

Chushinkan Dojo Vocabulary List

Aiki Taiso

The aiki taiso is a series of frequently-used basic aikido movements. They may vary a little from one dojo to another. Use the aiki taiso as a centering exercise and an opportunity to perfect your movements.

Exercise	Notes	Count
Ikkyo undo	Compressing wrist upward	5
Nikyo undo	Compressing wrist inward	5
Sankyo undo	Twisting wrist outward	5
Kotegaeshi undo	Compressing wrist downward	5
Funakogi undo	Rowing exercise	2
Shomenuchi ikkyo undo	Swing both hands forward hand blades extended	2
Zengo undo	Shomenuchi ikkyo undo with a 180 degree turn	4
Happo undo	Shomenuchi ikkyo undo in eight directions	8
Tekubi kosa undo	Cross wrists in front of body (low)	5
Tekubi joho kosa undo	Cross hands in front of face	5
Sayu undo	Swing arms to side, drop weight	4
Sayu choyaku undo	Sayu undo with side step	4
Udefuri undo	Swing arms from one side to the other	2
Udefuri choyaku undo	Udefuri undo with 180 degree turn	2
Ushiro tori undo	Spread arms forward, turn hip	4
Ushiro tekubitori zenshin undo	Raise hands to eye level, step forward and bow	4
Ushiro tekubitori kotai undo	Raise hands to eye level, step to rear and bow	4
Tenkan undo	Pivot around outstretched hand	2

Pronunciation

You will hear the same handful of Japanese words repeated over and over throughout your aikido training. These are not just Japanese words, they are a universal aikido language. You should start using the words to communicate with instructors and partners as soon as you know the meanings. The exact words used depend on the style of aikido, but most of the commonly used words are included in the lists that follow.

Vowel	sound	as in	example	pronounced
a	ah	father	kata	kah tah
e	eh	get	mae	mah eh
i	ee	niece	ki	kee
o	oh	broken	jo	joh
u	oo	blue	tekubi	teh koo bee

Attacks

The Japanese terms used by aikidoists to describe attacks and defenses are words that are chained together. For example, if you want to describe an attack from behind where your elbows are held, the term is *ushiro hiji tori* (behind elbow grab).

Body parts

hiji	elbow
kata	shoulder
katate or tekubi	wrist
koshi	hip
men	head
mune	chest
te	hand

Positions

jodan	high level
chudan	mid level
gedan	low level
ai	matching or same
gyaku	opposite or mirror
irimi	entering
tenkan	pivoting
omote	front (usually in reference to front of uke)
ura	rear (usually in reference to behind uke)
uchi	inside
soto	outside
yoko	to the side
mae	front
ushiro	rear
hidari	left
migi	right

Attacks

keri/geri	kick
kubishime	choke
tori/dori	grab
tsuki	thrust, punch
uchi	strike

Attacks - full names

ganmenuchi	punch to face
katatori	shoulder or lapel grab (generally same side)
katatekosadori	cross wrist grab (ai te, e.g. right to right)
katatetori	wrist grab (gyaku te, e.g. right to left)
katate ryotetori	attacker grabs one wrist with both hands
maegeri	front kick
munetsuki	punch to body
ryokatatori	attacker grabs both shoulders from front
ryotetori	attacker grabs both wrists
shomenuchi	strike to center of head
ushirotori	attacker hugs from behind
ushirohijitori	attacker grabs elbows from behind
ushirokatatori	attacker grabs shoulders from behind
ushirotekubitori	attacker grabs wrists from behind
ushirotekubitori kubishime	attacker grabs one wrist and chokes with the
yokomenuchi	strike to side of head

Phrases

onegaishimasu	(o ne gai shi mass)	Greeting used at the beginning of class or when approaching partners - a phrase used when asking for help
domo arigato gozaimashita	(doh mo a ree ga toh go za ee mash-ta)	thank you very much (to thank instructor and training partners and when bowing out of class)

Numbers

ichi	1	roku	6	juichi	11
ni	2	Shichi (nana)	7	niju	20
san	3	hachi	8	nijuichi	21
shi (yon)	4	ku (kyu)	9		
go	5	ju	10		

Aikido organization

ai	harmony, love
ki	spirit, energy
do	the way of
Osensei	founder of aikido, Morihei Ueshiba
doshu	leader, currently Moriteru Ueshiba
sensei	teacher
shihan	master teacher
shihandai	assistant to shihan
sempai	senior
kohai	junior
shidoiin	certified instructor
fukushidoiin	certified assistant instructor
jyoshu	certified assistant

General

agaranai karada	unliftable body (ki test)
ago tsuki age	upward thrust to chin
ai hanmi	same stance (e.g. partners both with left foot forward)
atemi	strike
banzai no kamae	stance with hands up (ki test)
budo	martial way
bokken	wooden sword
chudan	mid level
dojo	training hall
ganmenuchi	face punch
gedan	low level
gi	short for dogi (training uniform)
gokyo	fifth control
gokyu	fifth kyu rank
gyaku hanmi	opposite stance (e.g. partners with feet in mirror image)
hajime	begin, start
hakama	traditional pleated pants
hanmi	half-stance
hanmi handachi	standing uke and kneeling nage
happogiri	bokken kata #1 (cutting 8 directions)
hara	abdomen
hasso	stance with weapon upright by shoulder
henkawaza	changing techniques
hombu	aikido headquarters in Japan
iaido	a sword art
ibuki	soundless kiai
ikkyu	first kyu rank
irimi	entering

jo	wooden staff
jodan	high level
joseki	upper side of row – opposite of shimoseki
jyuwaza	free techniques
kaeshiwaza	counter technique
kamae	stance
kamiza	upper seat - area near shomen wall
kaiten	round or wheel-like motion
katana	Japanese sword
kata	shoulder, or a set of movements
kata ashiage	stance with one leg lifted (ki test)
katamewaza	pinning techniques
katate	one wrist
kiai	energy shout
kihonwaza	basic technique
koshi	hip
kyu	rank below dan level
keiko	practice, workout
kirikaeshi	exercise cutting to both sides
koho tento undo	roll back exercise
kokyu	breath
kokyudosa	paired kokyu exercise
koshi	hips
kotai	movement to rear
ma ai	distance between two people
mae	front
mae geri	front kick
mae kagami	bending forward position (ki test)
mae ukemi	front roll
meisoho	meditation
men	head
menuchi	strike to head (yokomenuchi or shomenuchi)
misogi	cleansing exercise using okinaga
mochi	holding
morotedori	two hands holding one wrist (katate ryotetori)
mune	chest
munetsuki	punch to chest
nage	throw, thrower
nikyo	second wrist control
nikyu	second kyu rank
obi	belt
okinaga	deep, controlled breathing
orenaite	unbendable arm
oyowaza	techniques from applied principles
randori	training with multiple attackers

rei	bow
renzoku kokyudosa	continuous kokyudosa
renzokuwaza	continuous technique
rokukyu	sixth kyu rank
ryotemochi	two hands holding one wrist (katate ryotetori)
ryotetori	each wrists held from front
sankyo	third wrist control
sankyu	third kyu rank
seiza	kneeling position
shichi kyu	seventh kyu rank
shihonage	four direction throw
shikko	walking in kneeling position
shimoza	lower seat - area opposite kamiza
shimoseki	lower side of row – side opposite of joseki
shizentai	natural stance
shomen	top of head
shomenuchi	strike to top of head
sokumen iriminage	side of head entering throw
soto	outside (opposite of uchi)
suburi	practice cutting, literally empty cuts
sudori	body drop leg sweep throw
sumiotoshi	corner drop
suwariwaza	sitting technique
tachiwaza	standing technique
taisabaki	body movement
tanden	one-point (point located below the navel)
tanto	knife
te	hand
tekubi	wrist
tekubikosa	crossed wrist
tegatana	knife edge of hand
tesabaki	hand movement
tenchinage	heaven and earth throw
tori	to grab
toshu	open hand
tenkan	turning
tsuki	thrust punch
uchi	to strike – or - inside (opposite of soto)
udefuri	arm swinging
udekime	arm locking
uke	attacker
ukemi	roll
ura	reference to behind uke
ushiro	back
ushiro sori	bending backwards (ki test)

ushiro ukemi	back fall
wakigamae	stance with sword low and behind
waza	technique
yame	stop
yoh-ii	get ready
yoko ukemi	side breakfall
yonkyo	fourth wrist control
yonkyu	fourth kyu rank
yokomenuchi	strike to side of head
yudansha	black belt
zemponage	forward drop throw
zengo	forward and backward

Note

This list is not exhaustive. If you discover new words that you think should be included, please let Sensei know.