

GLOSSARY OF AIKIDO WORDS

AIKIDO: AI - harmony KI - spirit, energy DO - way, path
BOKKEN: wooden sword
BUDO: way of martial arts
DAN: black belt rank
DESHI: student, disciple
DOJO: training hall
GI (DOGI): training wear
HAKAMA: black formal garment worn over gi bottoms
HANMI-HANDAACHI: nage is kneeling and uke is standing
HARA: the lower abdomen symbolizes existence
HIJI: elbow
IRIMI (OMOTE): entering direction
JO (BO): wooden staff
KAKARI-GEIKO: group training
KATA: shoulder
KATA-TE: one hand
KIAI: strong deep breathing with voice and ki
KAITEN-NAGE: revolving throw
KOKYU: breathing, timing
KOKYU-DOSA: calming exercise in seiza with partner
KOTE-GAESHI: wrist reversal
KUBI-SHIME: choke
KYU: rank before black belt
MAAI (MAWAI): proper distance
MOCHI: to hold
MUNE-TSUKI: stomach punch
NAGE: throw, person leading
OBI: belt
RANDORI: free exercise
REI: bow, salutation
RYO-TE: both hands
SEIZA: formal kneeling posture sitting with calmness

SENSEI: teacher, used as a title
SHOMEN: forehead, front
SHIHO-NAGE: 4 direction throw
SHODAN: 1st degree black belt
SHUGYO: practicing a "do"
SUWARI-WAZA: kneeling technique
TANTO: knife (wooden in Aikido)
TE: hand
TE-KUBI: wrist
TENCHI-NAGE: (Ten) heaven, (chi) earth; tenchi means universe
TENKAN (URA): turning, initial harmony
TORI (DORI): take, catch, grab, also leading
UCHI: strike
UCHI-DESHI: inner disciple
UKE: person being thrown or lead
UKEMI: art of rolling or falling
USHIRO: behind, rear, back
WAZA: technique
YOKOMEN: side, side of head
ONEGAI-SHIMASU: humble request. In Aikido, spoken as a salutation before practice.

More vocabulary term and definitions can be found at: http://www.aikiweb.com/wiki/Vocabulary?wiki_session=ef6e49df63f29b524c259954973bcad7