

## Two Rivers Aikikai - Children's Aikido Glossary



**Ai:** Harmony.

**Ki:** The energy in all living things.

**Do:** The Way. A path to follow.

**Aikido:** The path towards harmony with the energy in all living things.

**Dojo:** The place where we train to find the Way.

**Domo Arigato Gozaimashita:** Thank you very much. We say this as we bow to end class.

**Onegaeshimasu:** Please do me a favor and practice with me. We say this when bow to a partner.

**Rei:** The proper way to bow. Bowing is a way to show respect to yourself.

**Tokonoma:** The alcove at the front of the dojo where the Aikido scroll is hanging.

**Hana:** The arrangement of flowers in the Tokonoma.

**O Sensei:** Great Teacher. Aikido's O Sensei is Morehei Ueshiba who started Aikido.

**Sensei:** Teacher. It is pronounced sen say

**Sempai:** Your children's class teachers. It is pronounced sem pie

**Nage:** The partner who is doing the technique.

**Uke:** The partner who is attacking and being pinned down or thrown by *nage*.

**Ukemi:** Taking the fall. Good ukemi takes practice so you don't get hurt. Your partner can learn a technique better if you have good ukemi.

**Seiza:** The formal kneeling position taken by students when watching during class. You should sit up straight on your knees with the tops of your feet on the mat.

**Anza:** Sitting cross legged with a straight back. For times when you cannot sit in seiza.

**Obi:** Your belt. All children wear white belts in Aikido. Everyone is treated equally.

**Gi** Your practice uniform. Keep it clean. Fold it or hang it up when not in use.

**Hakama:** The pleated skirt worn by students who have achieved dan levels of practice.

**Zori:** Flip flops for indoor use only. We wear them in the dojo to keep the mat clean.

## Counting:

### Suuji: Numbers

1 ichi	2 ni	3 san	4 shi	5 go
6 roku	7 shichi	8 hachi	9 kyu	10 jyu
11 jyuichi	12 jyuni	13 jyusan	14 jyuyon	15 jyugo
16 jyuroku	17 jyunana	18 jyuhachi	19 jyukyu	20 nijyu
30 sanjyu	40 yonjyu	50 gojyu	100 hyaku	1000 sen

## Parts of the body:

<b>Tai:</b>	Body	<b>Tanden:</b>	the center of your body
<b>Men:</b>	Head	<b>Kubi:</b>	Neck
<b>Kata:</b>	Shoulders	<b>Mune:</b>	chest
<b>Ude:</b>	arm	<b>Hiji:</b>	elbow
<b>Te:</b>	hand	<b>Tekubi:</b>	wrist (neck of the hand)
<b>Tekatana:</b>	blade of the hand	<b>Koshi:</b>	hips
<b>Hiza:</b>	knees	<b>Ashi:</b>	feet
<b>Yubi:</b>	fingers	<b>Yubiashi:</b>	toes

## Tai Sabaki:

### Body Movements

**Junbi undo:** Warming up exercises at the beginning of class. These get you loosened up.

**Shikko Ho:** Walking on your knees keeping your feet together. This is tricky at first.

**Koho Kaiten:** Back rolls.

**Zenpo Kaiten:** Forward rolls.

**Irimi:** A basic movement in which you slide forward with both feet. Keep one foot slightly in front of the other as you move. This is not like taking a step.

**Tenkan:** A basic movement initiated by turning the hips making you rotate 180 degrees. You pivot on your front foot turning toward your back foot.

**Enten:** A basic movement initiated by turning the hips making you rotate 180 degrees. With Enten, the front foot moves because of the initial hip movement as opposed to the back foot of the Tenkan. Pivot on your back foot.

**Tenshin:** Taking one step back with your front foot. Keep your energy moving forward.

**Tori Fune Undo:** The rowing exercise. With the left foot in front call out “Eh ee ho!” as you row.  
With the right foot in front you call out : Eh ee Sa!”

**Omote:** Moving in front of your partner while doing a technique.

**Ura:** Moving behind your partner while doing a technique.

## **Kamae: Body Postures**

**Kamae:** A posture of readiness with your backbone straight and shoulders back!

**Shizen Tai:** A natural posture with feet, hips, hands and eyes facing forward.

**Hanmi:** Your stance. The placement of your feet in relation to your partner's feet.

**Ai Hanmi:** Both partners have their right foot forward or both have their left foot forward.

**Gyaku Hanmi:** One partner has the right foot forward and the other has the left foot forward.

**Tachi Waza:** Both partners are standing.

**Suwari Waza:** Both partners are kneeling.

**Hanmi Handachi:** *Nage* is kneeling in *shikko* and *uke* is standing to attack.

**Ma-ai:** The proper and safe distance between *nage* and *uke* before the attack begins.  
Ma-ai varies depending on the heights and reach of partners.

## **Tori: Grabs**

**Katate tori:** Uke steps in and grabs one of nage's wrists with the front hand.

**Gyaku Hanmi Katate tori** = same side grab with left hand on right wrist or right on left.

**Ai Hanmi Katate tori** = cross hand grab with right hand on right wrist or left on left.

**Morote tori:** Uke steps in and grabs one of nage's wrists with both hands (end in gyaku hanmi).

**Ryote tori:** Uke steps in and grabs each of nage's wrists with both hands (end in gyaku hanmi).

**Kata tori:** Uke steps in and grabs one of nage's shoulders with one hand (end in ai hanmi).

## **Uchi: Strikes**

**Tsuki:** Uke throws a straight punch at nage's midsection (start in ai hanmi then step in).

**Mune Tsuki:** Uke throws a straight punch at nage's solar plexus.

**Gamen Tsuki:** Uke throws a straight punch at nage's head.

**Shomen uchi:** Uke makes an overhead and open handed strike with tegatana (the blade of the hand) toward nage's forehead (start in gyaku hanmi then step in to strike).

**Yokomen uchi:** Uke strikes the side of nage's head with tegatana (start in ai hanmi then step in).

## **Kihon Waza      Basic Techniques:**

- Kokyu Ho:** A basic breathing exercise often done in suwari waza toward the end of class.
- Ikkyo:** The first pinning technique.
- Kaiten Nage:** The rotating throw. Uke will do a forward roll from this technique.
- Irimi Nage:** The entering throw. Uke will do a backward roll from this technique.
- Shiho Nage:** The four direction throw. Uke will do a backward roll from this technique.
- Tenchi Nage:** The heaven and earth throw. Uke will do a backward roll from this technique.
- Sumi Otoshi:** The corner throw. Uke can do a forward or back roll from this technique.
- Tai Otoshi:** The body throw. Uke will do a forward roll from this technique.
- Maki Otoshi:** The wrapping throw. Uke will do a forward roll from this technique.
- Hiki Otoshi:** The pulling throw. Uke will do a forward roll from this technique.
- Kokyu Nage:** The breath throw. All Aikido throwing techniques are kokyu nage.
- Ran Dori:** Nage is attacked by two or more ukes.
- Henka Waza:** Nage changes from one technique to another to throw uke.
- Kaeshi Waza:** Uke reverses a technique on nage. This helps us learn how to be precise.

**There are a few more techniques that you will learn in children's Aikido class and hundreds more in the teen and adult Aikido classes. We don't teach joint locking techniques in children's class because your wrists are growing and bending them too much is not good for them.**

**This glossary has a lot of terms in it for you. You will hear these words over and over again. As they become familiar, you will begin to know them and use them.**

**Domo Arigato Gozaimashita!**