

Aikido Glossary

Or, in Japanese: 合気道の語彙 (あいきどうのごい - Aikidō no goi): 語彙 (ごい, goi) = vocabulary, glossary.

Some Aikidō, 合気道, terms, with *kanji*, 漢字, (Chinese character, as used in Japanese language) and short explanation..

Attention: if you got problem to display properly the Japanese (日本語), take a look at [this post](#) (also for the PDF files!!)

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A few words of introduction

There are many similar pages on the net, this is for me, especially for having the 漢字 and the reading in the same page!

I will include the *romanji* (the reading in our alphabet), the *kanji* version (Chinese characters) and the *kana* version, ie. the phonetic Japanese alphabet, using *hiragana*, ひらがな, for this.

And, yeah, a short description! 😊

When writing the meaning of a *kanji* I will refer to one of the best and my favourite Japanese-English web pages (opening in a new window):



..and to my *kanji* books..

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Pronunciation

A bit *longish* explanation about pronunciation is [here](#) and even more about phonology, ie. the sound system in Japanese language, [here](#).

As shorter notes for the use here:

- I put the pronunciation, when necessary, between brackets [###].
- The letter or letters between parenthesis (#) are mute, not to be pronounced.
- Vowels: **a** as in father; **e** as in get; **i** as in macaroni; **o** as in polo; **u** as in put or book.
- Long sound: the vowel is followed by “u”, う, except if it is an **e**, where the longer sound is done by an “i”, い, after (yep, the correct pronunciation of *sensei* is “sensee”, without saying the

“i”) and I will try to write as often as possible with a stroke “-” over the letter: \bar{a} , \bar{i} , \bar{u} , \bar{e} , \bar{o} .

- **g** has a strong sound, something in between of give and sing.
- When **nothing** it is specified it means no special rule applies, so just read it! 😊

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Counting:

1: **ichi** 一 (いち) - [ich(i)]

2: **ni** 二 (に)

3: **san** 三 (さん)

4: **shi** 四 (し)

5: **go** 五 (ご)

6: **roku** 六 (ろく) - [rok(u)]

7: **shichi** 七 (しち) - [shich(i)]

8: **hachi** 八 (はち) - [hach(i)]

9: **ku** 九 (く)

10: **jū** 十 (じゅう) - [juu]

...and for the higher numbers, it is actually extremely easy:

11: juu-ichi; 12: juu-ni;...; 16: juu-roku;...; 20: ni-juu; 21: ni-juu-ichi;...; 50: go-juu;...; 99: ku-juu-ku and 100, 1000, 10000 are different names, but it is a long way before I will have counts that high at practice, maybe only at sword practice.. for a good old time warming up 😊

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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 arigatoo 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

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Directions:

Hō - 方 (ほう) [ho]: direction (example: shi-hō-nage = four-direction-throw)

Mae - 前 (まえ): front, before

Ushiro - 後 (うしろ): back, behind

Migi - 右 (みぎ): right

Hidari - 左 (ひだり): left

Omote - 表 (おもて): forward direction, or in the front side of the opponent

Ura - 裏 (うら): backward direction or in the rear side of the opponent

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Stance:

Hanmi - 半身 (はんみ): half-facing stance. Composed by the two kanji 半 (はん, han) = half; 身 (み, mi) = body.

Or, the stance is also referred as:

Kamae - 構え (かまえ): it comes from 構う [かまう] to mind; to care about; to be concerned about

Migi hanmi - 右 半身 (みぎ はんみ): right foot forward half-facing stance

Hidari hanmi - 左 半身 (ひだり はんみ): left foot forward half-facing stance

Gyaku hanmi - 逆 半身 (ぎゃく はんみ): opposite half-facing stance (one is in left stance and the other in right, for example)

Ai Hanmi - 相 半身 (あい はんみ): same half-facing stance (both are either in left or right stance)

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Attacks:

Dori - 取り (どり): take, catch, grab

Uchi - 内 (うち): hit

Tsuki - 突き (つき): punch, strike

Atemi - 当て身 (あてみ): strike to the body

Katate dori - 片手 取り (かたて どり): wrist grip

Gyaku hanmi katate dori - 逆半身片手 取り (ぎゃくはんみかたて どり): wrist grip in reverse stance, left hand takes right or right takes left

Ai hanmi katate dori - 相 半身片手 取り (あいはんみかたて どり): wrist grip in the same stance, right on right or left on left

Kōsa dori - 交差 取り (こうさ どり): same as **Ai hanmi katate dori**

Morote dori - もろ手 取り (もろて どり): grip of the arm with both hands, also called **Katate ryotedori**

Katate ryōte dori - 片手 両手 取り (かたてりょうて どり): grip of the arm with both hands, also called **Morote dori**

Ryōte dori - 両手 取り (りょうて どり): gripping both wrists

Ushiro ryōte dori - 後ろ 両手 取り (うしろりょうて どり): gripping both wrists from the back, from behind, also called **Ushiro ryō tekubi dori**

Ushiro ryō tekubi dori - 後ろ 両手首 取り (うしろりょうてくび どり): gripping both wrists from the back, from behind, also called **Ushiro ryōte dori**

Kata dori - 肩 取り (かた どり): shoulder grip

Ryō kata dori - 両 肩 取り (りょうかた どり): grip to both shoulders

Ushiro ryō kata dori - 後ろ 両 肩 取り (うしろりょうかた どり): grip to both shoulders from behind

Hiji dori - 肘 取り (ひじ どり): grip on elbow

Ryō hiji dori - 両 肘 取り (りょうひじ どり): grip on both elbows

Ushiro ryō hiji dori - 後ろ 両 肘 取り (うしろりょうひじ どり): grip on both elbows from behind

Mune dori - 胸 取り (むね どり): collar grip by the chest

Eri dori - 襟 取り (えり どり): collar grip by the neck

Kubishime - 首 締め (くび しめ): neck choke

Shōmen uchi - 正面 打ち (しょうめん うち): cut or blow to head

Yokomen uchi - 横面 打ち (よこめん うち): strike to the side of the head

Katadori menuchi: 肩 取り 面 打ち (かた どり めん うち): shoulder grip followed by shomenuchi

Jodan tsuki - 上段 突き (じょうだん つき): strike at head

Chudan tsuki - 中段 突き (ちゅうだん つき): strike at belly/solar plexus

Gedan tsuki - 下段 突き (げだん つき): low strike, compared to chudan

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