

TWO RIVERS AIKIKAI - AIKIDO GLOSSARY

Ai:	Harmony.
Ki:	The force of life in all living things.
Do:	The Way. A path to follow.
Aikido:	The path towards harmony with all living things.



REIGISAHO - ETIQUETTE

Reigisaho:	Rules of Etiquette; the way to show respect and appreciation to O Sensei, your instructors, your partners, the dojo and yourself.
Rei:	The proper way to bow. At Two Rivers Aikikai, bow to the Tokonoma by placing both hands on the mat simultaneously. To complete your bow, remove both hands from the mat at the same time. When you bow to a person, place your left hand on the mat first and then your right hand. To complete your bow, remove your right hand from the mat and then your left hand.
Seiza:	The formal kneeling position taken by students when bowing or watching during class.
Tokonoma:	The alcove at the front of the dojo where O Sensei's picture is hanging. If a shrine is in the alcove, it is called a Kamiza .
Dojo:	The place where we practice finding the Way through a martial art.
O Sensei:	The Great Teacher. The O Sensei of Aikido is Morehei Ueshiba who founded Aikido in the 1940's.
Kakejuku:	The scroll with Japanese calligraphy in the Tokonoma.
Katanakake:	The sword stand in the Tokonoma.
Hana:	The arrangement of flowers in the Tokonoma.
Sensei:	Teacher.
Sempai:	One's senior students.
Kohai:	Junior students who began practicing Aikido after you.
Dogi:	The uniform you wear when you practice a martial art in the dojo. The Dogi consists of pants, jacket and belt (obi). The left side of the jacket is always outside the right side. You should treat your dogi with respect. Keep it clean. If it should come open during class, turn away from the Tokonoma, close your dogi and retie your belt tightly.
Obi:	Belt. To avoid displays of ego, there are no colored belts in Aikido.
Hakama:	The pleated skirt worn by students who have achieved dan levels of practice. The Hakama is always folded carefully after practice.
Onegaishimasu:	Please do me a favor and practice with me.
Domo Arigato Gozaimashita:	Thank you very much.

KIHON - BASIC CONCEPTS

Ma-Ai:	The proper distance between nage and uke before the attack begins. Ma-ai varies depending on the heights and reach of partners and whether weapons are being used.
Nage:	The person who practices a technique based on the attack of the uke.
Uke:	The person who attacks nage and follows nage's lead into ukemi.

Ukemi:	The art of following and blending in with nage and taking falls without injury. The ultimate aim of good ukemi is to allow nage to perform the technique without hesitation or injury to uke as if in a real-life situation.
Zenpo Kaiten:	Forward rolls.
Koho Kaiten:	Back rolls.
Junbi undo:	Warming up exercises at the beginning of class.
Senobashi undo:	Stretching backs at the beginning of practice.
Haishin undo:	The backstretch at the end of class.
Shizen Tai:	A natural posture with feet, hips, hands and eyes facing forward.
Hanmi:	Your stance in Aikido. The way you place 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.
Tori Fune undo:	Rowing exercise that initiates movement with the hips and tanden.

TAI SABAKI - BODY MOVEMENTS

Tai Sabaki:	Precise body movements to move into Shikaku (a safe place) and to control uke's attack, while maintaining a balanced posture.
Tenkan:	A basic movement initiated by turning the hips in which you rotate 180 degrees. Your back foot moves as you pivot on your front foot.
Irimi:	A basic movement in which you slide forward or step forward. An entering movement initiated by moving your hips forward.
Tenshin:	A basic movement in which you step back and off the line as uke steps in or attacks. The movement is initiated by the hips.
Enten:	A basic movement in which you rotate 180 degrees or more. With Enten, the front foot moves because of the initial hip movement as opposed to the back foot of the Tenkan. Pivot is on the back foot.
Uchi Kaiten:	Turning inside or under uke's arm during an irimi movement.
Soto Kaiten:	Turning outside or toward uke during an irimi movement.
Kiri Kaishi:	Crossing over with the arms and cutting down at an angle. This is often an opening move for shomen uchi shiho nage omote.
Surinuke:	Passing through using an irimi movement.
Shikko:	A method of walking on your knees and the balls of your feet as if your ankles were tied together.
Hiji Dome:	Stopping uke's elbow during an attack.
Tai no Henko:	Literally means 'turning of the body.'
Tai no Tenkan:	Literally means 'tenkan of the body.'

PARTS OF THE BODY

tai:	body	me:	eye
men:	face, head	tanden:	the 'center' of the body
kubi:	neck	ko kyu:	breath
kata:	shoulder	mune:	chest
ude:	arm	koshi:	hip, lower back
hiji:	elbow	hiza:	knee
te:	hand	ashi:	leg, foot
te kubi:	wrist	te gatana:	blade of the hand, (hand sword)

SUUJI - NUMBERS

ichi: 1	shichi: 7	jyu-san: 13	jyu-ku: 19
ni: 2	hachi: 8	jyu-yon: 14	ni-jyu: 20
san: 3	ku: 9	jyu-go: 15	san-jyu: 30
shi: 4	jyu: 10	jyu-rokku: 16	yon-jyu: 40
go: 5	jyu-ichi: 11	jyu-nana: 17	go-jyu: 50
rokku: 6	jyu-ni: 12	jyu-hachi: 18	hyaku: 100

KAMAE - POSTURES

Kamae:	A posture of readiness with the backbone straight! In each kamae there are three different positions for the hands or weapons: Jodan - high; Seigan or Chudan - middle; Gedan - low.
Suwari Waza:	Nage and Uke are both kneeling (shikko).
Tachi Waza:	Nage and Uke are standing. (Tachi Tori = taking away the bokken)
Hanmi Handachi:	Nage is kneeling and Uke attacks from a standing position.

TORI - GRABS

Katate tori:	Uke grabs nage's wrist with one hand.
Gyaku Hanmi Katate tori	= same side grab
Ai Hanmi Katate tori	= cross hand grab
Morote tori:	Uke grabs one of nage's wrists with both hands (gyaku hanmi).
Ryote tori:	Uke grabs both of nage's wrists with both hands (gyaku hanmi).
Kata tori:	Uke grabs one of nage's shoulders with one hand (gyaku hanmi).
Ryo Kata tori:	Uke grabs both of nage's shoulders from the front (off the line).

UCHI - STRIKES

Tsuki:	Uke throws a straight punch at nage's midsection (ai hanmi).
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 (gyaku hanmi).
Yokomen uchi:	Uke strikes the side of nage's head with tegatana (ai hanmi).
Gyaku Yokomen uchi:	Uke makes a backhand yokomen uchi (gyaku hanmi).
Kata Tori Men uchi:	Uke grabs one of nage's shoulders and strikes with tegatana to the head with the other hand (gyaku hanmi).

USHIRO - FROM BEHIND

Ushiro Tekubi tori:	Uke grabs both of nage's wrists from behind.
Ushiro Ryo Kata tori:	Uke grabs both of nage's shoulders from behind.
Ushiro Ryo Hiji tori:	Uke grabs both of nage's elbows from behind.
Ushiro Kubishime or Katate Jime:	Uke grabs one wrist and one lapel from behind.

ATEMI - STRIKES

Atemi:	A feint or a movement by nage which makes uke react with a retreat or a defensive motion. Atemi do not usually make hard contact with uke in Aikido. Atemi can help nage to create and take advantage of an opening in uke's attack.
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WAZA - TECHNIQUES

- KIHON WAZA:** Basic techniques from which all other techniques are derived.
- KATAME WAZA:** Basic pinning and joint locking techniques.
- Ikkyo:** The first pinning technique.
 - Nikkyo:** The second pinning technique.
 - Sankyo:** The third pinning technique.
 - Yonkyo:** The fourth pinning technique.
 - Gokyo:** A pinning technique against, usually a tanto, the wooden knife.
- Omote waza:** A version of a technique in which nage moves in front of uke.
- Ura waza:** A version of a technique in which nage moves behind uke.
- NAGE WAZA:** Basic throwing techniques.
- Irimi nage:** A throw in which nage's arm lifts uke's chin. (The 20 year throw.)
 - Hitoe irimi nage:** A backhanded version of irimi nage.
 - Shiho nage:** Nage brings uke's hand to the shoulder. Lit: the four corner throw.
 - Kotegaeshi:** Nage turns uke's wrist out with fingers pointing to the elbow.
 - Gyaku Kotegaeshi:** A reverse kotegaeshi often done from ryote tori attack.
 - Tenchi nage:** The heaven and earth throw. One hand is up and one hand is down.
 - Kaiten nage:** Nage gently places one hand on the back of uke's neck and the other hand on one of uke's wrists behind uke's back. Lit: rolling throw.
 - Ude Kimi nage:** Nage has a hand on uke's wrist and extends an arm under the elbow.
 - Juji nage:** Nage has uke's arms crossed with a hand on each wrist.
 - Kaza Garuma:** The windmill throw.
 - Kokyu Ho:** Breathing and extension exercise often done at the end of class.
 - Kokyu nage:** Breath throw.
- OYO WAZA:** Other Aikido techniques based on KIHON WAZA.
- Ude Hishigi nikkyo:** An arm locking technique often used as a counter against tsuki with tanto by controlling the wrist and elbow joints.
 - Ude Garami nikkyo:** A version of nikkyo on the elbow. Nage has the arms crossed around uke's elbow and wrist and leads uke around and down directly into the nikkyo pin.
- Koshi nage:** Basic hip throw.
 - Hajiki Goshi:** Push off the front of the hip not over the hip.
 - O Goshi:** A big koshi nage using a full hip turn.
 - Kata Hiki otoshi:** Shoulder pulling drop.
 - Kata Tsukiage:** Shoulder drop. A combination of irimi nage and shiho nage.
 - Aiki otoshi:** Drop uke off the hip.
 - Maki otoshi:** Wrapping drop while going down to one knee.
 - Osoto otoshi:** Big outside drop - throwing uke back with a twist.
 - Seoio otoshi:** Big inside drop - throwing uke to the front with a twist.
 - Sumi otoshi:** Corner drop with an angled projection.
 - Tai otoshi:** Body drop with a straight projection.
 - Uki otoshi:** Floating drop - throwing uke over an upright knee.
 - Jiyuu Waza:** Nage has freedom to do any technique against uke's attack.
 - Henka Waza:** Nage switches from one technique to another
 - Kaeshi Waza:** Uke counters a technique that nage tries to apply.
 - Ran Dori:** Nage is attacked by two or more ukes.