



Takemusu Aikido glossary

Aikido 合気道

(ai: harmony; ki: spirit, energy; do: way, path, method)

Ai-hanmi 相半身

(ai: same; han: half; mi: body) Uke and nage stand facing each other with the same foot forward: right/right or left/left

Aiki Jinja 合気神社

(jinja: Shinto temple) The temple built by O-Sensei in Iwama in honor of the deities of Aikido

Agura 胡坐 lit., "foreign/barbarian sitting" is the Japanese term for the position normally referred to as sitting cross-legged in English; also called "Anza" 安座 (an: safe; za: sit/sitting/seated)

Ashi 足

(foot or leg)

Atama 頭

(head)

Atemi 当身

(ate: to strike; mi: body) A strike or blow used during a technique, directed toward the vulnerable parts of the body

Awase 合わせ

(awase: to harmonize, blend, fit) To coordinate and fit your movements and timing to the movements and timing of the attacker

Barai/harai 払い

(sweep)

Bokken/bokuto 木刀

(bo/bok-: wooden; ken/to: sword) Wooden sword

Budo 武道

(bu: martial; do: way, path, method) The Way of the Warrior. Martial arts including fighting techniques, strategy, physical and spiritual training, mental discipline and etiquette



Bukiwaza 武器技
(buki: weapons; waza: technique) Weapons techniques

Chudan 中段
(chu: middle; dan: level)

Damé だめ / 駄目
"Wrong", "bad!"

Dan 段
(dan: level, grade) black belt level

Yudansha 有段者
(yu: to have or possess; sha: person) Person who is a graded black belt

Shodan 初段
(sho: first) First dan.

Nidan 二段
Second dan

Sandan 三段
Third dan

Yondan/Yodan 四段
Fourth dan

Godan 五段
Fifth dan

Rokudan 六段
Sixth dan

Nanadan 七段
Seventh dan

Hachidan 八段
Eighth dan

Kudan/ Kyudan 九段
Ninth dan

Judan 十段
Tenth dan



Deshi 弟子

(de: younger brother; shi: child) A student or apprentice training under a master

Do (also pronounced "michi") 道

(way, path, method)

Dojo 道場

(do: way; jo: place) Place for training

Domo Arigato Gozaimasu/gozaimashita どうもありがとうございます

どうもありがとうございました

Most polite form of thanks in present tense, past tense

Dori/Tori 取り

(grab/ grasp)

Dozo どうぞ

(please, go ahead, begin)

Eri 襟 / 衿

(collar)

Furikaburu 振り被り

(furi:to raise a weapon over the head; kaburu: to carry on or over the head) The movement of raising a ken or jo over the head to the position used for a downward strike

Futari-dori 二人取り

(futari: two people; dori: hold, grasp) Two people holding nage

Gaeshi/Kaeshi 返し

(turn, reverse)

Gedan 下段

(ge: lower; dan: level)

Gi 着

(gi: clothes) In Japanese most often called dogi 道着 (do: way) or keikogi 稽古着 (keiko: training)
A training outfit for martial arts

Gyaku-hanmi 逆半身

(gyaku: opposite; han: half; mi: body) Uke and nage stand facing each other with the opposite foot forward: right/left or left/right.

Ha 刃



The edge of a sword

Hai はい

(hai: yes) Can also be used as a sound to indicate recognition of a command or statement, or said when giving something

Hajime 始め / 初め / はじめ

(command) Begin

Hakama 袴

Traditional Japanese pleated, skirt-like wide trousers (worn by 1 dan holders; in Scandinavia, Holland and some other countries from 3rd kyu)

Hanmi 半身

(han: half; mi: body) Aikido stance in which the front foot is pointing straight forward and the rear foot is at an approximate 90 degree angle as in an upside-down T-shape. The same hip as the front foot and upper body are turned slightly sidewise to make the body a smaller target.

Hanmi-handachi 半身半立ち

(han: half; mi: body; han: half; dachi: standing) Uke is standing and nage is sitting (in seiza)

Hantai 反対

(opposite)

Happo-giri 八方切り

(ha-: eight; po: direction; giri: cut) Eight directional cut with the sword/bokken.

Hara 腹

(stomach) The lower region of the abdomen - the physical and spiritual center; the point in which you focus and center your balance and awareness

Hayagaeshi 速返し

(haya: quick; gaeshi: turn) The turning movement usually from Tsuki No Kamae and directly into yokomen uchi without stopping for the blocking position (as in jodan gaeshi uchi) which is part of this transitional movement

Henka-waza 変化技

(henka: variation; waza: technique) Variation of a basic technique

Hidari 左

left

Hiji 肘



elbow

Hito-e-mi 一重身

(hito: one; e: Japanese counting prefix; mi: body) An Aikido stance resembling hanmi but with the hips pulled further back to the side. Used in irimi-nage, for instance

Hiza 膝

knee

Ho 方/法

(1): direction 方

(2): method 法

Iie いいえ

(iie: no)

Irimi 入り身

(iri: entrance, enter; mi: body) Techniques in which nage places him/herself behind uke

Jiyu-waza 自由技

(jiyu: free; waza: technique) Type of practice where nage improvises, freely choosing the techniques to be used

Jo 丈

(jo: staff) Wooden staff, usually approximately 1 1/2 meters long

Jodan 上段

(jo: upper; dan: level)

Jo-dori 丈取り

(jo: staff; dori: grab, grasp) Techniques used to take the attacker's (uchi's) jo

Juken 銃剣

(ju: gun; ken: sword) Rifle with bayonet

Kaicho 会長

(kai: organization; cho: leader)

Kaiso 開祖

(kaiso: founder of a style) Term used for Ueshiba Morihei O-Sensei

Kaiten 回転

(rotate, turn)

Kaeshi-waza 返し c



(kaeshi: reverse, return; waza: technique) Counter technique

Kamae 構え

(kamae: stance) Aikido stance, encompassing an attitude of heightened mental awareness and readiness to unleash techniques

Kakari-geiko 掛かり稽古

(kakari: to attack or swarm over; geiko/keiko: practice) Attackers (uke) in a row attack one after the other

Kansetsu 関節

(joint)

Kansetsu waza 関節技

Joint techniques

Kao 顔

(face)

Karada 体

(body)

Kata

(1) 肩 Shoulder

(2) 型 Predetermined sequence of movements. Used to learn techniques and principles in Aikido weapons practice

(3) 片 single/ one

Katana 刀

Japanese sword

Katate 片手

(kata: one; te: hand) one-hand, single-handed

Katame-waza 固技:

(katame: to hold or pin; waza: technique) Techniques ending in a hold

Keiko 稽古

(actual meaning: to study old things) Training/ practice.

Ken 剣

Japanese sword

Ken-tai-jo 剣対丈

(ken: sword; tai: against; jo: staff) A series of weapon techniques using the jo to defend



against a sword/bokken

Keri 蹴り

Kick

Ki 気

(ki: energy, spirit, intention) The vital life-force of the body

Kiai 気合

(ki: energy, spirit, intention; ai: harmony) A powerful yell or shout originating from the pit of the abdomen, used to unleash physical and spiritual energy from the body

Kihon 基本

(ki: important, valuable; hon: basic) Basic techniques

Ki-musubi 気結び

(ki: energy, spirit, intention; musubi: to tie together, to bind) The feeling of becoming one with the intentions and movements of your opponent

Ki-musubi no Tachi 気結びの太刀

(ki: energy, spirit, intention; musubi: to tie together, to bind; no: belonging to; tachi: sword) The sixth kumi-tachi (paired sword practice in Aikido). Also known as Otonashi no Ken 音なしの剣 (The Sword of No Sound) This practice is based on the feeling of ki-musubi

Ki no Nagare 気の流れ

(ki: energy, spirit, intention; no: belonging to; nagare: flow) Advanced type of training using flowing movements

Kohai 後輩

(ko: behind, after; hai: colleague) Fellow junior practitioner

Kokyu 呼吸

(kokyu: breath) Coordination of breath, energy and body movement; the concept of kokyu is very deep in its spiritual aspects. Kokyu represents the In-Yo (yin-yang) concept in terms of the perception of duality in all things, both physical and spiritual

Komi 込み

(-komi: thoroughly, decisively, strongly) A suffix used to express a thoroughly completed or a strong action or movement, as in *uchikomi*: uchi: strike; komi: strong or decisive

Kokyu-ryoku 呼吸力

(kokyu: breath; ryoku: power) The power gained through kokyu training

Koshi 腰

(hip)



Kotai 交代 交替

(change) Command, given when, for instance, attacker and defender are to change roles

Kote 小手

(ko: small; te: hand) Wrist

Kubi 首

(neck)

Kuden 口伝

(ku: oral; den: convey, transmit) The oral teachings Ueshiba used to explain important points in Aikido techniques

Kumi-tachi 組太刀

(kumi: to unite, group; tachi: sword) Advanced partner practice with the sword/bokken encompassing 5 basic forms plus variations, and also including the Ki Musubi no Tachi as the 6th form; said to derive from Kashima Shinto Ryu

Kumi-jo 組丈

(kumi: to unite, group; jo: staff) Advanced partner practice with the jo encompassing 10 basic forms

Kuro-obi 黒帯

(kuro: black; obi: belt)

Kuzushi 崩し

(kuzushi: to break) The movement used to unbalance your opponent

Kyu 級

(kyu: student level) Student level, in Aikido beginning at 6th kyu and advancing to 1st kyu toward 1st dan

Ma-ai 間合い

(ma: distance; ai: harmony) The proper combative distance between nage and uke

Mawatte 回って

(mawatte: turn, turn back) Command used when practitioners should turn and move in the opposite direction

Me 目

(me: eye)

Men 面



(men: face, head)

Menkyo kaiden 免許皆伝

(menkyo: license, diploma; kai: everything, den: convey, transmit) Highest diploma representing the acquisition of all the techniques in a given martial art system

Metsuke 目付け

(gaze)

Migi 右

(migi: right)

”Mo ikkai” もう一回

(mo: again; ikkai: one time) Command: “One more time / do it again”

”Mo ichido” もう一度

(mo: again; ichi: one; do: time) Command: “One more time / do it again”

Mudansha 無段者

(mu: none; dan: level; sha: person) Person not yet graded to black belt

Moku-roku 目録

(moku: eye; roku: document) A document or diploma including technical explanations given in traditional martial art systems

Mune (muna-) 胸

(chest, chest area)

Mushin 無心

(mu: nothing; shin: spirit) The state of no thought stived for in martial arts; a feeling of being able to react instinctively; also “munen” 無念 (mu:nothing; nen: thought)

Musubi 結び

(musubi: to tie, bind) The same as ki-musubi: The feeling of becoming one with the intentions and movements of your opponent

Nage 投げ

In Aikido, the person performing the technique; sometimes called *shite* (pronounced *shee-tay*)
仕手 (the doer, performer)

Nagewaza 投技

(nage: throw; waza: technique)
Aikido throwing techniques

Nagare



(nagare: flow)

Ni-nin gake 二人掛け

(ni: two; nin: person, gake: attack) Two uke attacking nage

Obi 帯

(obi: belt)

Omote 表

(omote: front)

Omoto-kyo 大本教

(o: great; moto: foundation; kyo: belief) The name of the Shinto group lead by Onisaburo Deguchi, the most important source of spiritual inspiration for Ueshiba O-Sensei

Onegaishimasu お願いします

(o-negai: wish; shimasu: verb conjugation) Japanese standard expression when requesting or wishing for something; used for instance at the beginning of practice or for requesting someone to practice with you

O-Sensei 大先生

(o: great; sensei: teacher, master) Morihei Ueshiba, founder of Aikido (1883-1969); also called Kaiso: founder

Osae-waza 押さえ技

(osae: lock; waza: technique) Techniques ending in a lock

Owari/owarimasu 終り終わります

(owari: finish, end; masu: verb conjugation) Command used to indicate the end of a training session for instance

Oyo-waza 応用技

(oyo: application; waza: technique) Applied techniques; variations of basic techniques in advanced training; the practical usage of Aikido techniques in a more self-defense based context

Randori 乱取り

(ran: disorder; dori: grab, grasp) Free style, improvisational practice with several attackers, where the types of attack are not predetermined

Rei 礼

(rei: bow, thanks, politeness) Noun: bow; command used in Budo: "bow"

Reigi 礼儀

(rei: bow, thanks, politeness; gi: rule, ceremony) Correct behavior in as well as outside of the



Dojo; also called *reishiki* 礼式 (shiki: ceremony)

Renshu 練習

(ren: to discipline, shu: study) Training, practice

Renzoku 連続

(ren: to bring with; zoku: to continue) One after the other, continuous

Riai 利合

(ri: logic, reason; ai: harmony) The common principals in Aikido connecting empty-handed techniques, sword and staff

Ryu 流

(ryu: school, flow) A prefix meaning a certain style, in Budo context

San-nin dori 3人取り

(san: three; nin: person; dori: grab, grasp) Three attackers holding nage

San-nin gake: 3人掛け

(san: three; nin: person; gake: attack) Three people attacking nage

Saya 鞘

(saya: scabbard, sword sheath)

Seiza 正座

(sei: correct; za: seat, sit) The traditional Japanese way of sitting on your knees

Seichusen 正中線

(sei: correct; chu: center; sen: line)

Center line; this can refer to the centerline of a person's body, or to the line of attack; also called *chushinsen* 中心線 (chu: center; shin: spirit; sen: line)

Sempai 先輩

(sem: in front, before; pai/hai: colleague) Fellow senior practitioner; also *dai sempai* 大先輩, highest level fellow senior practitioner

Sensei 先生

(sen: before, in front; sei: to be born, live) Teacher/master: one who is born before you

Shihan 師範

(shi: teacher; han: example) A representative of a Budo system, graded 6th dan or higher, chief instructor



Shiho 四方
(shi: four; ho: direction)

Shiho-giri 四方切り
(shi: four; ho: direction; giri: cut) Practice of cutting in four directions with the sword

Shiho-tsuki 四方突き
(shi: four; ho: direction; tsuki: thrust) Practice of thrusting with the jo in four directions

Shikko 執行
(knee walking)

Shime/-jime 締
(shime: to squeeze, strangle)

Shimewaza 締技
Strangulation techniques

Shisei 姿勢
(shi: form, appearance; sei: power) Posture

Shiro-obi 白帯
(shiro: white; obi: belt)

Shomen 正面
(sho: correct; men: front)

- (1) The wall in the dojo towards which you bow before starting practice, usually where there is a picture of O-Sensei
- (2): The face or head

Sode 袖
(sode: sleeve)

Sode-guchi 袖口
(sode: sleeve; guchi/kuchi: mouth, entrance) The opening of the sleeve

Soto 外
(soto: outside)

Soto-deshi 外弟子
(soto: outside; deshi: student) Student who lives outside of the dojo, not a live-in student; also called *kayoi-deshi* (kayoi: commuting) 通い弟子

Suburi 素振り



(su: origin; buri: to swing a sword or staff) A basic practice strike or thrust with a jo or bokken

Suki 隙 or 透き

(suki: opening) An opening or weak point in a technique which leaves you open to a counter-Attack

Suwari-waza 座り技

(suwari: sit; waza: technique) Seated techniques, performed in seiza

Tachi-dori 太刀取り

(tachi: sword; dori: grab, grasp) Empty-handed techniques defending against sword attacks

Tai 体

(tai: body), pronounced "karada" when used as a single word

Tai-jutsu 体術

(tai: body; jutsu: technique) Empty-handed Aikido techniques

Tai no Henko 体の変更

(tai: body; no: belonging to; henko: to turn around) Basic practice in turning 180 degrees while uke is grabbing nage's wrist; sometimes called *tai no henka* 体の変化

Tai sabaki 体捌き

(tai: body; sabaki: to move, evade) defensive body movement, movements off the line of attack

Takemusu Aiki 武産合気:

(take: martial; musu: to give birth to; ai: harmony; ki: energy, spirit, intention) A term used by O-Sensei to describe the most advanced level of practice in Aikido: the spontaneous use and creation of techniques through a complete understanding of basic principals

Taninzu gake 多人数掛け

(taninzu: a group of people; gake: attack) A group of people attacking nage; the same as randori

Tanren Uchi 鍛錬打ち

(tan: to forge, train; ren; to practice; uchi: strike) The practice of striking a tire with a suburi bokken in order to obtain hip strength and to learn to unleash maximum power; the word *tanren* is also used in "Yokomen no Tanren", for instance, meaning the practice of striking yokomen with the hand while your partner blocks the strike

Tanto 短刀

(tan: short; to: sword) Knife, dagger

Tanto-dori 短刀取り

(tan: short; to: sword, dori: grab, grasp) Knife disarming techniques



Tegatana 手刀

(te: hand; k/gatana: sword) The edge of the hand

Tsuba 鐔

(tsuba: sword guard) The small disc-like decorative object which is found between the blade and hilt of the Japanese sword, used to prevent the front hand from sliding down onto the blade

Tsuka 柄

(tsuka: hilt) The hilt or handle of the Japanese sword

To 刀

(to: sword)

Tobu ukemi 飛ぶ受身

(tobu: jump, fly; ukemi: breakfall) A high breakfall

Tsuki 突き

(tsuki: thrust) A thrust with a jo or bokken, or a straight punch

Uchi 打ち

(1) (uchi:strike) Strike, most often from above the head in a downwards motion

(2) (uchi: strike) Term for the attacker in jo techniques, also called *uchi-jo* 打ち丈

(3)(uchi: inside) 内

Inner or inside

Uchi-deshi 内弟子

(uchi: inside; deshi: student) A live-in student / apprentice who trains under and assists a sensei on a full time basis

Uchi-tachi 打ち太刀

(uchi: strike; tachi: sword) In sword partner practice: the attacker

Uke (1) 受

(uke: to receive) The person receiving the technique; in empty-handed techniques meaning the person who is thrown; the attacker.

Uke (2) 受

(uke: to receive) In jo practice, the person who is defending. Often called *uke-jo* 受け丈

Ukemi 受身

(uke: to receive; mi: body) To receive (the technique) through the body; rolls, breakfalls and in general the way to receive a given technique through proper body movements

Uke-tachi 受け太刀

(uke: to receive; tachi: sword) In sword partner practice, the person who is defending



Ushiro 後ろ
(ushiro: behind, in back)

Waza 技
(waza: technique)

Yamé やめ
(yamé: stop) pronounced “yah-may;” Command: “stop”

Yari 槍 鏝
(yari: spear)

Yoko 横
(yoko: side)

Yokomen 横面
(yoko: side; men: face) The side of the head; often used as a shortened term for *yokomen uchi*

Yokomen-uchi 横面打ち
(yoko: side; men: face; uchi: strike) Strike with the edge of the hand, jo, bokken or tanto to the side of the head / temple / neck

Yoko ukemi 横受身
(yoko: side; ukemi: breakfall) Sideways breakfall

Yubi 指
(yubi: finger)

Yudansha 有段者
(yu: to possess; dan: grade; sha: person) Black belt graded person

Zanshin 残心
(zan: to remain; shin: spirit) The mental connection between you and your partner even after completion of a technique; this manifests itself in the person performing the technique holding the final position while channeling a surge of energy outwards; the feeling of the power continuing to pour out even after the movement is over

Zenbu 全部
(zen: everything; bu: part) Everything, all

Zengo-giri 前後切り
(zen: forward; go: backward; giri: cut) The practice of cutting with the sword to the front and rear consecutively



COPENHAGEN
AIKI SHUREN DOJO

Iwama Takemusu Aikido

Zengo- tsuki 前後突き

(zen: forward; go: backward, tsuki: thrust) The same practice as above, but thrusting with the jo instead