

General terms:

Aikidō - 合気道 (あいきどう): The art of blending with the mats without feeling too much pain.. oh, no.. not here.. be serious! 😊 OK, then, Aikido, literally mean the harmonic way of the energy, being composed by three characters:

- **Ai** - 合 (あう - yeah, actually the main reading is not “ai” but “aa”, long sound): joint; associate; accomplice; fit; put together.
- **Ki** - 気 (き): spirit; mood.
- **Dō** - 道 (どう): road; path; street; way; method.

Rei - 礼 (れい): literally, expression of gratitude; salutation; thanks - it means “to bow”.

Reishiki - 礼式 (れいしき): etiquette, manners.

Onegai shimasu - おねがい します [onegai shimas(u)]: literally it means “please”, and it is always said at the beginning of every class and beginning the practice with a partner, when bowing to the instructor or to each other.

Doumo arigatou gozaimashita - どうも ありがとう ございました [doomo arigatou gozaimash(i)ta]: formal way to say “thank you very much”, always used at the end of practice, when bowing to the instructor.

Aikidōka - 合気道家 (あいきどうか): Aikidō practitioner. The last *kanji* 家 (it can be read “ie” also) means *family, house* and, better, when used as a suffix, like here, it takes the meanings of: house; family; person; expert; -ist (sort of: Aikidō-ist).

Tori - 取り (とり): the one who takes, defender in aikido, also called **Nage** (投げ, なげ) or **Shite** (指手, して)

Uke - 受け (うけ): the one receiving, attacker in aikido