

Basic Terminology

Japanese word or term	(Phonetic Pronunciation)	- Definition
Ai	(eye)	- Harmony, unity to join or become one with
Ki	(key)	- Spirit, life force or vital energy, the essence of universal creative energy
Do	(doe)	- the way or the path
Dojo	(doe-joe)	- the place where the way is revealed
Gi	(ghee)	- white training uniform
Hanmi	(hawn-mee)	- the relaxed, triangular stance of Aikido
Hara	(hah-rah)	- the lower abdomen
Hidari	(hee-dar-ree)	- Left (direction)
Irimi	(ee-ree-mee)	- enter
Kamae	(kah-mye)	- a posture or stance of readiness
Keiko	(kay-koe)	- study or practice
Kyu	(kyoo)	- white belt grade
Migi	(mee-ghee)	- Right (direction)
Nage	(nah-gay)	- to throw, the person who throws
Obi	(oh-bee)	- belt (part of the gi)
Omote	(oh-moe-tay)	- to the front
O-Sensei	(oh-sen-say)	- Great Teacher - The title used for the Founder of Aikido
Rei	(ray)	- to bow
Seiza	(say-zah)	- formal sitting position
Sensei	(sen-say)	- Teacher
Shikko	(shi-koh)	- knee walking
Tenkan	(ten-kawn)	- to turn
Uke	(oo-kay)	- to receive, the person being thrown
Ukemi	(oo-keh-me)	- technique of falling; The first and most important step to developing good Aikido techniques is learning to take ukemi.
Ura	(oo-rah)	- to the back or around
Waza	(wah-zah)	- technique

Common Dojo Phrases

Japanese word or term	(Phonetic Pronunciation)	- Definition
Abunai!	(ah-boo-nye)	- Watch out! Be careful!
Arigato Gozaimashita!	(ah-ree-gah-toe go-zye-mahsh-tah)	- Thank you for what you did!
Do itasimasite!	(doe ee-tahsh-ee-mahsh-teh)	- You're welcome! Don't mention it.
Dozo!	(doe-zoe)	- Please! - as in Go ahead! (This may be an instruction from your teacher when they want you to begin practice after they have demonstrated a technique.)
Gomen nasai!	(goe-mehn nah-sigh)	- I'm sorry! Forgive me.
Yame.	(yah-meh)	- Please stop.
Konban wa.	(con-bahn wah)	- Good evening.
Konnichi wa.	(con-ee-chee wah)	- Good afternoon
Mokuso!	(moke-sew)	- Please come to attention; make yourself ready for keiko; Meditate!
Ogenki desuka?	(oh-gehn-key dehs-kah)	- How are you?
Ohayo gozaimasu!	(oh-high-oh go-zye-mahs)	- Good morning.
Onegaishimasu!	(oh-neh-guy-she-mahs)	- Thank you for what you are about to do; Let's practise
Oyasumi nasai	(oh-yah-soo-mee nah-sigh)	- Good night.
Sayonara	(sigh-oh-nah-rah)	- Good bye

Counting

Japanes word or term	(Phonetic Pronunciation)	- Definition
Ichi	(ee-chee)	- One
Ni	(knee)	- Two
San	(sun)	- Three
Shi	(she)	- Four
Go	(go)	- Five
Roku	(row-koo)	- Six
Siti	(she-chee)	- Seven
Hati	(hah-chee)	- Eight
Ku	(koo)	- Nine
Ju	(joo)	- Ten

Attacks and Techniques

Japanes word or term	(Phonetic Pronunciation)	- Definition
Tori or Dori	(toe-ree, doe-ree)	- to grab
Tsuki	(tsoo-key)	- straight punch or thrust
Katadori	(kah-tah toe-ree)	- shoulder grab
Katatedori	(kah-tah-teh toe-ree)	- wrist grab (same side)
Aidori	(eye-toe-ree)	- cross hand grab
Ryotedori	(ree-oh-teh toe-ree)	- two hands grabbing two hands
Morotedori	(moe-row-teh toe-ree)	- two hands grabbing one hand
Shomenuchi	(show-mehn-oo-chee)	- strike to the top of the head or forehead
Yokomenuchi	(yo-koe-meh-new-chee)	- strike to the side of the head
Ushiro	(oo-she-roe)	- from behind
Ikkyo	(ee-kyoh)	- first form
Nikyo	(knee-kyoh)	- second form
Sankyo	(sun-kyoh)	- third form
Yonkyo	(jon-kyoh)	- fourth form
Gokyo	(go-kyoh)	- fifth form
Shihonage	(she-hoh-nah-gay)	- four direction throw
Iriminage	(ee-ree-me-nah-gay)	- entering throw
Kaitennage	(kye-teh-nah-gay)	- turning throw
Koshinage	(koe-she-nah-gay)	- hip throw
Kokyunage	(koe-kjoo-nah-gay)	- breath or rhythm throw
Tenchinage	(ten-she-nah-gay)	- heaven and earth throw
Kotegaeshi	(koe-teh-guy-she)	- wrist turn out

Parts of the Body

Japanes word or term	(Phonetic Pronunciation)	- Definition
Ashi	(ah-she)	- Foot
Hara	(hah-rah)	- Stomach
Hiji	(he-jee)	- Elbow
Hiza	(he-zah)	- Knee
Kata	(kah-tah)	- Shoulder
Koshi	(koe-she)	- Hip
Kubi	(koo-bee)	- Neck
Kuchi	(koo-chee)	- Mouth
Me	(meh)	- Eye
Men	(mehn)	- Head
Mune	(moo-neh)	- Chest
Senaka	(she-nah-kah)	- Back
Te	(teh)	- Hand
Tekubi	(teh-koo-bee)	- Wrist
Yubi	(you-bee)	- Fingers