

GLOSSARY OF JAPANESE TERMS USED IN CLASSES

The explanation in this glossary covers only the techniques which were selected in the criteria for Aikido Kyu examination. This also functions as the list of cross-reference of main words used in this glossary. [Edited on February 1, 1989]

D

DOSA
action; movement.
KOKYU-DOSA

H

HACHI
eight.
HACHI-NO-JI

HACHI-NO-JI
figure eight.
MICHIBIKI-HACHI-NO-JI

HANTAI
opposite.
HANTAI TENKAN

HANTAI TENKAN
after stepping backwards,
nage steps forwards and then
turns.

I

ICHI
one.
IKKYO

IKKYO
one of techniques which
renders uke immobile on the
floor.
HANTAI TENKAN
IRIMI
MICHIBIKI IRIMI
MICHIBIKI-KAESHI IRIMI
MICHIBIKI TENKAN

IRIMI

step forwards; nage steps
forwards and throws uke.

MICHIBIKI IRIMI
TEKUBI-KOSA-TORI IRIMI
TEKUBI-TORI IRIMI
TENCHI-NAGE IRIMI
UDE-KIRI-OROSHI IRIMI
UDE-OROSHI IRIMI

K

KAESHI
1. bend.
KOTE-KAESHI

2. reverse.
MICHIBIKI-KAESHI
MICHIBIKI-KAESHI IRIMI
MICHIBIKI-UDE-KIRI-KAESHI

KATA
shoulder.
KATA-TORI

KATAME
lock; pin.
KATAME-WAZA

KATAME-WAZA
every technique which ren-
ders uke immobile on the
floor.

IKKYO
NIKYO
SANKYO
YONKYO

KATATE
one hand.
KATATE-KOSA-TORI
KATATE-TORI
KATATE-TORI-RYOTE-MOCHI

KATATE-KOSA-TORI
 uke grabs nage's one hand
 like shaking hands.

KATATE-TORI
KATATE-TORI
KATATE-TORI-RYOTE-MOCHI

KATATE-TORI
 uke grabs nage's one hand at
 the same side.

KATATE-TORI-RYOTE-MOCHI
 uke grabs nage's one hand
 with uke's both hands.

KATA-TORI
 uke grabs or tries to grab
 nage's one shoulder at the
 same side.

KI
 the life energy force of
 the universe; the dynamism of
 mind and body coordination.

KIRI
 cut.
KIRI-KAESHI
MICHIBIKI-TEKUBI-KIRI
MICHIBIKI-UDE-KIRI-KAESHI
TEKUBI-KIRI
UDE-KIRI-KAESHI
UDE-KIRI-OROSHI
UDE-KIRI-OROSHI IRIMI

KIRI-KAESHI
 reverse; nage reverses uke's
 direction to throw uke.
MICHIBIKI-UDE-KIRI-KAESHI
UDE-KIRI-KAESHI

KIRI-OROSHI
 cut down; nage leads uke's
 direction like cutting down.
UDE-KIRI-OROSHI
UDE-KIRI-OROSHI IRIMI

KOHO
 back; backward.
KOHO UKEMI

KOHO UKEMI
 roll backwards; backward
 fall.

UKEMI
ZENPO UKEMI

KOKYU
 1. breath; breathing.
KOKYU-HO

2. timing.
KOKYU-DOSA
KOKYU-NAGE

KOKYU-DOSA
 nage throws uke with ki,
 both starting from seiza
 (kneeling) posture.
SUWARI-WAZA KOKYU-DOSA

KOKYU-HO
 breathing methods; breath-
 ing exercises.

KOKYU-NAGE
 a throw in which nage uses
 the timing of his mind and
 body to throw uke.
HANTAI TENKAN
MICHIBIKI-HACHI-NO-JI
MICHIBIKI-UDE-KIRI-KAESHI
MICHIBIKI-UDE-MAWASHI
TEKUBI-KOSA-TORI IRIMI
TEKUBI-TORI IRIMI
TEKUBI-TORI TENKAN
TENCHI-NAGE IRIMI
TENCHI-NAGE TENKAN
TOBIKOMI
UDE-KIRI-OROSHI IRIMI
UDE-OROSHI IRIMI
UDE-OROSHI TENKAN

KOSA
 cross.
KATATE-KOSA-TORI
KOSA-TORI
MICHIBIKI-TEKUBI-KOSA-TORI
TEKUBI-KOSA-TORI
TEKUBI-KOSA-TORI IRIMI

KOSA-TORI

crossed handed.

KATATE-KOSA-TORI

MICHIBIKI-TEKUBI-KOSA-TORI

TEKUBI-KOSA-TORI

TEKUBI-KOSA-TORI IRIMI

KOSHIN

move backwards.

TEKUBI-KOSA-TORI KOSHIN

KOTE

wrist.

KOTE-KAESHI

KOTE-KAESHI

a throw in which nage bends uke's wrist downwards to throw him.

HANTAI TENKAN

MICHIBIKI-UDE-MAWASHI

TEKUBI-KOSA-TORI KOSHIN

TOBIKOMI

M

MAWASHI

swing.

MICHIBIKI-UDE-MAWASHI

UDE-MAWASHI

MICHIBIKI

guide; lead.

MICHIBIKI-HACHI-NO-JI

MICHIBIKI IRIMI

MICHIBIKI-KAESHI

MICHIBIKI-KAESHI IRIMI

MICHIBIKI-TEKUBI-KIRI

MICHIBIKI-TEKUBI-KOSA-TORI

MICHIBIKI TENKAN

MICHIBIKI-UDE-KIRI-KAESHI

MICHIBIKI-UDE-MAWASHI

MICHIBIKI-HACHI-NO-JI

after turning, nage leads uke's direction as if drawing figure eight.

HACHI-NO-JI

MICHIBIKI IRIMI

after stepping backwards, nage steps forwards.

MICHIBIKI-KAESHI

after turning or stepping backwards, nage reverses uke's direction to throw him.

MICHIBIKI-KAESHI IRIMI

MICHIBIKI-KAESHI IRIMI

after turning or stepping backwards, nage reverses uke's direction and then steps forwards.

MICHIBIKI-KAESHI

MICHIBIKI-TEKUBI-KIRI

nage leads uke's direction and then cuts his wrist.

TEKUBI-KIRI

MICHIBIKI-TEKUBI-KOSA-TORI

when uke grabs nage's wrist or wrists from behind, nage leads uke's direction and then grabs his wrist by crossing nage's wrists.

TEKUBI-KOSA-TORI

MICHIBIKI TENKAN

nage steps behind uke and then turns to throw him.

MICHIBIKI-UDE-KIRI-KAESHI

after leading uke's direction, nage reverses uke's both arms and then moves his body like inside-out.

UDE-KIRI-KAESHI

MICHIBIKI-UDE-MAWASHI

after turning or stepping backwards, nage swings his arm in a circular motion and then steps backwards.

UDE-MAWASHI

MUNE

chest.

MUNE-TSUKI

MUNE-TSUKI

punch the chest; uke punches nage on the chest.

N

NAGE

1. thrower.

2. throw.

KOKYU-NAGE

NAGE-WAZA

SHIHO-NAGE

TENCHI-NAGE

NAGE-WAZA

every throwing technique.

KOKYU-NAGE

KOTE-KAESHI

SHIHO-NAGE

NI

two.

NIKYO

NIKYO

one of techniques which renders uke immobile on the floor.

HANTAI TENKAN

MICHIBIKI IRIMI

MICHIBIKI-TEKUBI-KIRI

O

OROSHI

lead downwards.

KIRI-OROSHI

UDE-KIRI-OROSHI

UDE-KIRI-OROSHI IRIMI

UDE-OROSHI

UDE-OROSHI IRIMI

UDE-OROSHI TENKAN

R

RYOTE

both hands.

KATATE-TORI-RYOTE-MOCHI

RYOTE-TORI

RYOTE-MOCHI

grab with two hands; uke grabs nage's one hand with his two hands.

KATATE-TORI-RYOTE-MOCHI

RYOTE-TORI

grab with two hands; uke grabs nage's two hands.

S

SANKYO

one of techniques which renders uke immobile on the floor.

HANTAI TENKAN

MICHIBIKI-TEKUBI-KOSA-TORI

MICHIBIKI TENKAN

SEIZA

kneeling posture.

KOKYU-DOSA

KOKYU-HO

SUWARI

SUWARI-WAZA

SUWARI-WAZA KOKYU-DOSA

SHIHO

four directions.

SHIHO-NAGE

SHIHO-NAGE

a throw in which nage swings uke's arm upwards, turns completely and then throws him.

HANTAI TENKAN

IRIMI

MICHIBIKI IRIMI

TENKAN

SHINSA

test; examination.

SHOMEN

front; face; head.

SHOMEN-UCHI

SHOMEN-UCHI

uke strikes nage on the top of head or forehead.

SUWARI

sit down.

KOKYU-DOSA

KOKYU-HO

SEIZA

SUWARI-WAZA

SUWARI-WAZA KOKYU-DOSA

SUWARI-WAZA

every technique in which both nage and uke start in seiza (kneeling) posture.

SEIZA

SUWARI-WAZA KOKYU-DOSA

SUWARI-WAZA KOKYU-DOSA

nage throws uke with ki, both starting in seiza (kneeling) posture.

T

TE

hand.

TEKUBI

TEKUBI

wrist.

MICHIBIKI-TEKUBI-KIRI

MICHIBIKI-TEKUBI-KOSA-TORI

TEKUBI-KIRI

TEKUBI-KOSA

TEKUBI-KOSA-TORI

TEKUBI-KOSA-TORI IRIMI

TEKUBI-KOSA-TORI KOSHIN

TEKUBI-TORI

TEKUBI-TORI IRIMI

TEKUBI-TORI TENKAN

USHIRO-WAZA TEKUBI-TORI

TEKUBI-KIRI

cut wrist.

MICHIBIKI-TEKUBI-KIRI

TEKUBI-KOSA

cross wrists.

MICHIBIKI-TEKUBI-KOSA-TORI

TEKUBI-KOSA-TORI

TEKUBI-KOSA-TORI IRIMI

TEKUBI-KOSA-TORI KOSHIN

TEKUBI-KOSA-TORI

nage crosses his wrists and then grabs uke's wrist.

MICHIBIKI-TEKUBI-KOSA-TORI

TEKUBI-KOSA-TORI IRIMI

TEKUBI-KOSA-TORI KOSHIN

TEKUBI-KOSA-TORI IRIMI

nage steps in, crossing his wrists midair to grab uke's wrist.

TEKUBI-KOSA-TORI

TEKUBI-KOSA-TORI KOSHIN

after stepping backwards, nage crosses his hands and then grabs uke's wrist.

TEKUBI-KOSA-TORI

TEKUBI-TORI

grab wrist or wrists.

TEKUBI-TORI IRIMI

TEKUBI-TORI TENKAN

USHIRO-WAZA TEKUBI-TORI

TEKUBI-TORI IRIMI

nage steps in and grabs uke's wrist.

TEKUBI-TORI

TEKUBI-TORI TENKAN

after turning, nage grabs uke's wrist.

TEKUBI-TORI

TENCHI

sky (ten) and earth (chi).

TENCHI-NAGE

TENCHI-NAGE IRIMI

TENCHI-NAGE TENKAN

TENCHI-NAGE

when nage throws uke, one hand points up and the other stretches down towards the ground.

TENCHI-NAGE IRIMI

TENCHI-NAGE TENKAN

TENCHI-NAGE IRIMI

when nage steps in, raises his one hand as if pointing to the sky, the other reaching towards the ground.

TENCHI-NAGE

TENCHI-NAGE TENKAN

after turning or stepping backwards, nage points up one hand and stretches down the other towards the ground.

TENCHI-NAGE

TENKAN

turn; step backwards.

HANTAI TENKAN

MICHIBIKI TENKAN

TEKUBI-TORI TENKAN

TENCHI-NAGE TENKAN

UDE-OROSHI TENKAN

TOBIKOMI

step forwards and turn; nage steps behind uke and turns.

TORI

grab; hold; come to hold.

KATATE-KOSA-TORI

KATATE-TORI

KATATE-TORI-RYOTE-MOCHI

KATA-TORI

MICHIBIKI-TEKUBI-KOSA-TORI

RYOTE-TORI

TEKUBI-KOSA-TORI

TEKUBI-KOSA-TORI IRIMI

TEKUBI-KOSA-TORI KOSHIN

TEKUBI-TORI

TEKUBI-TORI IRIMI

TEKUBI-TORI TENKAN

USHIRO-WAZA TEKUBI-TORI

TSUKI

punch; uke punches nage.

MUNE-TSUKI

U

UCHI

strike; uke strikes nage.

SHOMEN-UCHI

YOKOMEN-UCHI

UDE

arm.

MICHIBIKI-UDE-KIRI-KAESHI

MICHIBIKI-UDE-MAWASHI

UDE-KIRI-KAESHI

UDE-KIRI-OROSHI

UDE-KIRI-OROSHI IRIMI

UDE-MAWASHI

UDE-OROSHI

UDE-OROSHI IRIMI

UDE-OROSHI TENKAN

UDE-KIRI-KAESHI

after leading uke's direction, nage reverses uke's both arms and then moves his body like inside-out.

MICHIBIKI-UDE-KIRI-KAESHI

UDE-KIRI-OROSHI

nage cuts uke's arm around elbow.

UDE-KIRI-OROSHI IRIMI

UDE-KIRI-OROSHI IRIMI

nage steps in and cuts uke's arm around elbow.

UDE-KIRI-OROSHI

UDE-MAWASHI

nage swings his arm in a circular motion.

MICHIBIKI-UDE-MAWASHI

UDE-OROSHI

nage drops his arm downwards towards uke's chest.

UDE-OROSHI IRIMI

UDE-OROSHI TENKAN

UDE-OROSHI IRIMI

nage steps in, swings one arm upwards and then downwards towards uke's chest.

UDE-OROSHI

UDE-OROSHI TENKAN

after turning, nage swings his one arm upwards and then downwards towards uke's chest.

UDE-OROSHI

UKE

a person who is thrown by nage.

UKEMI

safe ways of falling down.

KOHO UKEMI

ZENPO UKEMI

USHIRO

back; backward.

USHIRO-WAZA

USHIRO-WAZA TEKUBI-TORI

USHIRO-WAZA

every technique which nage executes when uke attacks him from behind.

USHIRO-WAZA TEKUBI-TORI

USHIRO-WAZA TEKUBI-TORI

uke grabs nage's wrist or wrists from behind.

USHIRO-WAZA

W

WAZA

technique.

KATAME-WAZA

NAGE-WAZA

SUWARI-WAZA

SUWARI-WAZA KOKYU-DOSA

USHIRO-WAZA

USHIRO-WAZA TEKUBI-TORI

Y

YOKOMEN

side face; the side of the neck.

YOKOMEN-UCHI

YOKOMEN-UCHI

uke strikes nage on the side of the neck.

YONKYO

one of techniques which renders uke immobile on the floor.

MICHIBIKI IRIMI

Z

ZENPO

front; forward.

ZENPO UKEMI

ZENPO UKEMI

roll forwards; forward fall.

KOHO UKEMI

UKEMI

END