

Selected Glossary of Japanese Terms used in Aikido

Basic guide to pronunciation of Japanese words

Consonants and vowels in the Japanese language are pronounced the same way each time they are encountered. Thus, if you know the pronunciation of one word, you already know how the vowels and consonants will sound in another word containing those vowels and consonants. The following guide, primarily for speakers of English, provides some examples that may be of help:

'a' sounds like 'a' in 'march'	'y' sounds like the 'y' in 'young'
'e' sounds like 'e' in 'bed'	'ai' sounds like the 'I' in 'sign'
'i' sounds like 'ee' in 'keel'	'ae' sounds like the 'i' in 'high'
'o' sounds like 'oa' in 'boat'	'ei' sounds like the 'a' in 'say'
'u' sounds like the 'oo' in 'mood'	'g' sounds like the 'g' in 'great'

Basic counting in Japanese

Counting in Japanese has more nuances and complexity than counting in English, and the way of counting differs, depending on the nature of the object or thing that is being counted. This guide covers very basic counting that one might commonly encounter during training in the dojo.

one ichi	elevenjuu-ichi
two ni	twelvejuu-ni
three san	thirteen.....juu-san
four yon (or shi)	fourteenjuu-yon
five go	fifteenjuu go
six roku	sixteen.....juu roku
seven nana (or shichi)	seventeenjuu shichi
eight hachi	eighteen.....juu hachi
nine ku (or kyu)	nineteen.....juu kyu
ten jyu	twentyni-juu

Some common Japanese expressions used in the Dojo

Japanese Expression	Approximate English Pronunciation	Translation
" <i>arigato gozaimashita!</i> "	"ah-di-gah-toh go-zigh-mosh-ta"	"thank-you very much"
" <i>one-gaishimasu!</i> "	"on-nay-guy-shee-moss"	lit. "I make a request" (as in "Please", when asking for something)
" <i>sumi-masen!</i> ", or " <i>gomen-nasai!</i> "	"soo-me-mah-sen" "go-men-nah-sigh"	"please excuse me!" (accompanied by a bow)
" <i>hai!</i> "	"Hi!"	"yes!"
" <i>oshiete kudasai!</i> "	"oh-shee-ay-tay koo-da-sigh"	"please teach me" or "please show me"

Japanese names of some attacks used in Aikido training

<i>Katate tori</i>	one-handed grip on one wrist
<i>Ryote tori</i>	one-handed grip on each wrist
<i>Morote tori</i>	two-handed grip on one wrist
<i>Mune tori (muna-mochi)</i>	one-handed grip on lapel
<i>Sode tori</i>	one-handed grip on one sleeve
<i>Kata tori</i>	one-handed grip on shoulder
<i>Ryokata tori</i>	one-handed grip on each shoulder
<i>Eri-tori (also: Eri-dori)</i>	collar grasp at the back of the neck
<i>Ushiro ryotekubi tori</i>	ryote-tori grip from behind (also: ushiro ryote tori)
<i>Ushiro ryokata tori</i>	ryokata grip from behind
<i>Ushiro katate tori kubishime</i> .	one-handed grip on wrist and choke from behind
<i>Tsuki</i>	straight punch
<i>Shomen uchi</i>	vertical strike to the head with the hand-blade (or weapon)
<i>Yokomen uchi</i>	diagonal strike to the head with the hand-blade (or weapon)
<i>Kesa uchi</i>	Diagonal strike to the neck with the hand blade (or weapon)
<i>Kata tori men uchi</i>	one-handed grip on shoulder with shomen-uchi strike
<i>Kata tori yokomen uchi</i>	one-handed grip on the shoulder with yokomen-uchi strike

Types of Aikido Training

<i>Hanmi Handachi waza</i>	techniques executed with an attacker in a standing position and receiver (nage) in a kneeling position
<i>Henka waza</i>	modifying or varying technique(s), or shifting to another technique during execution
<i>Jiyu waza</i>	multiple attack(s)
<i>Kaeshi waza</i>	counter technique(s)
<i>Kata renshu</i>	forms training
<i>Ki-no-nagare</i>	flowing/continuous practice
<i>Kihon waza</i>	basic/static training
<i>Renraku waza</i>	changing from one technique into another technique
<i>Suwari waza</i>	techniques executed from a kneeling position
<i>Tachi waza</i>	Techniques executed from a standing position

Selected Glossary of Japanese Terms used in Aikido

A

<i>"Arigato gozaimasu"</i>	"Thank you"
<i>"Awari" (or "Awarimasu")</i>	"finished"
<i>Ai</i>	harmony, unity, to join or become one with, to love
<i>Ai-hanmi</i>	asymmetric stance (e.g. right foot to right foot)
<i>Ai-hanmi katate-tori</i>	a wrist grabbing attack, with right on right or left on left. (Compare: <i>Gyaku-hanmi katatedori</i>)
<i>Aiki</i>	harmonizing or blending with energy
<i>Aikibudo</i>	budo based on the aiki principle (one of the earlier names O-Sensei used for Aikido)
<i>Aikido</i>	the way of harmonizing with the force and principle of nature
<i>Aikidoka</i>	one who trains in Aikido (specifically, at an advanced or professional level)
<i>Aiki-jinja</i>	the Aikido temple in Iwama
<i>Aikijo</i>	Aikido jo-staff exercises
<i>Aiki-jutsu</i>	refers to a style of jujutsu. The term is often used in reference to Daito Ryu, a style of jujutsu in which the founder trained (Sometimes also referred to as aiki-jujutsu)
<i>Aikikai</i>	Aikido "association" or "organization" or "club" Also refers to the name of the Aikido association headed by the Ueshiba family
<i>Aiki-ken</i>	sword exercises/forms of Aikido
<i>Aiki-nage</i>	aiki-throw (a throwing technique)
<i>Aiki-otoshi</i>	aiki drop (a throwing technique)
<i>Aiki-taiso</i>	aikido warm-up exercises
<i>Ashi</i>	leg or foot
<i>Atemi (also: Ate)</i>	strike
<i>Awase</i>	to blend/harmonize/match the timing of the attack and response
<i>Ayumi-ashi</i>	leg movement using alternating steps, right and left (similar to a normal walking gait)

B

<i>Batto</i>	sword
<i>Batto-ho</i>	sword training
<i>Bo</i>	a longer wooden staff (approx. 180-200cm in length)
<i>Bokken</i>	wooden sword
<i>Bokuto</i>	wooden sword
<i>Bu</i>	"Martial" or "military." The Kanji character for "bu" has two components: one indicates a weapon, while the other means to stop or lay aside. Thus, bu has a different connotation than the direct English translation.
<i>Budo</i>	from Japanese, lit. "the way of battle" or "the way of martial arts"
<i>Budoka</i>	one who trains in budo (specifically refers to someone who is at an advanced or professional level)
<i>Bugei</i>	martial arts/battle arts (older usage)
<i>Bujin</i>	person/people of a martial art tradition
<i>Buki-waza</i>	(training in) weapons techniques
<i>(also Bukiwaza)</i>	
<i>Bunbu-ichi</i>	refers to a unity of martial and literary arts. One of the historic ideals of the Japanese samurai class
<i>Bunbu-ryodo</i>	the dual paths of the martial and literary arts. One of the historic ideals of the Japanese samurai class
<i>Bushi</i>	term referring to a classical Japanese warrior or professional martial artist (usually in a historical context)
<i>Bushido</i>	"The Way of the Warrior." A code of ethics relating to the bushi or samurai class in ancient Japan.

C

<i>Chikara</i>	referring to power, force or strength
<i>Choku</i>	Direct (eg. <i>choku-zuki</i> = direct thrust/punch)
<i>Choku-zuki</i> <i>(also: Choku-tsuki)</i>	direct, mid-level thrust with the jo or fist
<i>Chudan</i>	Middle guard position (compare with: <i>Jodan</i> =upper position and <i>Gedan</i> : lower position)
<i>Chudan-no-kamae</i>	guard position with hands or a weapon at middle (belly or solar plexus) height
<i>Chudan-zuki</i>	a thrusting attack (with fist or a weapon) at middle height, aimed at the belly or solar plexus
<i>(also: Chudan tsuki)</i>	

D

<i>Daisho</i>	refers to the pair of swords traditionally worn by samurai, consisting of a long sword (daito) and short sword (shoto)
<i>Daito ryu</i>	the name of a school/lineage/style of Aiki-jujitsu
<i>Dame</i>	"wrong", or "bad"
<i>Dan</i>	blackbelt rank (lit: "step")
<i>Den</i>	"A tradition", "a teaching" or, "a system" (See ryu)
<i>Deshi (Seito)</i>	student, pupil, disciple, apprentice
<i>Do (Michi)</i>	the "way", path, or road
<i>"Do chu no sei"</i>	a phrase describing "stillness in motion". "Do" is "movement," while "sei" has the meaning of "calmness." "Do chu no sei" is, then, "calmness in the midst (chu) of action". When martial arts are depicted as "moving meditation," it is typically in reference to this quality.
<i>Do-gi (Keiko-gi)</i>	training uniform
<i>Dojo</i>	training hall, place where the 'way' is practiced
<i>Dojo cho</i>	title referring to the head/leader of a dojo (Chief Instructor)
<i>Doka</i>	poem about the way
<i>Domo</i>	much (as in: domo arigato gozaimashita)
<i>Domo arigato gozaimasu</i>	thank you very much (for something going on in the present)
<i>Domo arigato gozaimashita</i> ..	thank you so much (for something completed)
<i>Dori (also: tori)</i>	take, catch, grab
<i>Dosa</i>	action; movement
<i>Doshu</i>	Lit: "way master"; title referring to the leader of a Japanese martial style
<i>"Dozo!"</i>	"Please!"

E

<i>Embukai</i>	public demonstration
<i>Empi</i>	elbow strike
<i>Eri</i>	referring to the neck or collar
<i>Eri-tori (also: Eri-dori)</i>	collar grasp at the back of the neck

F

<i>Fudo-shin</i>	"Immovable mind". A state of mental equanimity or imperturbability. Fudoshin does not indicate a state of mind that is inflexible, but rather, refers to a mental state where one is not easily upset by internal thoughts or external factors.
<i>Fuku-shidoïn</i>	a formal title with an approximate meaning of "assistant instructor" (compare with <i>shidoïn</i> and <i>shihan</i>)
<i>Funakogi undo</i>	"rowing exercise" (also called: <i>Torifune</i>)
<i>Furitama</i>	movement and breathing exercise to still/calm/settle the flow of <i>Ki</i> in the body
<i>Futari</i>	referring to two persons
<i>Futari-dori/Futari-gake</i>	attacks featuring two opponents (also see: <i>ni-nin-gake</i>)

G

<i>-gaeshi (also: Kaeshi)</i>	reversal or change (of direction or technique)
<i>-garami (also: Karami)</i>	tie up, entangle, arrest
<i>Gasshuku</i>	training/seminar/camp; lit: "lodging together"
<i>Gedan</i>	lower position (compare with: <i>Jodan</i> and <i>Chudan</i>)
<i>Gedan-barai</i>	block in a lower position
<i>Geri</i>	Kick (eg. <i>Mae-geri</i> = front kick)
<i>Gi</i>	training garments (also <i>Do-gi</i> or <i>Keiko-gi</i>)
<i>Giri</i>	Duty/obligation
<i>-giri (also: Kiri)</i>	to cut (such as with a sword or knife - eg. <i>Kesa-giri</i>)
<i>Go</i>	the number "Five"
<i>Gokyo</i>	"Fifth technique" - a pinning technique against knife attack
<i>"Gomen-nasai"</i>	"Excuse me"
<i>Go-no-sen</i>	refers to the timing of response to an attack: in this case a "late" or "waiting" response to an attack
<i>Gotai (also see: Kotai)</i>	static training. Compare: <i>jutai</i> , <i>ryutai</i> and <i>ki-no-nagare</i>
<i>Gyaku</i>	reverse, or opposite
<i>Gyaku-hanmi</i>	symmetric stance (eg. Right foot to left foot). Compare with <i>Ai-hanmi</i>
<i>Gyaku-hanmi katatedori</i>	a wrist grabbing attack, with right on left or left on right. (Compare: <i>Aihanmi katatedori</i>)
<i>Gyaku-kesa</i>	diagonal upward cut, from low to high position
<i>Gyaku-te</i>	referring to a reversed hand position
<i>Gyaku-tsuki</i>	a thrusting strike with opposing arm and leg forward

H

<i>Ha</i>	refers to the cutting edge of a Japanese Sword
<i>Hachi</i>	the number "Eight"
<i>Hagakure</i>	Meaning " <i>In the Shadow of Leaves</i> ", is a practical and spiritual guide for a warrior, drawn from a collection of commentaries by the Japanese samurai Yamamoto Tsunetomo. Tsunetomo Tashiro compiled these commentaries from his conversations with Tsunetomo from 1709 to 1716. However, it was not published until many years afterwards. <i>Hagakure</i> is also known as the <i>The Book of the Samurai, Analects of Nabeshima, or the Hagakure Analects.</i>
" <i>Hai!</i> "	"Yes!"
" <i>Hajime</i> "	"begin!"
<i>Hakama</i>	pleated divided-skirt (usually worn by senior ranks in Aikido)
<i>Hancho</i>	team leader or chairperson
<i>Hanmi</i>	basic oblique stance common to aikido
<i>Hanmi-handachi</i>	nage kneeling and uke standing
<i>Hantai</i>	opposed
<i>Happo</i>	eight directions (compare: <i>Shiho</i>)
<i>Happo-giri</i>	eight direction cutting (compare: <i>Shiho-giri</i>)
<i>Happo-moku</i>	attention in all (eight) directions
<i>Hara</i>	the body's center of gravity located in the area of the lower abdomen (see also: <i>Tanden</i>)
<i>Harai (also: Barai)</i>	a sweeping block
<i>Harai-zuki</i>	jo technique consisting of a sweeping block/parry, followed by a thrusting counter attack
<i>Hasso-gaeshi</i>	jo technique that involves sweeping the jo through an arc to a vertical position at shoulder level
<i>Hasso-kamae</i>	guard position with a weapon raised vertically at the shoulder level
" <i>Hayaku!</i> "	"quickly!"
<i>Heiho</i>	method (of training)
<i>Henka-waza</i>	changing techniques during the execution of basic techniques or shifting to other techniques
<i>Hiragana</i>	Japanese phonetic writing. (Compare: <i>Katakana</i>)
<i>Hito e mi</i>	making the body small: guard position with more angle than hanmi (see also: <i>Ura Sankaku</i>)
<i>Ho</i>	method (of training)
<i>Hidari</i>	left (side or direction)
<i>Hiji</i>	elbow
<i>Hiji-jime/Hiji-kime</i>	elbow lock (also called: <i>Rokkyo</i> in some dojo)
<i>Hiji-ryoku</i>	elbow power
<i>Hineri</i>	twist
<i>Hiza</i>	knee

<i>Hombu</i>	headquarters dojo or organization (in Aikido this is usually used in reference to Aikido World Headquarters in Tokyo, Japan)
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I

<i>Ichi</i>	the number "one"
<i>Ikkyo</i>	"first technique" arm immobilization
" <i>Ima!</i> ".....	"now!"
<i>Irimi</i>	entering movement (lit: "enter body")
<i>Irimi-nage</i>	throw by entering (irimi) either in front of, or behind an opponent

J

<i>Jiyu</i>	Free; freedom
<i>Jiyu-waza</i>	free-style techniques
<i>Jo (also: Jyo)</i>	'shorter' wooden staff (approx. 130-135cm in length)
<i>Jodo (also: Jyodo)</i>	the way of the staff
<i>Jo-nage (also: Jyo-nage)</i>	nage (with jo) defends against/throws one or more unarmed attacker(s)
<i>Jo-tori (also: Jyo-tori)</i>	jo taking (disarming) techniques
<i>Jodan</i>	upper guard (high) position
<i>Jodan tsuki</i>	straight punch/thrust to the face or neck
<i>Jodan-gaeshi</i>	upper position block and counter attack with the jo
<i>Joseki</i>	Reference to position/location in the dojo position - the place of honored, or high seat, on one's right side when facing the kamiza
<i>Ju (also: Jyu)</i>	soft, flexible
<i>Ju (also: Jyu)</i>	the number "ten"
<i>Juji</i>	plus sign, vertical cross (lit: "10 symbol")
<i>Juji-garami</i>	crossed arm-lock throw
<i>Juji-nage</i>	crossed arm-lock throw
<i>Ju-jutsu (also: jujitsu)</i>	lit: "soft skill"
<i>Jun-tsuki</i>	strike with the same arm and leg forward, also called: <i>oitsuki</i> (compare: <i>gyakutsuki</i>)
<i>Jutai</i>	"soft body" or smooth training. (compare: <i>gotai</i> , <i>ryutai</i> and <i>ki-no-nagare</i>)
<i>Jutsu</i>	lit: "skill"; "technique" or "art"

K

<i>Kaeshi</i> (also: <i>Gaeshi</i>)	reversal or change (of direction or technique)
<i>Kaeshi-waza</i>	technique reversals or counters (lit. reversing technique)
<i>Kaeshi-tsuki</i>	reverse hand thrusting strike with the jo-staff
(also: <i>Kaeshi-zuki</i>)	
<i>Kaiten</i>	Turning around; revolving
<i>Kaiten-nage</i>	rotation throw
<i>Kakari-keiko</i>	continuous attack training (often in groups forming a line of sequential attackers)
(also: <i>Kakari-geiko</i>)	
<i>Kaku</i>	corner/angle (eg. <i>Sankaku</i> = triangle)
<i>Kakudo</i>	angle
<i>Kaiso</i>	Founder or originator
<i>Kamae</i>	guard stance or ready position (also: <i>gamae</i>)
<i>Kamiza</i>	refers to an honorary location in the dojo: Lit. "Seat of the gods"
<i>Kan</i>	intuition
<i>Kangeiko</i>	"cold training"; referring to a period of high intensity winter training
<i>Kanji</i>	Chinese characters that are used in the modern Japanese logographic writing system, along with <i>hiragana</i> , <i>katakana</i> , and the Arabic numerals. The Japanese term <i>kanji</i> literally means "Han characters".
<i>Kansetsu</i>	joint (on the body)
<i>Kansetsu-waza</i>	techniques that involve pinning/immobilization using joint locks
<i>Karami</i>	tie up, entangle, arrest
(also: <i>Garami</i>)	
<i>Kata</i>	pre-defined forms or specific techniques
<i>Kata</i>	shoulder
<i>Kata-gatame</i>	shoulder pin
<i>Katakana</i>	Japanese phonetic writing. (Compare: <i>hiragana</i>)
<i>Katame</i>	lit: to harden, solidify, fix, stabilize
<i>Katame-waza</i>	pinning/immobilization techniques
<i>Kata-mochi</i>	one handed grip to one shoulder
<i>Katana</i>	Japanese sword
<i>Katate</i>	Lit: "one-side hand"
<i>Katate-tori</i>	one handed grip on one wrist
<i>Katate-tori kubishime</i>	one handed grip to wrist with neck choke from behind
<i>Kata-tori</i>	one handed grip to one shoulder

<i>Kata-tori men-uchi</i>	one handed grip on one shoulder with shomen-uchi strike to the head
<i>Kata-tori yokomen-uchi</i>	one handed grip on one shoulder with yokomen-uchi strike to the head
<i>Kata renshu</i>	training involving the accurate repetition of specific pre-defined kata (forms)
<i>Keiko</i>	training or practice
<i>Ken</i>	referring to the Japanese sword
<i>Kesa-uchi</i>	diagonal strike to the side of the neck with the intent of cutting the body
<i>Ki</i>	spirit, life force, or vital energy
<i>Kiai</i>	a forceful exhalation of the breath with a sharp vocalization, shout or scream
<i>Kihon</i>	basic (basic point, emphasis point)
<i>Kihon-waza</i>	training in basic techniques; can also refer to "static" practice of techniques. (also see: <i>Kotai</i>)
<i>Kime</i>	mental focus
<i>Kime</i>	lock/immobilization (eg. Hiji-kime: elbow immobilization)
<i>Ki-musubi</i>	to connect/bind the ki
<i>Ki-musubi-no-tachi</i>	series of paired sword encounter movements that build awareness of connection/ki of the partner
<i>Ki no nagare</i>	to flow with ki (flowing/continuous practice)
<i>Kiri</i>	to cut
<i>Kiri-kaeshi</i>	turning cutting movement with the sword
<i>Koan</i>	Zen training riddle
<i>Kobudo</i>	refers to older/traditional budo, or budo of the pre-modern era
<i>Kohai</i>	one's junior
<i>Koho</i>	backward, to the rear
<i>Koho tankan</i>	backward turning step
<i>Koho ukemi</i>	backward ukemi
<i>Koho undo</i>	backward rolling exercises
<i>Kokoro</i>	"heart"
<i>Kokyu</i>	breath
<i>Kokyu-dosa</i>	seated breath power exercise
<i>Kokyu-nage</i>	breath throw
<i>Kokyuho</i>	breath exercise ("method of the breath")
<i>Kokyu ryoku</i>	breath power
<i>"Konban wa"</i>	"Good evening"

"Konnichi wa"	"Good day"
<i>Kosa</i>	to cross over or pass
<i>Kosa-tori</i>	cross hand grasp to the wrist, the same as <i>Ai-hanmi katate-tori</i>
<i>Koshi</i>	referring to the hip(s) or lower back
<i>Koshi-nage</i>	hip throw
<i>Kotai (also: Gotai)</i>	static training. Compare: <i>jutai</i> , <i>ryutai</i> and <i>ki-no-nagare</i>
<i>Kote</i>	wrist/forearm
<i>Kote-gaeshi</i>	wrist/palm turning throw
<i>Kote-hineri</i>	twisting of the wrist (eg. <i>Sankyo</i>)
<i>Kote-mawashi</i>	turning of the wrist (eg. <i>Nikyo</i>)
<i>Ku</i>	the number "nine"
<i>Kubi</i>	neck
<i>Kubishime</i>	neck choke
<i>Kumi</i>	group/set
<i>Kumi-jo</i>	jo-staff techniques/encounters, practiced jo against jo
<i>Kumi-tachi</i>	sword exercises/encounters, practiced sword against sword
<i>Kuzushi</i>	to break the balance
<i>Kyu</i>	rank, grade, level (also: term for a white belt rank/grade)

L

Terms starting with the letter 'L' are not found in Japanese

M

<i>Ma-ai</i>	"distance" or "spacing" between two or more persons (In a martial context this is used in reference to physical distance between two parties. May also be used in reference to "psychological" or "psychic" distance)
<i>Mae-geri</i>	front kick
<i>Mae-ukemi</i>	forward roll or fall
" <i>Masakatsu Agatsu</i> "	"True Victory is Self-Victory" - a principal tenet of AIKIDO
" <i>Matte!</i> "	"stop!"
<i>Mawashi</i>	to turn around or rotate
<i>Men</i>	Referring to the face or head
<i>Metsuke</i>	a way of using/focusing the eyes (referring to: eye focus)
<i>Michi</i>	a "Way", "road" or "path"
<i>Migi</i>	right. Refers to right side - eg. <i>Migi-hanmi</i> = right foot forward stance (Compare: <i>hidari</i>)
<i>Misogi</i>	self purification

<i>Mitori-keiko</i> (also <i>Mitori-geiko</i>)	training with the eyes (observing training)
<i>Mochi</i>	grasp (eg. <i>katate-mochi</i>)
<i>Mokuso</i>	Silent meditation or concentration
<i>Morote-tori</i>	two handed grip, both on one wrist
<i>Mu</i>	nothing/empty
<i>Mudansha</i>	practitioner below <i>dan</i> grade (lit: “no rank person”) (compare: <i>Yudansha</i>)
<i>Mune</i>	chest or lapel
<i>Mune-mochi</i>	one handed grip on lapel
<i>Mune-tori</i> (also: <i>Mune-dori</i>)	one handed grip on lapel
<i>Mushin</i>	empty mind
<i>Muso Shinden Ryu</i>	name of a style/school of laido
<i>Musubi</i>	to tie together (eg. “ <i>ki musubi</i> ”, meaning: “to bind/tie-up <i>Ki</i> ”)

N

<i>Nage</i>	the person who performs the technique (also: <i>shite</i> or <i>tori</i>)
<i>Nagare</i>	from the Japanese verb “ <i>Nagaru</i> ” - to flow
<i>Nagewaza</i>	throwing techniques
<i>Nana</i> (also: <i>Shichi</i>).....	the number “seven”
<i>Nen</i>	purity/unity of mind
<i>Ni</i>	the number “two”
<i>Nikkyo</i>	“second technique” arm control technique applied with a wrist/hand turn
<i>Ni-nin-gake</i>	two person attacks/training (see also: <i>Futari-tori</i>)

O

<i>Obi</i>	belt
<i>Oitsuki</i>	a strike with same arm and foot forward also called <i>jyuntsuki</i>
<i>Omote</i>	to the front (movement or direction)
<i>Onegaishimasu</i>	lit. "I make a request" (as in: "Please", when asking for something)
<i>Osae</i>	control (eg. <i>ude-osae</i> = arm control)
<i>Osae-waza</i>	controlling techniques
<i>O-Sensei</i>	"great teacher" or "revered teacher" (in Aikido this title is most often used in reference to Master Morihei Ueshiba, the founder of Aikido)
<i>Otoshi</i>	drop (as in a technique, eg. <i>Sumi-otoshi</i> = corner drop)
<i>Oyo-waza</i>	applied techniques, modified for efficiency

P

Terms starting with the letter 'P' are rarely used in Japanese

Q

Terms starting with the letter 'Q' are not used in Japanese

R

<i>Randori</i>	free-style practice or sparring, often freestyle with multiple-attacker. Lit. "messy striking"
<i>Rei</i>	term meaning "veneration" or "respect". Also refers to the etiquette and the formal bow or salutation, in the context of showing respect
<i>Reigi (also: Reigi-saho)</i>	Etiquette/manner of respectful conduct - in the context of showing veneration or respect
<i>Renshu</i>	"training": to prepare or train the body through repetition
<i>Renzoku</i>	continuous
<i>Renzoku uchikomi</i>	jo-staff exercise
<i>Ritsurei</i>	standing bow
<i>Rokkyo</i>	"Sixth teaching": a technique which applies a bar or pin to the elbow (See: <i>hiji-kime/hiji-jime osae</i>)
<i>Rokku</i>	the number "six"
<i>Ryo</i>	both
<i>Ryote-mochi</i>	two handed grip, one on each wrist

<i>Ryokata-tori</i>	two handed grip, one to each shoulder
<i>Ryote-tori</i>	two handed grip, one on each wrist
<i>Ryu</i>	school or tradition
<i>Ryu</i>	"to flow"
<i>Ryu-tai</i>	flowing/fluid training. (compare: jutai, ryutai and ki-no-nagare)

S

<i>Sabaki</i>	(body) movement (eg. Tai-sabaki or Ashi-sabaki)
<i>San</i>	the number "three"
<i>Sankaku</i>	triangle
<i>Sankakutai</i>	lit: "triangle body" refers to the positioning of the feet in hanmi to make a triangular shape
<i>Sankyo</i>	movement similar to ikkyo with added outward twisting of the hand/palm
<i>San-nin-dori</i>	three person attacks/training
<i>San-nin-gake</i>	three person attacks/training
<i>Saya</i>	sword scabbard
<i>Saya-biki</i>	refers to the sliding movement of the scabbard around the hip, while drawing a Japanese sword
<i>Satori</i>	enlightenment (in reference to meditation/Zen training)
<i>Seigan</i>	middle "ready" position with tachi or bokken
<i>Seiretsu!</i>	"line up!"
<i>Seiza</i>	formal sitting position on the knees (correct/preferred way to sit on the mat in the dojo)
<i>Sempai</i>	a senior student
<i>Senaka undo</i>	back stretch
<i>Senaka</i>	the back (of the body)
<i>Sen-no-sen</i>	refers to the timing of response to an attack: in this case countering/responding as an attack is initiated
<i>Sen-sen-no-sen</i>	refers to the timing of response to an attack: in this case countering/responding before an attack is initiated or formulated
<i>Sensei</i>	teacher, lit. "one who was born before"
<i>Shi (also: Yon)</i>	the number "four"
<i>Shi</i>	"death" or "dead"
<i>Shiai</i>	competition or tournament
<i>Shichi (also: Nana)</i>	the number "seven"
<i>Shidojin</i>	a formal title with an approximate meaning of "instructor"

<i>Shihan</i>	a formal title meaning, approximately, "master instructor" or "teacher of teachers" (usually only given to professional instructors of 6th dan rank or above)
<i>Shiho</i>	four directions
<i>Shiho-giri</i>	four direction cutting
<i>Shiho-nage</i>	four direction throw
<i>Shi-kaku</i>	a square; fourth corner (also: 'dead corner')
<i>Shiki</i>	courage
<i>Shikko</i>	knee walking
<i>Shime</i>	squeeze or strangle (as in a joint lock, or application of a choke)
<i>Shimoseki</i>	refers to a location or position in the dojo. Lower place or lower seat (on the left side when facing the kamiza)
<i>Shimoza</i>	refers to position in the dojo. Lower seat (the side of the dojo opposite the kamiza)
<i>Shin</i>	mind/heart
<i>Shinken</i>	sharp authentic Japanese sword; a "live-blade"
<i>Shinogi</i>	a ridge on the rear lateral side of a sword/bokken
<i>Shisei</i>	posture
<i>Shite</i>	thrower, throwing side; protagonist
<i>Shizentai</i>	natural body posture
<i>Sho</i>	first; beginning
<i>Shodan</i>	lit: "first step". Refers to the first "dan" or black belt grade
<i>Shomen</i>	directly in front; Lit: "straight face" (referring to the front of the dojo, or to an attack to the head/face)
<i>Shomen-ate</i>	an attack to the head/face
" <i>Shomen ni rei!</i> "	"rei/bow to the shomen of the dojo!"
<i>Shomen-uchi</i>	vertical strike to the center of the head with the hand blade
<i>Shoshinsha</i>	beginner
<i>Shuto (also: Tegatana)</i>	hand blade
<i>Sode</i>	sleeve (at the elbow)
<i>Sode-tori</i>	one handed grip to the sleeve (near the elbow)
<i>Soku iriminage</i>	a side entering throw with the arm across the partners chest (also: Kokyuho)
<i>Soto</i>	outside; eg: as in "soto-tenkan" (outside body turning movement)
<i>Soto-kaiten</i>	outside turning/rotation
<i>Soto-tenkan</i>	Turning/rotating to the outside

<i>Suburi</i>	a basic movement of repetitive body/mind purification training (often with a weapon)
<i>Suki</i>	referring to a physical or mental "opening"; undefended point
<i>Sumi-otoshi</i>	corner drop
<i>Sutemi</i>	Lit: "to throw away/sacrifice the body"
<i>Sutemi-waza</i>	"sacrifice" techniques that involve intentionally losing one's own balance
<i>Suri</i>	To rub, graze, scrape, abrade to slide
<i>Suri-ashi</i>	to slide the legs/feet (a method of walking by sliding the feet)
<i>Suwari waza</i>	techniques performed from a kneeling position

T

<i>Tachi tori</i>	sword taking (disarming) techniques
<i>Tachi waza</i>	techniques performed from a standing position
<i>Taijutsu</i>	body arts; empty-handed (unarmed) techniques
<i>Tai-no henko</i>	lit: "change of the body"; body changing/turning exercise
<i>Tai-sabaki</i>	body movement
<i>Taiso</i>	Body exercises
<i>Tanden</i>	center (also see: <i>hara</i>)
<i>Tanren</i>	drill/exercise
<i>Tanto</i>	knife (usually < 25-30cm)
<i>Tanto-tori</i>	knife taking (disarming) techniques
<i>Tatami</i>	traditional Japanese mat made of bound-straw
<i>Te</i>	referring to hand/hands (eg. <i>Tegatana</i> = "hand blade")
<i>Tegatana</i>	hand-sword/hand-blade (see also: <i>Shuto</i>)
<i>Te-ho-doki</i>	method of moving the hand to detach a katate-tori grip
<i>Tekubi</i>	wrist
<i>Tenchi-nage</i>	"heaven and earth" throw
<i>Tenkan</i>	turn around, conversion, change body pivoting/turning movement
<i>Tori</i>	take, hold, take away; thrower, throwing side; person who executes a technique (see also: <i>shite</i> and <i>nage</i>)
<i>Torii</i>	a Japanese gate
<i>Tsuba</i>	sword guard
<i>Tsuka</i>	the handle of a Japanese sword
<i>Tsuka-ate</i>	a strike with the "butt" or handle of a bokken or Japanese sword

<i>Tsugi-ashi</i>	following step; a sliding step where the front foot slides and the back foot follows without passing the front foot
<i>Tsuki (also: Zuki)</i>	a straight thrust or punch
<i>Torifune</i>	"Rowing exercise" (also called: <i>Funakogi Undo</i>)
<i>Toyama-no-metsuke</i>	lit: "far mountain attention" or "far mountain eyes; refers to the way/method of focusing the eyes during training

U

<i>Uchi</i>	referring to "inside", as in uchi-tenkan (inside body turning movement)
<i>Uchi</i>	a strike (eg. shomen-uchi)
<i>Uchi-deshi</i>	live-in student or inside student
<i>Ude</i>	arm
<i>Udekime-nage</i>	arm-lock throw
<i>Ue</i>	high (referring to location)
<i>Uke</i>	one who receives; the person being thrown
<i>Uke</i>	block or parry (eg. Jodan uke= block or parry overhead)
<i>Ukemi</i>	receiving a technique; falling
<i>Undo</i>	exercise
<i>Ura</i>	rear; back (direction)
<i>Ushiro</i>	toward/from the back/rear
<i>Ushiro-geri</i>	back kick
<i>Ushiro ryokata-tori</i>	two handed attack: one hand grasps each shoulder from behind the nage (left hand grasps left shoulder, right hand grasps right shoulder)
<i>Ushiro ryotekubi-tori</i>	two handed attack: one hand grasps each wrist from behind the nage (left hand to left wrist, right hand to right wrist)
<i>Ushiro-tenkan</i>	backward turning step
<i>Ushiro-ukemi</i>	backward/rearward fall
<i>Ushiro-waza</i>	techniques involving attacks from behind the nage

V

Terms starting with the letter 'V' are not found in Japanese

W

<i>Waza</i>	Technique (singular or plural); skill; training method
<i>Waka sensei</i>	"young teacher"; used in aikido in reference to the successor of the Doshu
<i>Waki</i>	side (of the body)
<i>Waki-kamae</i>	side guard position, where the sword is held to the rear of the body in a low position
<i>Waki-o-shimeru</i>	a posture where the arm pits are kept closed (or in tension)
<i>Wakizashi</i>	Japanese short sword

X

Terms starting with the letter 'X' are not found in Japanese

Y

" <i>Yame!</i> "	"stop!" or "finish!"
<i>Yawara</i>	refers to a historical style of <i>jujutsu</i>
<i>Yoko</i>	side, sideways, horizontal
<i>Yoko-geri</i>	side kick
<i>Yoko-giri</i>	diagonal cut (typically with a sword)
<i>Yoko-ukemi</i>	Falling to the side in ukemi
<i>Yokomen</i>	side of the head
<i>Yokomen-uchi</i>	diagonal strike to the side of the opponent's head with the handblade
<i>Yoko-ukemi</i>	sideways fall
<i>Yonkyo</i>	"fourth teaching" ikkyo with application of pressure to a point on the wrist
<i>Yudansha</i>	refers to person(s) who hold blackbelt rank

Z

<i>Za</i>	seated position
<i>Zaidan Hojin Aikikai</i>	Aikikai Foundation
<i>Zarei</i>	refers to a bow from the seated or <i>seiza</i> position
<i>Zanshin</i>	lit: "remaining mind"; extension of continuous attention and awareness
<i>Zazen</i>	sitting meditation (see also: <i>mokuso</i>)
<i>Zempo</i>	to the rear, backward (eg. " <i>zempo-kaiten</i> ")

<i>Zen</i>	refers to a form of Buddhism
<i>Zo-kin</i>	cloths used for washing the dojo floor
<i>Zori</i>	Japanese-style open sandals. Traditionally made from rice straw or lacquered wood
<i>-Zuki</i>	see: “tsuki”

-End -