KFUM
UPPSALA AIKIDO

Vocabulary

An incomplete list of japanese phrases that are used in Aikido practice

Miscellaneous

ai	meet / match
ki	energy / lifeforce
dō	path
dōjō	training hall
sensei	teacher
ōsensei	the founder, Morihei Ueshiba
senpai	senior training partner
kohai	junior training partner
keikogi	träningsdräkt
obi	belt
hakama	traditional wide pants
bokken / *bokutō*	wooden sword
jō	wooden staff
tantō	knife

Attacks

katate dori	one-sided wrist grab
- *ai hanmi*	inside grab / cross grab
- *gyaku hanmi*	outside grab
morote dori	two-handed wrist grab
ryōte dori	grabbing both wrists
kata dori	shoulder grab
shomen ate	striking the face
shomen uchi	overhead strike to the head
yokomen uchi	diagonal strike to the head
jōdan tsuki	punching the face
chūdan tsuki	punching the body
ushiro *	attacks from behind

Techniques

ikkyō / *ude osae*	the first technique / pinning the arm
nikyō / *kote mawashi*	the second technique / twisting the hand 1
sankyō / *kote hineri*	the third technique / twisting the hand 2
yonkyō / *tekubi osae*	the fourth technique / pinning the wrist
irimi nage	entering throw
kaiten nage	rotating throw
kokyu hō	way of breathing
kokyu nage	breath throw
kote gaeshi	twisting the hand 3
shihō nage	four direction throw
tai no tenkan hō	turning the body
ten chi nage	heaven and earth throw
omote	front
ura	back

Etiquette / reihō

rei	bowing / manners
seiza	sitting with the feet tucked under
mokusō	meditation
shomen	the center of the dōjō
shomen ni rei	bow to the shomen
sensei ni rei	bow to the teacher
otagai ni rei	bow to each other
onegai shimasu	”please train with me”
dōmo arigatō gozaimashita	”thank you very much”

Practice

tori / *nage*	the person performing a technique
uke / *aite*	the person attacking
tachi waza	standing techniques
suwari waza	sitting techniques
hanmi	standing diagonally
migi hanmi	standing with the right foot forward
hidari hanmi	standing with the left foot forward
ai hanmi	the partner has the same hanmi
gyaku hanmi	the partner has the opposite hanmi
ukemi	falling / rolling / receiving technique
mae ukemi	falling or rolling forwards
ushiro ukemi	falling or rolling backwards
tai sabaki	body movement
kaiten	rotating on the spot
tenkan	turning around
irimi tenkan	stepping forward and turning around
shikkō	knee walking

1 to 10

ichi
ni
san
shi / *yon*
go
roku
shichi / *nana*
hachi
kyū / *ku*
jū

ō, *ū* = long vowel