

JAPANESE/GENERAL AIKIDO DICTIONARY
This dictionary includes Japanese words used in Aikido and in association to Aikido.

Greetings

Ohayo gozaimasu	Good morning
Kon' nichi wa	Good afternoon
Konban wa	Good evening
Oyasumi nasai	Good night
Sayonara	Good bye

Politeness

Arigato	Thank you (present, less polite)
Arigato gozaimasu	Thank you (present)
Arigato gozaimashita	Thank you (past)
Domo	Thank you (present, less polite)
Domo arigato gozaimasu	Thank you very much (present)
Domo arigato gozaimashita	Thank you very much (past)
Sumimasen	Excuse me/I am sorry (present/future)
Shitsurei shimasu	Excuse me (present or future)
Shitsurei shimashita	I am sorry / Excuse me (past)
Gomen nasai	I am very sorry
... kudasai	Please
Dozo	Go ahead.
Do itashimashita	Do not mention it / you are welcome
Onegai shimasu	Please
Yoroshiku onegai shimasu	Please (polite)
Dozo yoroshiku onegai shimasu	Please (very polite)

Questions and Answers

Hai	Yes
Iie	No
Nan desu ka ?	What ?
O-genki desu ka ?	How are you ?
Hai, genki desu.	Yes, just fine.
Iie, genki de wa arimasen.	No, not so good.
Ii desu ka ?	Is it OK ?

Hai, ii desu.	Yes, it is OK.
Iie, ii de wa arimasen.	No, it is not OK.

Wakarimasu ka ?	(Do you) understand ?
Hai, wakarimasu	Yes, (I) understand.
Iie, wakarimasen	No, (I) do not understand.

Wakarimashita ka?	(Did you) understand ?
Hai, wakarimashita	Yes, (I) understood.
Iie, wakarimasen deshita	No, (I) did not understand.

Suwarimasu kudasai	Please sit down
Suwarinasai	Sit down
Tachinasai	Stand up

Verb

Kaeshimasu	To counter / reverse
Kirimasu	To cut
Kerimasu	To kick
Mawarimasu	To turn/spin
Nagemasu	To throw
Suwarimasu	To sit
Tachimasu	To stand
Tsukimasu	To thrust
Uchimasu	To strike

Adjectives

Ii / yoi	Good
Tadashii	Correct
Okii	Big
Chiisai	Small
Abunai	Dangerous
Subarashii	Outstanding
Genki	Healthy / energetic
Dame	Wrong / bad
Warui	Bad
Totemo	Very ...

Position and Direction

Mae	Front
Ushiro	Behind
Migi	Right
Hidari	Left
Yoko	Side

Uchi	Inside
Soto	Outside
Ue	Above
Shita	Below
Omote	Front, positive
Ura	Reverse, negative, outside
Gyaku	Reverse
Gaeshi	To reverse
Ryo	Both
Renzoku	Combination / continuous
Nagare	Flow
Irimi	To enter, entering
Kaiten	Rotation / spin
Musubi	Uniting, bonding

Numbers

0. zero / rei	0. Zero
Nibun / Hambun	Half
Yombun	Quarter
Happun	One eighth
1/2 nibun no ichi	1/2 one half
1/4 yombun no ichi	1/4 one quarter
1/8 happun no ichi	1/8 one eighth
1. Ichi	1. One
2. Ni	2. Two
3. San	3. Three
4. Shi / Yon	4. Four
5. Go	5. Five
6. Roku	6. Six
7. Shichi / Nana	7. Seven
8. Hachi	8. Eight
9. Kyu / Ku	9. Nine
10. Ju	10. Ten
11. Ju-ichi	11. Eleven
12. Ju-ni	12. Twelve
13. Ju-san	13. Thirteen
14. Ju-shi / Ju-yon	14. Fourteen
15. Ju-go	15. Fifteen
16. Ju-roku	16. Sixteen
17. Ju-shichi / Ju-nana	17. Seventeen

18. Ju-hachi	18. Eighteen
19. Ju-kyu /Ju-ku	19. Nineteen
20. Ni-ju	20. Twenty
21. Ni-ju-ichi	21. Twenty one
22. Ni-ju-ni	22. Twenty two
23. Ni-ju-san	23. Twenty three
24. Ni-ju-shi / Ni-ju-yon	24. Twenty four
25. Ni-ju-go	25. Twenty five
26. Ni-ju-roku	26. Twenty six
27. Ni-ju-shichi / Ni-ju-nana	27. Twenty seven
28. Ni-ju-hachi	28. Twenty eight
29. Ni-ju-kyu / Ni-ju-ku	29. Twenty nine
30. San-ju	30. Thirty
31. San-ju-ichi	31. Thirty one

10. Ju	10. Ten
20. Ni-ju	20. Twenty
30. San-ju	30. Thirty
40. Yon-ju	40. Forty
50. Go-ju	50. Fifty
60. Roku-ju	60. Sixty
70. Nana-ju	70. Seventy
80. Hachi-ju	80. Eighty
90. Kyu-ju	90. Ninety
100. Hyuaku	100. One hundred

Ranks and Titles

-san	Mr/Mrs
-sensei, Sensei	Teacher / Instructor
Shihan	Master instructor
O 'Sensei	The founder, the great master - Morihei Ueshiba
Deshi	Student
Uchideshi	Student living at the dojo
Sotedeshi	Student living in town
Shoshinsha	Beginner
Kohai	Younger student
-senpai, Senpai / -sempai, Sempai	Senior student
Yudansha	Person holding black belt rank.

Aite	Partner
Tori	Partner performing the technique
Nage	Partner performing a throw
Uke	Partner receiving the technique
Uchi-tachi	Partner attacking with sword
Uke-tachi	Partner defending with sword

Kyu	Kyu rank
Nan kyu ?	What Kyu ?
Rokkyu	6th Kyu
Go kyu	5th Kyu
Yon kyu	4th Kyu
San kyu	3rd Kyu
Ni kyu	2nd Kyu
Ik kyu	1st Kyu

Dan	Dan rank
Nan dan ?	What Dan ?
Shodan	1st Dan
Ni dan	2nd Dan
San dan	3rd Dan
Yon dan	4th Dan
Go dan	5th Dan
Roku dan	6th Dan
Shichi dan	7th Dan
Nana dan	7th Dan
Hachi dan	8th Dan
Kyu dan	9th Dan
Ju dan	10th Dan

Body parts

Karada	Body
Hone	Bone
Atama	Head
Men	Face, head
Kami no ke / Kami	Hair
Hitai	Forehead
Me	Eyes
Mayu / Mayuge	Eyebrow

Matsuge	Eyelash
Mimi	Ears
Hana	Nose
Kuchi	Mouth
Kuchibiru	Lip
Hoho	Cheek
Ago	Chin/jaw
Ha	Tooth
Nodo	Throat
Kubi	Neck
Ude	Arms
Kata	Shoulder
Waki no shita	Armpit
Hiji	Elbow
Tekubi, kote	Wrist
Te	Hand
Teganatana	"Sword edge" of the hand, from the little finger to the wrist
Yubi	Finger
Tsume	Nails
Oyayubi	Thumb
Hitosashiyubi	Forefinger
Nakayubi	Middle finger
Kusuri yubi	Third finger
Koyubi	Little finger
Mune	Chest
Onaka	Stomach
Naizo	Internal organs
Konjo	Guts
Tanden	Centre, Energy centre in lower abdomen
Hara	Belly
Senaka	Back
Koshi	Hips
Kinteki	Groin
Shiri	Buttock
Ashi	Legs
Momo	Thigh
Hiza	Knee
Ashi	Foot
Ashikubi	Ankles
Ashiyubi	Toes
Sumasaki	Tips of the toes
Kakato	Heel

Do	Path, way
Budo	Way of the warrior
Bujin	Warrior
Budo-ka	Student of Budo
Ai	Harmony, joining
Ki	Energy, intention, force, life force/energy, spirit
Aikido	Way of harmony with the spirit of the universe
Aikido-ka	Aikido student

Dojo	"The place of the way" or "Place of enlightenment". Often translated as training facility.
Shumen	The front of the dojo
Shinza / Kamiza	Dojo altar
Rei	Bow
Reigi	Etiquette
Dogu	Training equipment
Dogi / gi	Uniform
Obi	Belt
Hakkama	Traditional pant-like skirt
Zori	Sandals

Practice

Keiko	Practice / training
Kakeri-geiko	Attacking practice
Enbukai	Demonstration
Gasshuku	Training camp
Kata	Preset form
-jutsu, -waza	Technique
-dori, -tori	Technique
-nage	Throwing technique

Body practice

Taijutsu	Body technique
Suwariwaza	Seated technique
Tachiwaza	Standing technique
Ukemiwaza	Technique for breaking a fall
Hamni handachi waza	Standing against seated technique
Kaeshiwaza	Countering technique
Jiyu-waza	Free style practice
Randori	Free style practice, Multiple person attack.

Weapons practice

Bukiwaza	Weapon technique
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Ken	Sword
Bokken	Wooden sword
Aiki-ken	The sword of Aikido
Jo	Staff
Aiki-jo	The jo of Aikido
Shiho-giri	To cut / strike / thrust in four directions
Happo-giri	To cut / strike / thrust in eight directions
Suburi	Single person basic weapons practice
Jo-suburi	Basic practice with staff, twenty basic movements
Bokken-suburi	Basic practice with sword, seven different basic movements
Kumi-tachi	Advanced sword practices with partner
Kumi-jo	Advanced staff practices with partner
Ken-tai-jo	Advanced combined sword and staff practices with partner
Jo-dori	Unarmed defence against staff attack. Unarming the opponent and taking the staff.
Jo-nage	Throwing techniques using staff
Tachi-dori	Unarmed defence against sword attack. Unarming the opponent and taking the sword.
Tanto	Knife (wooden knife in practice)
Tanto-dori	Unarmed defence against knife attack. Unarming the opponent and taking the knife.

Positions and Terminology

Suwari	Seated
Seiza	Sitting on both knees
Anza	Sitting with legs crossed
Hanza	Sitting on one knee
Tachi	Stance
Kamae	Posture, attitude
Ken-no-kamae	The posture of the sword
Tsuki-no-kamae	The posture for thrust, used in Aiki-jo
Hasso-no-kamae	"The figure eight position". The posture with the weapon high above your head next to the right shoulder, used in Aiki-jo
Hanmi	Standing posture exposing only half the body
Ma-ai	Distance and timing. The distance where one step/attack can be performed to reach the opponent.
Zenshin	Preparatory mind, before technique
Tsushin	Active mind, performing technique

Zanshin	Post-action mind, after technique. Unbroken spirit
Kokyu	Breathing
Kokyu-ryoku	The power hardness through practice of kokyu
Ki-ai	Spirit yell, harmonizing energy
Taisabaki	Body movement
Shikko	Kneeling movement
Ukemi	"Receiving with/through the body". To break a fall
Mae ukemi	Roll-fall / Break-fall forward
Ushiro ukemi	Roll-fall / Break-fall backwards
Suki	Gap or opening for an attack / technique
Atemi	Attack to vital points
Uchi	A strike
Tsuki	A thrust
Keri	A Kick

Aikido techniques

**The name of an Aikido technique are divided into the following parts:
STANCE - ATTACK - TECHNIQUE - (DIRECTION) - (HEIGHT) - FORM -
(VARIATION)**

Example:

- **Aihamni katadori ikkyo**
- **Aihamni katatedori ikkyo omotewaza kihon**
- **Gyakuhamni tsuki sankyo urawaza ki-no-nagare**

STANCE

Suwarewaza	Seated technique
Hamni-handachi-waza	Standing against seated technique
Ai-hanmi	Same posture
Gyaku-hanmi	Reverse posture

ATTACK Grab

Kosadori, Katate-dori-hantai, Gyaku te-dori	Cross hand grab (opposite side)
Katate-dori	Wrist grab (same side)
Kata-dori	Shoulder grab
Morote-dori	Both hands grabbing one wrist
Ryo-kata-dori	Shoulder grab on both shoulders
Ryote-dori	Wrist grab on both wrist
Sode-dori	Sleeve grab (at elbow level)
Sodeguchi-dori	Cuff grab

Muna-dori	Grip at the chest
Ushiro dori	Rear bear hug
Ushiro ryote-dori	Grip on both wrists from behind
Ushiro ryo-kata-dori	Grip on both shoulders from behind
Ushiro eri-dori	Collar grasp
Ushiro kubi-shime / Ushiro muna-dori	Choking with one hand around the neck from behind

Strike / Thrust

Men-uchi	Strike to the face / head using the Teganatana (edge of the hand)
Shomen-uchi	Strike to the top of the head using the Teganatana (edge of the hand)
Yokomen-uchi	Strike to the side of the head using the Teganatana (edge of the hand)
Men-tsuki	Strike / thrust to the face / head
Mune-tsuki	Strike / thrust to the chest
Katate-dori men-uchi	Wrist grip and strike to the face / head using the Teganatana (edge of the hand)
Kata-dori men-uchi	Shoulder grip and strike to the face / head using the Teganatana (edge of the hand)
Katate-dori men-tsuki	Wrist grip and strike / thrust to the chest
Kata-dori men-tsuki	Shoulder grip and strike / thrust to the chest

Kick

Mae geri	Front kick
Mawashi geri	Spinning kick
Yoku geri	Side kick

Height or level

Jodan	Upper area of body (neck up)
Chudan	Middle area of body (neck to beltline)
Gedan	Lower area of body (below belt)

TECHNIQUE

Tai-no-henko	Basic blending practice, body turn
Kokyu-ho	Breath exercise
Ikkyo	First pinning technique
.. omote waza	Front technique
.. ura waza	Outside technique
Ni kyo	Second pinning technique
.. omote waza	Front technique
.. ura waza	Outside technique
Sankyo	Third pinning technique
.. omote waza	Front technique
.. ura waza	Outside technique

Yonkyo	Forth pinning technique
.. omote waza	Front technique
.. ura waza	Outside technique
Go kyo	Fifth pinning technique
.. ura waza	Outside technique
Rokkyo	Sixth pinning technique
Kotegaeshi	Wrist throw
Shiho-nage	Throw in four directions
.. omote waza	Front technique
.. ura waza	Outside technique
Irimi-nage	Entering technique
Tenchi-nage	Heaven-and-earth throw
Kaiten-nage	Circular / rotation throw
... uchi kaiten	Inside circle
... uchi maware	Inside turn/spin
... soto kaiten	Outside circle
... soto maware	Outside turn/spin
Koshi-nage	Hip throw
Juji-garami, Juji-nage, Aya-dori	Crossed-arm throw
Kokyu-nage	Breath throw
Suwari kokyu-ho / Kokyu-dosa	Seated kokyu exercise

FORM

Kihon	Basic form
Awase	Timing, moving together in one movement
Ki-no-nagare	Flowing form, "with ki flowing"
Go-tai	Basic form
Ju-tai	Soft form
Ryu-tai	Flowing form

VARIATION

Henka, Henka-waza	Variation on technique
Oyo-waza	Applied technique