

Two Rivers Aikikai - Aikido Glossary for Beginners

(visit the dojo website for a more complete glossary)



Ai:	Harmony
Ki:	Energy in all living things
Do:	The way or path to follow towards a goal
Aikido:	A path to follow to blend in with the energy of life.
Aikikai:	An organization that promotes or teaches Aikido.

Words of Aikido Etiquette

Reigisaho:	The rules of etiquette to show respect to oneself and others.
Rei:	Bowing from <i>seiza</i> (kneeling) or <i>anza</i> (sitting crosslegged).
Tokonoma:	The alcove in the front of the mat where we show respect to the art of Aikido with a scroll and a picture of O Sensei.
Dojo:	The place where we practice finding our way.
Domo Arigato Gozaimashita:	Thank you very much.
Onegaishimasu:	Please do me a favor and practice with me.
O Sensei:	The Great Teacher. The O Sensei of Aikido is Morehei Ueshiba who founded Aikido in the 1940's.
Sensei:	Master teacher
Sempai:	A respectful name for any student of higher rank than you.
Kohai:	A respectful name for any student of lower rank than you.

Dojo Clothing

Dogi or Gi:	A practice uniform. The left side of the jacket is outside the right side.
Obi:	Belt. In Aikido only white or black belts are used.
Hakama:	The pleated skirt worn by students with a dan rank.
Zōri:	Japanese sandals worn only in the dojo.

Basic Body Movements or Tai Sabaki

- Shizen Tai Posture: The starting position with a natural posture and feet, knees, hips, hands, shoulders and eyes facing forward with energy flowing through the body.
- Ma-Ai: Personal space which one needs to feel safe.
- Ai Hanmi: Harmonious stance. Both partners have the same foot forward. ie both have the right foot forward or both the left.
- Gyaku Hanmi: Opposite stance. One partner has the right foot forward and the other has the left foot forward.
- Irimi: An entering move in which both feet slide forward.
- Tenkan: Turning toward the back foot with your hips to rotate 180°. The back foot will move while you keep your weight on the ball of your front foot.
- Enten: Turning toward your front foot with your hips to rotate 180°. The front foot will move while keeping your weight on the ball of your back foot.
- Tenshin: Stepping back one step with the front foot.
- Shikko: Walking on your knees and the balls of your feet.
- Koho Kaiten: Backward rolls.
- Zenpo Kaiten: Forward rolls.

Basic Attacks by Uke (the partner attacking) Nage throws or pins Uke.

- Katate tori: Grabbing the wrist either:
ai hanmi (right on right or left on left) or
gyaku hanmi (right on left or left on right)
- Ryote tori: A two handed grab to each of a partners wrists.
- Morote tori: A two handed grab on one of a partner's wrists.
- Tsuki: A straight punch
- Yokomen Uchi: A strike to the side of the head with the blade of the hand.
- Shomen Uchi: A strike to the forehead with the blade of the hand.