

Helpful Aikido Words/Phrases

Basic Terms	Means	Notes
waza	technique	ending for many phrases
nage (throw)	person doing the technique	tells what you are doing
uke (receive)	person attacking then receiving the technique	means you start
gaishi (gaeshi)	reverse	often means hand switch
kokyū	breath also circular hand position	one of the most basic ideas in Aikido

Basic Attacks	Means	Notes
uchi	strike	can be with hand or weapons
tsuki (ski)	thrust/punch	can be with hand or weapons
dori	grab	anywhere you can grab

Place on the body	Means	Example/Usage
shomen	head	shomen uchi (<i>strike</i> to the head)
mune	chest	munetsuki (<i>ski</i> to the chest)
kata	shoulder	kata dori (shoulder grab)
kote	wrist	kote gaeshi (reverse the wrist)
katate	one hand	katate dori (<i>wrist grab</i>)
ryote	both wrists	ryote dori (<i>grab both wrists</i>)
morote	two hands on one arm	morote dori (<i>grab 2 hands on 1 arm</i>)
gyakute	cross-hand	gyakute dori (cross hand grab)
yokomen	side of head	yokomenuchi (<i>strike side of head</i>)

Helpful Aikido Words/Phrases

Number	Ordinal	Usage	Means
ichi	ikkyo (1st)	ikkyo ...	first technique
ni	nikkyo (2nd)	nikkyo ...	second technique
san	sankyo (3rd)	sankyo ...	third technique
shi (yon)	yonkyo (4th)	yonkyo ...	fourth technique
go	gokyo (5th)	gokyo ...	fifth technique

Examples

Shomen	uchi	ikkyo	omote	waza
head	strike	first teaching	front of your partner	technique
Shomen	uchi	Nikkyo	ura	waza
head	strike	second teaching	rear of you partner	technique
Katate	dori	sankyo	omote	waza
wrist	grab	third teaching	front of your partner	technique
Ushiro	tsuki			
behind	thrust	3rd jo suburi (tsuki to the rear)		
Tsuki	gedan	gaeshi		
trust	low level	switch to the front (4th jo suburi)		
Morote	dori	kokyu	ho	
2 hands grab 1 arm		circle hand up and throw partner behind yourself		
Gyakute	dori	kokyu	nage	
cross-hand grab		circle hand up and throw partner in front yourself		

Stances

kamae	stance
hanmi	basic empty hands stance
ken kamae	stance for bok(ken): sword
Tsuki kamae	stance for jo: staff
Migi/Hidari	Right/Left

Basic Principles

hand in front of center
Blend with your partner
hand and foot move together
Get off the line