (knee) The number two in Japanese. Two; to

Nidan: Second dan; a second degree black belt.

Nikajo osae: 2nd control

Nikyo (neak yo) (knee kyo) Second controlling technique, wrist lock. Second pinning technique.

Nikkyo – Wrist bending technique, Pinky up, thumb on palm, fold arm. A method of gripping your partner's arm.

Nikkyo undo – NI=2nd. KKYO=form. UNDO=exercise.

Nikyo undo (neak yo oon doe) Aiki taiso to help stretch and strengthen the wrist. Nikyo exercise; a wrist strengthening exercise. An aiki taiso.

Nikyu (knee cue) Second kyu – low brown belt

Nuketo – Drawing the sword from a taito (sword held at the left hip) position.

Nukite: A stiff fingered strike using one or all of the fingers.

Obi (oh bee) Belt

Ohayo Gozaimasu (ohio go zai mahs) Good Morning

Ojigi: Proper bowing.

Oku: Inner; deep.

Okuden: Inner secrets; certificate of mastery over inner secrets.

Okuri ashi – Gather step; for fast, short range movements in any direction; snap the trailing foot into a good stance.

Omote (oh mote tay) To the front. The front; forward; towards. See also irimi.

Omoto Kyo: Lit. “Teaching of the Great Origin.” A sect of Shinto founded by Onisaburo (Wanisaburo) Deguchi in the early twentieth century, and practiced by O’Sensei until his death.

Onegai-Shi-Mas (Oh-Nay-Guy-She-Muss) Please may I have the honor to practice with you.

Onegai Shimasu (oh neh guy she mahs) I beg of you (please practice with me) May I practice with you?

Ongaish imasu (oh nay gosh e moss sue) Please practice with me

One point – Hara; center of gravity of one's body.

Oonami (oh oh naw me) Technique using a big wave motion

Orenaitte (oh ra night ay) Unbendable arm

Orenai-te-undo: Unbendable arm exercise. A ki no taiso. Unbendable arm exercise/movement.

Ornote (oh moe tay) Front

Osa (Oh sah) Bow – as in an archery bow.

Osae: A pin; a pinning method.

Osae waza: Controlling technique.

Osameto – Return the sword to taito (sword held at the left hip) from a kamae position, keep both hands on the sword.

O'Sensei (oh sin say) Great teacher, Morihei Ueshiba. Founder of Aikido, Morihei Ueshiba, 1883-1969. "Great Teacher" or "Revered Teacher." Commonly used to refer to Morihei Ueshiba. Title of great respect.

Oshiete Kudasai – Please teach me. Usually Onegai Shimasu or Dozo Onegai Shimasu.

Otagai ni: Similar to mina same, and more common, akin to saying “the feeling is mutual,” as in Otagai ni domo arigato gozaimasu.

Otoshi (oh toe she) To drop. Drop.

Oyasuminasai (Oh yah sue me nah sigh) Good Night

Randori (ron door e) (rahn doe ree) Free style exercise with multiple attackers. Freestyle exercise of attack. Free practice. Defense against multiple attackers.

Rondori: Continuous, freestyle practice, usually with two or more uke attacking nage.

Rei (ray) Bow. Command for formal bowing; formal gesture to show respect and gratitude. To bow; also means showing courtesy, politeness and respect in any form.

Reigi: Etiquette. Also reishiki.

Reishiki: Etiquette.

Reiseishin: The state of unification of one’s spirit with the Universe.

Renshu: To train; to practice.

Renzoku: Continuous motion of any kind.

Renzoku ashi – Smooth, continuous stepping without pauses.

Riai: Proper timing.

Ritsu rei – Standing bow. Bow from a standing position. There are two standing bows. One is to your opponent and the other one is a fairly formal one. The difference between them is an angle of the bow.

1. To the opponent: Keep their body in shizentai position. Bend your body from the hip while looking at your opponent. The angle of your body is about 15 degrees, since you have to keep your eyes on your opponent. POINT: Do not keep your face straight towards your opponent. You want to keep your chin in.
2. Formal standing bow: This is used when you bow to teachers, higher ranks and shomen (the front). This time you do not keep your eyes on them. You have to look down. The angle of your body when you bow is 30 degrees.

Ritsurei – Standing bow (salutation)

Roku: Six

Rokudan: Sixth dan, sixth degree black belt.

Rokkyu (row cue) 6th kyu – yellow belt

Ronin – Unemployed warrior.

Ryo (ree oh) Double; two

Ryo kata tori – Double shoulder grab (done at upper lapels)

Ryokata-tori: Grasping both of nage's shoulders.

Ryo ryote mochi – Two attackers each grabbing an arm with both hands.

Ryoku: Power

Ryote (ree oh tay) Both hands

Ryote mochi (ray oh tay mow chay) Two hands holding one wrist. Holding with both hands. To hold or grasp with both hands, as in grasping nage's wrist with both hands. Your partner attacks by holding one of your hands in both of his. Both hands held.

Ryote tori (ray oh tay tore e) Holding both hands. Holding both wrists. To grasp both of nage's wrist. Your partner attacks by taking both of your hands in both of his. Two hands held by two hands.

Ryote tori tenchi nage irimi – Heaven and earth throw.

Ryote tori yama arashi – Mountain storm.

Ryu (roo) (ree oo) School or style. A system; a lineage. Style of an art; school.

Sabaki: Free Flowing, natural movement.

Sageto – Standing with the sword in the left hand, at arms' length.

Samurai (sam ur eye) (sah moo rye) Japanese warriors. "To serve or be of service to those of nobility"

San (sawn) (sahn) Number three in Japanese. Three

Sanchin Dachi (Hourglass Stance) Stand with feet shoulder width apart, weight distributed evenly over both legs. Knees pulled inwards. Forward foot is slightly ahead of rear foot. Toes pointed slightly inward.

Sandan: Third dan, a third degree black belt.

Sankajo osae: 3rd control

Sankyo (san key oh) (sahn kyo) Third wrist controlling technique, wrist lock. Wrist twisting technique. Third pinning technique. Twist palm out and up. A method of gripping your partner's arm.

Sankyo undo (san key you oon doe) Wrist stretching exercise. Exercise to twist wrist around the vertical axis. Sankyo exercise, An aiki taiso. SAN=3rd. KYO=form. UNDO=exercise. Third control.

Sankyu (san cue) (sahn cue) Third kyu – high purple belt

Sasae: To support or prop.

Sasoikomi (saw so e comb e) To lure someone towards you

Satori (saw tore e) (sah toe ree) Enlightenment; a state of enlightenment. This is a state of awareness in which we have come to understand the totality of something. In Aikido it is a state of understanding the connection of ourselves and Aikido to our connection to the universe. It is a state that is strived for in Ki breathing meditation. We aim to reach a state of mind know in Japanese as "Mu" or "Mushin", which means nothingness. This is not a state of empty mindedness, however. It is a state in which we have calmed our mind and body to an extent that we are totally aware of everything around us. Like Ki, Satori is something that cannot be adequately explained on paper but must be explored through meditation, study and practice of Aikido techniques and principles.

Satsukin ken (sat sue gin kin) Sword to kill

Saya (sigh yah) Sword Scabbard

Sayu (sigh you) Left and right motion. Sideways. To the side; left and right.

Sayu-undo: Sideways motion exercise. An aiki taiso. Move arms/shift weight right and left. SA=left. YU=right. UNDO=exercise. Sideways exercise/movement.

Sayu enkei undo – Circular exercise (hand) with sideways turn.

Sayu choyaku – Sayu undo with cross step to side.

Sayu choyaku undo – SA=left. YU=right. CHOYAKU=with a step. UNDO=exercise.

Sayu kosa undo – Crossing sideways exercise/movement.

Sayu undo choyaku – Sideways exercise with footwork.

Sayu tenkan – Sayu undo with tenkan turn

Seigyo: Control; to control.

Seika-no-ikken: The one point. See also hara, seika no tanden. One point in the lower abdomen.

Seika-no-tanden: The one point. See also hara, seika no itten.

Seika tanden (sake ah tan den) (say kah than den) Vital area below the navel, hara

Seisu (say sue) Control var.

Seiza (say za) (say zah) Formal sitting position with feet folded back under buttocks. Seated position with legs folded under and feet flat. Formal Japanese posture; kneeling position with back straight. Proper sitting/kneeling. Correct sitting posture; sitting on the heels in a natural, centered, strong posture.
Seated position (kneeling)

Seiza ho: Moving into formal sitting position.

Sempai (sim pie) (sem pie) Senior student, assistant to Sensei. Student who is senior to another. A senior (more experienced) student.

Sensei (sin say) (sen say) Teacher; head of dojo; one who has gone before. Respected teacher. Address to the instructor and any assistant.

Sensei Ni Rei or Rei – Bow to Sensei. Bow to the teachers. Command to bow to Sensei.

Seppuku – Ritual suicide

Shi (she) Number four in Japanese. Four. Also yon.

Shichi: Seven. Also nana.

Shichidan: Seventh dan; a seventh degree black belt. Also nanadan.

Shihan (she han) (she hawn) Representative or head of budo system, 6th dan or above. High ranking senior teacher. Master instructor.

Shihan-bucho: Chief instructor.

Shihan dai (she hawn die) Assistant to head master

Shiho (she hoe) Four corner. Four ways or methods.

Shiho-nage: Lit. "Four directions throw." Four directions; you throw your partner in four directions before he falls.

Shihonage (she hoe naw gee) Four corner throw. Four directions throw. Shihonage literally means to throw to the four corners or directions.

Shikaku (Shih kah coo) Rear corner – blind spot. Blind side; behind and to one side.

Shiko – Knee Walking.

Shikko (she co) (she coe) Samurai walk on knees. Knee walking. Moving on the knees. Walking on bended knees, from seiza, "Samurai walking." Movement from kneeling position.

Shiko dachi – Wide stance, drop hips, swing arms in circles. Stand with feet about 1 and a half times the width of your shoulders; knees bent and feet pointed at 45 degree angle to your body.

Shime (she meh) (she me) Choke. To choke.

Shime-waza: Choking techniques.

Shimoseki – (she mo sake e) The left side of the dojo where the most junior students line up. Lower side (left side of dojo) (lower side): Side of dojo where junior students sit in seiza. Left side of dojo when facing shomen. Visitors generally sit at the joseki or shimoseki.

Shimoza – (she mo za) The back of the dojo. Lower seat of dojo (back of dojo) Opposite the kamiza where the students sit in seiza, ready to receive instruction. Students sit in shimoza in order of rank, from shimoseki to joseki.

Shin: The mind; new; spirit.

Shin-no-mushin: Lit. “mind of no mind.” The state of empty mindedness, existing in the moment.

Shin-shin: Mind-spirit; mind-body.

Shin-Shin toitsu aikido: Lit. “Aikido with Mind and Body Coordinated.” Founded by Koichi Tohei, and drawing heavily on the teachings of Shin-Shin Toitsu-do founder Tempu Nakamura, emphasizing ki development.

Shin Shin Toitsu Do – Way of mind and body coordination.

Shinai (she nigh) (shih nigh) Bamboo practice sword. Split bamboo practice sword. Bamboo sword.

Shinai parts: Tsuke=leather handle, Tsuba=hilt, Tsuru=string, Nakayui=middle leather, Sakigawa=leather cap, Kensen=tip of the sword.

Shindo (shin doe) To shake. Lit. Elasticity. To vibrate/shake; vibrating or shaking.

ShindoMuso-ryu: A style of jujutsu founded by Muso Gonnosuke and studied by O'Sensei.

Shinkage-ryu: Lit. "Shadow Heart system." An older style of jujutsu studied by O'Sensei.

Shinke: Nerve/pressure points.

Shinke-waza: Nerve and pressure point techniques.

Shinken-shobu: A challenge or fight to the death.

Shizentai: Natural posture. Also shizen tai. Natural standing posture. Feet shoulder width apart, arms hanging by your side. Flex your knees slightly.

Sho: First or lower level; writing.

Shodan (show don) (show dahn) First degree black belt. First dan.

Shoden: First level of mastery.

Shodo (show doe) First move. The Way of Writing; Japanese calligraphy.

Shodo o seisu (show doe oh say sa) To control the first move.

Shomen (show men) Front of the face, front of dojo. Front. Face or forehead; the front. Shomen (true face) The front of the dojo, this is traditionally the northern wall, or the wall opposite the dojo entrance.

Shomen giri – Sword cut. Overhead cut to opponent's face or head.

Shomen Ni Rei – Bow to the front of the training hall; remember your are in a special place for self development. Bow to the shomen.

Shomen-uchi: An open hand strike to the face or front; an overhead strike. Striking the middle of the opponent's helmet. Your partner attacks by striking your face. Overhead strike to front of head or face.

Shomenuchi (show men ooh chee) Overhead strike. Blow to the forehead from above.

Shomenuchi undo – Extend to front exercise.

Shomenuchi Ikkyl undo – SHOMENUCHI=forehead strike. IKKYO=1st form. UNDO=exercise. Front face strike – first control.

Shoshin = Beginners mind. We must approach every learning opportunity with an open and emptied mind in order to take in what is offered. If our mind's cut is full we are sure that we know all that there is to know and there is no room for anything else to enter. We must take the attitude of a beginner with no knowledge, ready to be filled with the lessons that are given. Only in this way will we grow and gain new knowledge, both in the dojo and in life.

Shuchu: Concentration.

Shuchu ryoku: Concentration of power. To concentrate all of one's energy on one point at a given moment.

Shuguo (shug yo) (shoe gyo) Internalizing techniques and philosophies. Hard work and determination.

Shugyo: Hard, disciplined practice or training, as in total devotion. The concept of shugyo is to constantly struggle to better yourself. On the mats it means to strive to better understand the technique and keep going even when you're tired.

Shuren Dojo: O'Sensie's Iwana dojo.

Shumatsu dosa: Deciding or fixing movement

Sode (so day) Sleeve

Sokumen: Side

Soto: Outside; outward.

Soto-kaiten: Outside turning motion. Also soto-mawari.

Soto-mawari: Outside turning motion. Also soto-kaiten.

Suburi: Single or individual movements with the bokken or jo, as in a kata. Sword swinging techniques. Ken or jo training using a single movement.

Suburito: A heavy or weighted bokken used primarily for training while performing suburi.

Sudori: When uke throws himself or herself with the force of their own attack. See also aiki nage. Your partner, in effect, throws himself with an excess of power.

Suenaka-ha- Tetsugaku-ho: Lit. "Suenaka Style, Philosophical Way." Style of aikido founded by Roy Yukio Suenaka, combing the teachings of O'Sensei and Koichi Tohei. Places equal emphasis on effective street defense and ki/spiritual development.

Suki – An opening opportunity

Sukoshi (sko sh) Little; small amount.

Sumi (sue me) Corner

Sumi-gaeshi: Corner throw; sacrifice throw, as in judo's tomoe nage.

Sumi-kiri: Clean mind and body; a state of purity.

Sumi-otoshi: Corner drop. Corner drop throw.

Sumimasen (sue me nah sen) Excuse me – to get attention

Suri ashi: Gliding the feet. Sliding feet; to slide one's feet as one moves.

Sutemi (sue teh me) Sacrifice. Sacrifice fall; a somersaulting fall. Be extremely careful, you can easily injure yourself, including separating or dislocating a shoulder or even breaking a neck. For this reason, many schools do not teach sutemi until the student is nikyu (second kyu) or higher, with at least a year of experience.

Sutemi undo: Sacrifice break fall/somersault. Sacrifice fall exercise.

Suwari (sue wah ree) Seated: sitting

Suwari waza (sue war e waz ah) Techniques from sitting position. Sitting techniques. Techniques performed with both uke and nage seated in seiza. Kneeling techniques. Defender and attacker kneeling. Lit. means "seated technique." Techniques beginning with both nage and uke in formal sitting position, executed from the knees. Both sitting.

Tabi (tah bee) Sock slippers worn in some dojo.

Tachi (tah chee) Japanese long sword. Long sword; Standing. Standing.

Tachi dori (tah chee door e) Sword disarming techniques

Tachi-tori: Sword taking techniques.

Tachi waza: Standing techniques. Techniques performed with both uke and nage standing; sword techniques. Tai jutsu/unarmed techniques and armed/with weapons. Both standing.

Taisabaki (tie sah bock e) Body techniques

Tai (tie) Body

Taigi: Lit. "body exercises." A series of techniques developed by Koichi Tohei, some modified from existing aikido techniques, which formed the fundamental waza of Shin-Shin Toitsu aikido.

Taito – Standing with the sword held at the left hip, left thumb on the sword guard.

Tai-jutsu: Body arts; empty hand arts.

Tai-no-henko: Blending practice; nage blending with uke.

Tai-sabaki: Body movement; natural flow.

Taiso (tie sew) Exercise. Body movement. See also aiki taiso. Body skills.

Taiso undo Exercise

Takemusu-Aiki: martial creative; excellent and infinite creativity in and through aiki. A state in which aiki principles are so manifest in a person that perfect techniques arise spontaneously from the energy of the moment. Takemusu-Aiki is the goal of all aikidoka.

Tanabe: Birthplace of O'Sensei, in Wakayama Prefecture, Japan.

Tanden (than den) Abdomen. Hara.

Tanin-su-gake: Multiple attacks simultaneously by two or more opponents.

Tanren-uchi: Techniques or exercises to develop proper hip movement.

Tanto (tawn toe) (than toe) Knife. Practice knife. Knife or dagger. Wooden knife.

Tanto tori (tawn toe tore e) Knife taking techniques. Techniques to defend against knife attacks; knife taking techniques.

Tatami – Mat.

Te: Hand

Te-gatana: Sword hand.

Tegatana: The cutting edge of the hand. Hand sword.

Te-sabaki: Proper hand/arm movement or placement.

Te waza: Hand techniques.

Tekubi (te coo be) (the coo bee) Wrist. Wrists.

Tekubi undo – Wrist exercises. Help develop wrist strength and flexibility, which is vital to aikidoka.

Tekubi-furi-undo: Wrist shaking exercises. An aiki taiso (See also tekubi shindo undo). TEKUBI=wrist. FURI=shaking. UNDO=exercise.

Tekubi joho kosa – Wrist crossing (high)

Tekubi-joho-kosa-undo: High wrist crossing exercises. An aiki taiso. Upper wrist cross.

Tekubi kosa Undo Joho – TEKUBI=wrist. KOSA=cross associated. UNDO=exercise. JOHO=upper.

Tekubi kosa – Wrist crossing (low). Crossed wrists.

Tekubi kosa undo (te coo be ko saw oon doe) Wrist crossing aikitaiso. Wrist crossing exercise. Crossed wrist exercises. An aiki taiso. TEKUBI=wrists. KOSA=cross associated. UNDO=exercise. Is a waist high wrist crossing.

Tekubi shindo – Wrist shaking.

Tekubi shindo unto (te coo be shin doe oon doe) Wrist shaking exercises. See also Tekubi furi undo. Wrist vibration, lit. elastic wrist.

Ten: Heaven

Ten-no-kokyu: Breath of Heaven; a state of meditation.

Tenchi (ten chee) Heaven and earth or up and down. Tenchi is written with two characters (in Japanese) which are literally translated to mean “heaven” and “earth.” The execution of this art is with one hand pointing upwards, and the other down.

Tenchi nage: Heaven and earth throw. A pose in a throw; one of your hands is raised as if you were pointing to the sky, the other is down as if you were pressing the earth.

Tenchin nage (ten shin naw gee) Heaven and earth throw

Tenchinage – Heaven and earth throw. One hand points up, the other down.

Tenkan (ten con) (ten kahn) Rotating about a vertical axis. Turn out of the way; lit. divert. Turning. Turning away; leading away in an outward circular motion. Tenkan is the opposite of irimi, in that the tenkan movement is one where hips turn, one steps out and around, revolving the hips. Tenkan refers to

how one initially begins the movement immediately after your opponent grabs you. It does not refer to any particular throw. You turn your body from your opponent's line of attack, cause his strength to flow off wasted, move your body to a place where his strength is inactive, and lead him.

Tenkan undo – left side: TENKAN=pivot on left foot. A spinning change extending left hand.
UNDO=exercise.

Tenkan undo – right side: TENKAN=pivot on right foot. A spinning change extending right hand.
UNDO=exercise.

Tensho: Breathing exercises.

Tento (ten toe) To tumble. Tumble.

Tenugui (ten oo goo e) Hand towel; also worn under kendo helmet.

Tepo: Pistol.

Tepo-tori: Pistol defense; pistol taking techniques.

Tohei, Koichi – Founder Shin Shin Toitsu Aikido.

Tokon: Fighting spirit.

Tokonoma – Generally refers to a recessed alcove containing the kamidana. While the tokonoma (alcove) is often part of the kamidana, dojos may have tokonoma apart from the kamidan. The tokonoma should contain some spiritual token.

Tori (tore e) (tore ee) (dori) To grab. A way of doing something; grab or hold. The one who applies the technique and the eventual winner. To grasp; to take. In judo and some aikido styles, the nage. Tori comes from the root word Toru which means to take.

Tsuba (tsu bah) Sword handguard.

Tsubame-gaeshi: Swallowtail movement or throw, used to describe the movement or point in a technique where the uke's energy is brought into oneself and then directed outward in the defense.

Tsuka (tsu kah) Sword hilt

Tsuki (ski) (tski) Straight punch. Punch. Thrust. A thrust or strike; the attacker. Tsuki means to thrust or stab either with a weapon or fist.

Tsuki tenkan – Quick turn to parry punch.

Uchi (ooh che) (oo chee) To strike. Strike. Blow.

Uchi-deshi: Live in student; a direct disciple or student.

Uchi-kaiten: inside turning motion. See also uchi mawari.

Uchi-komi: to step forward and strike.

Uchikomi geiko – Striking practice actually hitting a target, first against partner's shinai, then against someone in armor.

Uchi-mawari: To turn in. See also uchi kaiten.

Ude (ooh day) (oo deh) Arm

Ude undo – Arm exercises.

Ude-furi: Arm shaking. Swing arms, keep body still.

Ude furi undo – Arm swinging exercise/movement.

Ude furi choyaku – Ude furi with two step turn.

Ude furi chayoko undo (ooh day fur a chy ocko oon doe) Alternating arm swing and body pivot exercise. Arm shaking exercises while moving choyaku. An aiki taiso.

Udefuri choyaku undo – Exercise: turning 180 degrees. Arms swing away from body during the turn. UDE=arm. FURI=wave. CHOYAKU=with a step. UNDO=exercise.

Ude furi choyaku undo - Arm movement w/footwork. Stepping back and turning arm swinging exercise/movement.

Ude furi undo (ooh day fur a oon doe) Alternating arm swinging exercise. Arm shaking exercises. An aiki taiso. Arm movement, lit. Inseparable arms.

Udefuri undo – Exercise: swinging arms from side to side while keeping the body still. UDE=arm. FURI=wave. UNDO=exercise.

Ude-kime-nage: Arm focus throw.

Ude-osae: Arm bar or pin.

Ude-tori: Grasping the arm; to grasp the arm.

Ueshiba, Morihei – Founder of modern Aikido (1883-1969)

Ueshihba Juku: O'Sensei's first dojo, located on the grounds of the Omoto-Kyo compound in Ayabe, Japan.

Uke (ooh kay) (o okay) The attacker, one who falls. One who receives technique. The one who receives the technique and the eventual loser. The attacker who gets thrown by the nage. The person taking falls.

Ukemi (ooh kim e) (oo keh me) The art of falling and attacking. To receive. Breakfalls. Roll or fall taken by the uke when thrown. Protective, controlled falling techniques. Receiving technique, rolling – Mai: frontward, Ushiro: backward. A willingness to take ukemi is one of the signs of a true aikidoka.

Ura (urr ah) (oo rah) To the attacker's rear. Back. To the rear, behind.

Undo (oon doe) Exercise or movement.

Ura: The rear, as in a rearward entry technique.

Ura-waza: Rearward entry techniques; turning techniques.

Ushiro (you shear oh) (oo she row) To the rear. Behind; rear. Back or behind. Behind nage's or uke's back. Backward.

Ushiro geri – Back kick (spinning thrust)

Ushiro hiji tori (you shear oh he gee tore e) Rear elbow grab, Grasping nage's elbows from behind. Ushiro means from behind, rear or back. Your partner attacks by taking both your elbows from behind. Elbows grabbed from behind.

Ushiro Hijitori Kotegaeshi – Ushiro means from behind, rear or back. Hiji is the elbow; therefore, to take or hold the elbows from behind. Kotegaeshi: Outward wrist twist. Wrist turn out; reverse wrist throw. Wrist twisting or wrist cutting technique or throw.

Ushiro kata tori (you shear oh ka ta tore e) Grabbing both shoulders from the rear. Grasping nage's shoulder from behind. Ushiro means from behind, rear or back. Kata refers to the shoulder or lapel region. Tori: To grab. A way of doing something; grab or hold. The one who applies the technique and the eventual winner. To grasp; to take. In judo and some aikido styles, the nage. Tori comes from the root word Toru which means to take. Your partner attacks by taking both of your shoulders from behind. Shoulders grabbed from behind.

Ushiro Katatori Kotegaeshi – Means to take the shoulders from behind. Ushiro means from behind, rear or back. Kata refers to the shoulder or lapel region. Tori: To grab. A way of doing something; grab or hold. The one who applies the technique and the eventual winner. To grasp; to take. In judo and some aikido styles, the nage. Tori comes from the root word Toru which means to take. Kotegaeshi: Outward wrist twist. Wrist turn out; reverse wrist throw. Wrist twisting or wrist cutting technique or throw.

Ushiro-katate-tori: Grasping one of nage's hands or wrists from behind. Your partner takes one of your hands from behind in one of his.

Ushiro-katate-tori-kubi-shime: Grasping one of nage's hands or wrists from behind and applying a choke to nage with the other arm.

Ushiro Katatetori Kubishime Sankajyo – To grab one hand from behind and choke your opponent with the other hand, from behind. Ushiro means to take the shoulders from behind. Ushiro means from behind, rear or back. Kata refers to the shoulder or lapel region. Tori: To grab. A way of doing something; grab or hold. The one who applies the technique and the eventual winner. To grasp; to take. In judo and some aikido styles, the nage. Tori comes from the root word Toru which means to take. Kubi is the throat. Shime means to choke.

Ushiro-kubi-shime: Applying a choke to nage from behind. With the other hand he tries to choke you.

Ushiro tekubi tori kubi shime – Choke hold from behind (one wrist controlled)

Ushiro Kubishime Kokyunage - Ushiro means from behind, rear or back. Kubi is the throat. Shime means to choke. Kokyunage: Breath or timing throw.

Ushiro kubishimi (you shear oh coo be she me) Choke from the rear. Rear choke.

Ushiro-ryokata-tori: Grasping nage's shoulders from behind.

Ushiro tekubi tori (you shear oh te coo be tore e) Wrists held from behind. Grasping both of nage's hands or wrists from behind. Your partner attacks by taking both your wrists in his hands from behind.

Ushiro-tekubi-tori-kaiten-undo: An aiki taiso. Rearward two hand wrist grab opening/revolving exercise/movement.

Ushiro-tekubi-tori-kotai-undo: An aiki taiso. Behind wrists grab stepping to the rear. USHIRO=rear. TEKUBI=wrist. TORI KOTAI=grasp retreat. UNDO=exercise. Rear wrist hold – back drop, lit. solid body. Rearward two hand wrist grab follow through exercise/movement, moving to the rear.

Ushiro-tekubi-tori-zenshin undo: An aiki taiso. Behind wrists grab stepping to the front. USHIRO=rear. TEKUBI=wrists. TORE ZEN-grasp forward. SHIN=proceeding. UNDO=exercise. Rear wrist hold forward throw. Lit. steady advance. Rearward two hand wrist grab follow through exercise/movement.

Ushiro Tekubitori Ikkyo – Ushiro means from behind, rear or back. Tekubi refers to the wrists; again, tori to take or hold. Ikkyo: First controlling technique. Elbow turn. A method controlling an opponent by cranking the arm and applying pressure to the elbow. First classification or pinning/locking technique.

Ushiro tori (you shear oh tore e) Bear hug from the rear. Wrapping both arms around nage from behind; a “bear hug.” Open arms, step forward (break rear grab). Variation: Put on coat, open arms, step (bear hug attack). Your partner has his arms wrapped around you from behind.

Ushiro-tori-undo: Ushiro tori exercise. An aiki taiso. USHIRO=rear. TORI=grasp. UNDO=exercise. Bear Hug. Rearward grab exercise/movement.

Ushiro tori zenpo nage undo – Rear hold (bearhug) forward throw.

Ushiro-ude-tori: Grasping both of nage’s arms from behind. Your partner is controlling both of your arms from behind with both of his.

Ushiro undo – Rearward exercises.

Ushiro-waza: Techniques to defend against a rearward attack.

Wadokai: Lit. “The Association of the Way of Peace.” The governing organization of Suenake-ha Tetsugaku-ho aikido.

Wakarimasu (wah kah ree mahs) I understand

Wakarimaska (wah kah ree mahs ka) Do you understand?

Wakarimasen (wah kah ree mah sen) I don't understand.

Wakasashi (wa ka saw she) Japanese short sword

Wakayama: The Japanese prefecture in which O'Sensei was born.

Waki (wah key) Side

Waki ryote tori – Ground attack: Both hands held apart at the sides.

Wakizashi (wah kih zaw she) Short sword

Waza (wah zaa) (wah zah) Techniques or art.

Yagyū shinkage-ryū: A style of swordsmanship studied by O'Sensei.

Yama-arashi: Lit. "mountain storm." An aikido technique.

Yame (yah may) Stop;finish.

Yari (yar e) Spear

Yasume – Disengage the sword and your pressure on your opponent by relaxing your sword tip down to knee height and slightly to the right side, cutting edge facing slightly to the left.

Yoi: Assume a ready position; prepare.

Yoko (yo coe) Side, as in “the side of.”

Yoko geri – Side kick (thrust)

Yokomen (yo co men) Hooking strike to the head. Side. Side of the head. The side of the head or face.

Yokomen-uchi: A strike to the side of the head or face. Your partner strikes the side of your face. Side strike to side of head or face. Blow to the side of head.

Yokomenuchi Shihonage – Yokomen means the side of the head; Uchi means to hit or strike. Shihonage literally means to throw to the four corners or directions.

Yokomen uchi shiho nage irimi – Four directions throw.

Yokomen uchi ude osae hantai tenkan – Figure four arm bar.

Yon (yawn) Four. Also see shi.

Yondan: Fourth dan; a fourth degree black belt.

Yonkyo (yon key yo) (yawn kyo) Fourth controlling technique, wrist lock. Forearm control. Fourth classification or pinning technique. A method of gripping your partner's arm.

Yonkyu (yon cue) (yawn cue) Fourth kyu – low purple belt

Yudansha (you dahn sha) Students with dan grades. Person of black belt rank.

Yuki: to be brave; bravery.

Zanshin (zan shin) (zahn shin) Forward extension. Lit. Leftover mind. Completion of the technique in which awareness of opponent and surroundings is maintained. Continuous concentration or focus of ki; a ready mind; follow through.

Zarei – Sitting bow. Bow from sitting position (seiza). In seiza, have your hands in front of your knees and then slowly and quietly lower your head. Pause a while. Then slowly lift your head up and back to the right-up position. When you place your hands in front of your knees, make a triangle by the index fingers and thumbs of both hands. When you lower your head, lower your head as your nose goes into the triangle. When you lower your head, keep your eyes open so that you can still look around while bowing. POINTS: When you lower your head, do not lift your butt up. Don't roll your shoulders in too much. Do not stick your elbows out too much. Keep the back of your neck and your back straight. The right big toe should be on top of the left big toe. Formal kneeling bow (salutation). Ceremonial bow.

Zazen – Sitting cross legged instead of in seiza. Seated meditation. Legs crossed.

Zazen Kake: Meditation area for advance students

Zempo (zim poe) Forward direction

Zempo nage (zim po naw gee) Forward direction throw

Zempo Kaiten – A method of falling to the front.

Zempo kaiten undo (zim poe kite en oon doe) Forward extension aiki taiso. Forward roll.

Zempo kaiten undo - ZEMPO=forward direction. KAITEN=circular fall. UNDO=exercise.

Zengo (zen go) Front and back. Backwards and forwards; backwards and forwards motion. Menuchi Ikkyo undo front and back sides.

Zengo-choyaku-undo: An aiko taiso. Backward and forwards while stepping backward and turning exercise/movement.

Zengo-ikkyo undo: An aiko taiso. Also zengo undo.

Zengo undo (zen go oon doe) Two direction shomenuchi ikkyo exercise, Zengo exercise. An aiko taiso. Shomenuchi front/behind – pivot in place and sliding turn. ZEN=front. GO=back. UNDO=exercise. Lit.: Front and back. Backwards and forwards first exercise/movement.

Zenkutsu Dachi (Forward or Lunge Stance) Stand with front leg forward and bent; rear leg extended back and straight.

Zempo (zem poe) Forward

Zempo-kaiten: Forward tumbling.

Zempo-kaiten-undo: Forward tumbling exercise(s). An aiko taiso.

Zempo tento undo – are exactly the same as zenpo ukemi, only performed continuously. Fall, get up, and do it again.

Zempo-ukemi: Forward falling techniques or methods.

Zenpo kaiten ukemi – Forward tumbling methods. Are perhaps the most dynamic tumbles in aikido. A skilled uke can leap over a six foot barrier from a standing start and tumble to their feet on the other side, or leap from a running start over half a dozen or more adults kneeling side by side on the mat. From a running start, just remember to push off on your leading leg.

Zenshin (zen shin) Forward extension. Lit. steady advance.

Zori (zo ree) Sandals worn outside of the dojo. Sandals.