

student curriculum handbook-2017

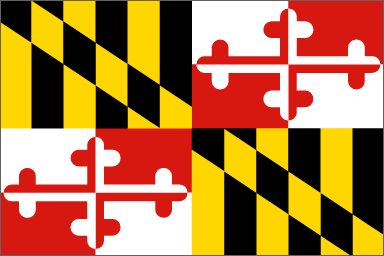
Takemusu aikido - maryland

The curriculum is designed to guide students through a steady educational transition from 6th Kyu to 1st Dan.

The times between grades are minimums since the last grade was achieved.

Students will only be able to take a test at their Instructor’s discretion.

Takemusu aikido - maryland





## Dojo Etiquette

Proper observance of etiquette is as much a part of your training as is learning techniques. Please take the following guidelines seriously.

1. When entering or leaving the dojo, it is proper to bow in the direction of O Sensei's picture, the kamiza, or the front of the dojo. You should also bow when entering or leaving the mat.
2. No shoes on the mat.
3. Be on time for class. If you do happen to arrive late, sit quietly in seiza on the edge of the mat until the instructor grants permission to join practice.
4. If you should have to leave the mat or dojo for any reason during class, approach the instructor and ask permission.
5. Avoid sitting on the mat with your back to the picture of O Sensei or the kamiza. Also, do not lean against the walls or sit with your legs stretched out. (Either sit in seiza or cross- legged.)
6. Remove watches, rings and other jewelry before practice.
7. Do not bring food, gum, or beverages with you into the dojo.
8. Please keep your finger and toe nails cut short.
9. Please keep talking during class to a minimum. What conversation there is should be restricted to one topic -- Aikido.
10. Carry out the directives of the instructor PROMPTLY. Do not keep the rest of the class waiting for you!
11. Do not engage in rough-housing or needless contests of strength during class.
12. Keep your training uniform clean, in good shape, and free of offensive odors.
13. Please pay your membership dues promptly. If, for any reason, you are unable to pay your dues on time, talk with the person in charge of dues collection. Sometimes special rates are available for those experiencing financial hardship.
14. Do not change your clothes on the mat.
15. Remember that you are here to learn, and not to gratify your ego. An attitude of receptivity and humility (though not obsequiousness) is therefore advised.
16. Preserve common-sense standards of decency and respect at all times.

# NOTE TO STUDENTS about testing

Be sure you have the required number of practice days before applying for an examination.

Minimum age for 1st Kyu is 14 years.

An examination shall be taken at the dojo where you normally practice.

As a rule partners (uke) in an examination should be of the same rank.

Continue doing the same technique, left and right, ura and omote, until the examiner says "Stop".

# 6th Kyu

**White Belt**

### Students must have trained for a minimum of 2 months.

|  |  |  |  |
| --- | --- | --- | --- |
| **Technique** | **Attack** | **Direction/Option** | **Position** |
| Tai no henko | Katatedori | Kihon & Kinonagre | Tachiwaza |
| Kokyu ho | Morotedori |  | Tachiwaza |
| Ikkyo | Shomenuchi | Omote & Ura | Tachiwaza |
| Kotegaeshi | Kosadori |  | Tachiwaza |
| Ukemi |  | Mae & Ushiro | Suwariwaza |
| Shikko |  |  |  |
| Kokyu Dosa | Ryotedori | Kihon | Suwariwaza |

# 5th Kyu

**Yellow Belt**

**Students must have trained for a minimum of 2 months from 6th Kyu.**

**30 days of practice**

|  |  |  |  |
| --- | --- | --- | --- |
| **Technique** | **Attack** | **Direction/Option** | **Position** |
| **Tai no henko** | Katatedori | Kihon & Kinonagre | Tachiwaza |
| **Kokyu ho** | Morotedori |  | Tachiwaza |
| **Ikkyo** | Shomenuchi | Omote & Ura | Tachi & Suwariwaza |
|  | Katatedori | Omote & Ura | Tachiwaza |
|  | Ryotedori | Omote & Ura | Tachiwaza |
| **Nikkyo** | Shomenuchi | Omote & Ura | Tachiwaza |
|  | Katatedori | Omote & Ura | Tachiwaza |
|  | Ryotedori | Omote & Ura | Tachiwaza |
| **Kotegaeshi** | Kosadori |  | Tachiwaza |
|  | Tsuki |  | Tachiwaza |
| **Shihonage** | Katatedori | Omote & Ura | Tachiwaza |
|  | Ryotedori | Omote & Ura | Tachiwaza |
| **Irimi Nage** | Shomenuchi |  | Tachiwaza |
| **Kokyu Dosa** | Ryotedori |  | Suwariwaza |
|  |  |  |  |
| **Weapons** |  | | |
| **Ken** | Suburi | 1 to 7 |  |
|  | Happogiri | 8 directions |  |
| **Jo** | Suburi | 1 to 10 |  |

# 4th Kyu

**Orange Belt**

**Students must have trained for a minimum of 4 months since 5th Kyu**

**40 days of practice after obtaining 5th Kyu**

|  |  |  |  |
| --- | --- | --- | --- |
| **Technique** | **Attack** | **Direction/Option** | **Position** |
| **Tai no henko** | Katatedori | Kihon & Kinonagre | Tachiwaza |
| **Kokyu ho** | Morotedori |  | Tachiwaza |
|  | Katatedori |  | Tachiwaza |
| **Ikkyo** | Katatedori | Omote & Ura | Suwariwaza |
|  | Ryotedori | Omote & Ura | Suwariwaza |
|  | Katadori | Omote & Ura | Tachiwaza |
|  | Kosadori | Omote & Ura | Tachiwaza |
|  | Shomenuchi | Omote & Ura | Tachiwaza |
| **Nikkyo** | Shomenuchi | Omote & Ura | Suwariwaza |
|  | Katadori | Omote & Ura | Tachiwaza |
| **Sankyo** | Shomenuchi | Omote & Ura | Tachiwaza |
|  | Katatedori | Omote & Ura | Tachiwaza |
|  | Ryotedori | Omote & Ura | Tachiwaza |
| **Kotegaeshi** | Shomenuchi |  | Tachiwaza |
| **Shihonage** | Ryotedori | Omote & Ura | Tachiwaza |
|  | Shomenuchi | Omote & Ura | Tachiwaza |
|  | Yokomenuchi | Omote & Ura | Tachiwaza |
| **Iriminage** | Shomenuchi |  | Tachiwaza |
| **Kaitenage** | Katatedori | Soto & Uchi Mawari | Tachiwaza |
|  | Ryotedori | Soto & Uchi Mawari | Tachiwaza |
| **Weapons** |  | | |
| **Ken** | Awase | Migi, Hidari, Go & Shichi |  |
| **Jo** | Suburi | 1 to 20 |  |
|  | 13 Kata | All |  |

# 3rd Kyu

**Green Belt**

**Students must have trained for a minimum of 6 months since 4th kyu**

**50 days of practice after obtaining 4th Kyu**

|  |  |  |  |
| --- | --- | --- | --- |
| **Technique** | **Attack** | **Direction/Option** | **Position** |
| **Ikkyo** | Shomenuchi | Omote & Ura | Tachi & Suwariwaza |
|  | Ryotedori | Omote & Ura | Suwariwaza |
|  | Yokomenuchi | Omote & Ura | Tachiwaza |
|  | Mundadori | Omote & Ura | Tachiwaza |
| **Nikkyo** | Shomenuchi | Omote & Ura | Tachi & Suwariwaza |
|  | Katatedori | Omote & Ura | Suwariwaza |
|  | Ryotedori | Omote & Ura | Suwariwaza |
|  | Kosadori | Omote & Ura | Tachiwaza |
|  | Munadori | Omote & Ura | Tachiwaza |
| **Sankyo** | Shomenuchi | Omote & Ura | Tachi & Suwariwaza |
|  | Katatedori | Omote & Ura | Suwariwaza |
|  | Ryotedori | Omote & Ura | Suwariwaza |
|  | Katadori | Omote & Ura | Tachiwaza |
| **Yonkyo** | Shomenuchi | Omote & Ura | Tachi & Suwariwaza |
|  | Katatedori | Omote & Ura | Tachiwaza |
|  | Ryotedori | Omote & Ura | Tachiwaza |
| **Kotegaeshi** | Shomenuchi |  | Hanmihandachi |
|  | Tsuki |  | Hanmihandachi |
|  | Katatedori |  | Tachiwaza |
| **Shihonage** | Katatedori |  | Tachiwaza |
|  | Ryotedori | Omote | Hanmihandachi |
|  | Yokomenuchi | Omote & Ura | Hanmihandachi |
| **Iriminage** | Katatedori | Jodan, Chudan, Gedan | Tachiwaza |
|  | Shomenuchi |  | Tachiwaza |
|  | Ryotedori |  | Tachiwaza |
|  | Tsuki |  | Tachiwaza |
| **Kaitenage** | Shomenuchi |  | Tachiwaza |
|  | Tsuki |  | Tachiwaza |
|  | Katatedori | Soto & Uchi Mawari | Hanmihandachi |
|  | Ryotedori |  | Tachiwaza |
| **Koshinage** | Katatedori |  | Tachiwaza |
|  | Ryotedori |  | Tachiwaza |
|  | Tsuki |  | Tachiwaza |
| **Tenchinage** | Ryotedori |  | Tachiwaza |
| **Kokyu Nage** | Katatedori | X3 | Tachiwaza |
| **Ukemi** | High Fall (at instructor’s discretion; factor student ability/age) | | |
| **Kokyu Dosa** | Ryotedori | Hands held full strength | Suwariwaza |
| **Weapons** |  | | |
| **Ken** | Kumi tachi |  |  |
|  | Ki musubi no tachi |  |  |
| **Jo** | 31 Kata | All |  |
|  | 31 Kumijo | 1-3, 4-6, 9-11 |  |

# 2nd Kyu

**Blue Belt**

**Students must have trained for a minimum of 9 months since 3rd kyu**

**50 days of practice after obtaining 3rd Kyu**

|  |  |  |  |
| --- | --- | --- | --- |
| **Technique** | **Attack** | **Direction/Option** | **Position** |
| **Ikkyo** | Shomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
|  | Katadori | Omote & Ura | Tachiwaza & Suwariwaza |
|  | Yokomenuchi | Omote & Ura | Suwariwaza |
|  | Morotedori | Omote & Ura | Tachiwaza |
|  | Tsuki | Omote & Ura | Tachiwaza |
|  | Ushiro Ryotedori | Omote & Ura | Tachiwaza |
| **Nikkyo** | Shomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
|  | Katadori | Omote & Ura | Tachiwaza & Suwariwaza |
|  | Yokomenuchi | Omote & Ura | Tachiwaza |
|  | Morotedori | Omote & Ura | Tachiwaza |
|  | Tsuki | Omote & Ura | Tachiwaza |
|  | Ushiro Ryotedori | Omote & Ura | Tachiwaza |
| **Sankyo** | Shomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
|  | Katadori | Omote & Ura | Tachiwaza & Suwariwaza |
|  | Yokomenuchi | Omote & Ura | Tachiwaza |
|  | Munedori | Omote & Ura | Tachiwaza |
| **Yonkyo** | Shomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
|  | Katadori | Omote & Ura | Tachiwaza & Suwariwaza |
|  | Katatedori | Omote & Ura | Suwariwaza |
|  | Ryotedori | Omote & Ura | Suwariwaza |
|  | Katadori | Omote & Ura | Suwariwaza |
|  | Yokomenuchi | Omote & Ura | Tachiwaza |
| **Gokkyo** | Yokomenuchi | Ura | Tachiwaza |
| **Kotegaeshi** | Katadori |  | Tachiwaza |
|  | Ushiro Ryotedori |  | Tachiwaza |
| **Shihonage** | Katadori | Omote & Ura | Tachiwaza |
|  | Tsuki | Omote & Ura | Tachiwaza |
|  | Katatedori | Omote & Ura | Hanmihandachi |
| **Iriminage** | Katadori | Omote & Ura | Tachiwaza |
|  | Yokomenuchi |  | Tachiwaza |
|  | Tsuki |  | Hanmihandachi |
|  | Shomenuchi |  | Hanmihandachi |
| **Kaitenage** | Tsuki |  | Hanmihandachi |
|  | Shomenuchi |  | Hanmihandachi |
| **Tenchinage** | Katatedori |  | Tachiwaza |
|  | Ryotedori |  | Tachiwaza |
| **Koshinage** | Shomenuchi | X2 | Tachiwaza |
|  | Ushiro Ryotedor |  | Tachiwaza |
| **Kokyu Nage** | Shomenuchi |  | Tachiwaza |
|  | Katadori |  | Tachiwaza |
|  | Morotedori |  | Tachiwaza |
|  | Ushiro Ryotedori |  | Tachiwaza |
| **Kokyu Dosa** | Ryotedori | Hands pinned to knees | Suwariwaza |
| **Weapons** |  | | |
| **Ken** | Kumi Tachi | 1 to 5 |  |
| **Jo** | 31 Kumi Tachi | 13-17, 18-22, 23-27, 28-31 |  |
| **Tanto** | Tsuki | Kotegaeshi |  |
|  | Yokomenuchi | Gokkyo |  |
|  | Knife at center of back |  |  |

# 1st Kyu

**Brown Belt**

**Students must have trained for a minimum of 12 months since 2ndkyu**

**60 days of practice after obtaining 2nd Kyu**

|  |  |  |  |
| --- | --- | --- | --- |
| **Technique** | **Attack** | **Direction/Option** | **Position** |
| **Ikkyo** | Shomenuchi | Omote & Ura | Tachi & Suwariwaza |
|  | Katadori | Omote & Ura | Tachi & Suwariwaza |
|  | Yokomenuchi | Omote & Ura | Tachi & Suwariwaza |
|  | Ryotedori | Omote & Ura | Hanmihandachi |
|  | Ushiro Ryokatadori | Omote & Ura | Tachiwaza |
|  | Ushiro Ryotedori | Omote & Ura | Tachiwaza |
| **Nikkyo** | Shomenuchi | Omote & Ura | Tachi & Suwariwaza |
|  | Katadori | Omote & Ura | Tachi & Suwariwaza |
|  | Yokomenuchi | Omote & Ura | Tachi & Suwariwaza |
|  | Ryotedori | Omote & Ura | Hanmihandachi |
|  | Ushiro Ryotedori | Omote & Ura | Tachiwaza |
|  | Ushiro Ryokatadori | Omote & Ura | Tachiwaza |
| **Sankyo** | Shomenuchi | Omote & Ura | Tachi & Suwariwaza |
|  | Katadori | Omote & Ura | Tachi & Suwariwaza |
|  | Yokomenuchi | Omote & Ura | Tachi & Suwariwaza |
|  | Morotedori | Omote & Ura | Suwariwaza |
|  | Tsuki | Omote & Ura | Suwariwaza |
|  | Ushiro Ryotedori | Omote & Ura | Tachiwaza |
| **Yonkyo** | Shomenuchi | Omote & Ura | Tachi & Suwariwaza |
|  | Katadori | Omote & Ura | Tachi & Suwariwaza |
|  | Yokomenuchi | Omote & Ura | Tachi & Suwariwaza |
|  | Munadori | Omote & Ura | Tachiwaza |
|  | Morotedori | Omote & Ura | Tachiwaza |
|  | Tsuki | Omote & Ura | Tachiwaza |
|  | Ushiro Ryotedori | Omote & Ura | Tachiwaza |
| **Gokkyo** | Yokomenuchi | Ura | Suwariwaza |
|  | Tsuki | Ura | Tachiwaza |
| **Rokkyo** | Tsuki | Ura | Tachiwaza |
|  | Shomenuchi | Ura | Tachiwaza |
| **Kotegaeshi** | Yokomenuchi |  | Tachiwaza |
|  | Munadori |  | Tachiwaza |
|  | Ushiro Ryotedori |  | Tachiwaza |
| **Shihonage** | Munadori | Omote & Ura | Tachiwaza |
|  | Morotedori | Omote & Ura | Tachiwaza |
|  | Katatedori | Omote & Ura | Tachiwaza & Hanmihandachi |
|  | Ryotedori | Omote & Ura | Tachiwaza & Hanmihandachi |
| **Iriminage** | Katatedori |  | Suwariwaza |
|  | Shomenuchi |  | Suwariwaza |
|  | Morotedori |  | Tachiwaza |
|  | Tsuki |  | Tachiwaza |
| **Kaitenage** | Katadori |  | Tachiwaza |
|  | Munadori |  | Tachiwaza |
| **Tenchinage** | Ryotedori |  | Tachiwaza |
| **Koshinage** | Morotedori |  | Tachiwaza |
|  | Katadori |  | Tachiwaza |
|  | Yokomenuchi |  | Tachiwaza |
| **Jujinage** | Munadori |  | Tachiwaza |
|  | Tsuki |  | Tachiwaza |
|  | Ushiro Ryotedori |  | Tachiwaza |
| **Kokyu Nage** | Yokomenuchi |  | Tachiwaza |
| **Jiyuwaza** | Katatedori | (aka Randori) | Tachi & Suwariwaza |
|  | Tsuki |  | Tachi & Suwariwaza |
|  | Morotedori |  | Tachi & Suwariwaza |
| **Kokyu Dosa** | Hijidori | Both elbows held | Suwariwaza |
|  |  |  |  |
| **Weapons** |  | | |
| **Ken** | Tachi Dori | 3 |  |
| **Jo** | Jo Dori | 3 |  |
|  | Jo Nage | 3 |  |
|  | 13 Jo Awase | All |  |
|  | 31 Kumijo | All |  |
|  | 10 Kumijo | 1 to 3 |  |
| **Tanto** | Tanto Dori | Any 4 |  |

# ShoDan

**1st Degree Black Belt**

**Students must have trained for a minimum of 12 months since 1st kyu**

**70 days of practice after obtaining 1st Kyu**

**Students must attend two sanctioned seminars in the 12 months prior to the test at least one of which is taught by someone other than regular instructor.**

#### All techniques to be performed in kihon (vice ki no nagare) unless otherwise instructed by the examiner.

#### Unarmed techniques: sitting, sitting v.s. standing, standing techniques for strikes, thrusts, all forms of grasping (shoulders, elbows, collar, wrists and hands; all techniques from the rear)

|  |  |  |  |
| --- | --- | --- | --- |
| **Weapons** |  |  |  |
| **Technique** | **Attack** | **Direction/Option** | **Position** |
| **Ken** | Kumi Tachi | All |  |
|  | Tachi Dori | 5 |  |
| **Jo** | Jo Dori | 5 |  |
|  | 10 Kumi Jo | 1 to 5 |  |
| **Tanto** | Tanto Dori | Tsuki |  |
|  |  | Yokomenuchi |  |
|  |  | Kubishime |  |
|  |  | Knife held front |  |
|  |  | Knife held back |  |
|  |  | Slash attack |  |
| **Jiyuwaza** | 40-50 seconds | 2 attackers | Tachiwaza |
| **Kokyu Dosa** | 3 simple attacks |  | Suwariwaza |

Aikido Terminology

|  |  |  |
| --- | --- | --- |
| **Striking:** | | |
| Atemi | http://www.aikidofaq.com/dictionary/pics/atemi.gif | Strike to a vital point |
| Chudan-zuki | http://www.aikidofaq.com/dictionary/pics/chudanzuki.gif | A punch to the abdominal region |
| Gedan-zuki | http://www.aikidofaq.com/dictionary/pics/gedanzuki.gif | Downward punch |
| Gyaku-uchi | http://www.aikidofaq.com/dictionary/pics/gyakuuchi.gif | Any reverse strike |
| Gyaku-zuki | http://www.aikidofaq.com/dictionary/pics/gyakuzuki.gif | Punching with the rear hand |
| Jodan-zuki | http://www.aikidofaq.com/dictionary/pics/jodanzuki.gif | Upper strike |
| Kaeshi-zuki | http://www.aikidofaq.com/dictionary/pics/kaeshizuki.gif | Counter thrust |
| Katate-uchi | http://www.aikidofaq.com/dictionary/pics/katateuchi.gif | One-handed strike |
| Men-uchi | http://www.aikidofaq.com/dictionary/pics/menuchi.gif | Strike to head |
| Mune tsuki | http://www.aikidofaq.com/dictionary/pics/munetsuki.gif | Thrust toward knot on obi |
| Oi-zuki | http://www.aikidofaq.com/dictionary/pics/oizuki.gif | A step-punch |
| Shomen uchi | http://www.aikidofaq.com/dictionary/pics/shomenuchi.gif | Overhead strike to the head. |
| Tsuki | http://www.aikidofaq.com/dictionary/pics/tsuki.gif | In Aikido, usually a Chudan Oi-zuki |
| Uchi | http://www.aikidofaq.com/dictionary/pics/uchi.gif | Inside; strike |
| Yokomen uchi | http://www.aikidofaq.com/dictionary/pics/yokomenuchi.gif | Diagonal strike to the side of the head. |
| Yoko-uchi | http://www.aikidofaq.com/dictionary/pics/yokouchi.gif | A sideward strike |
| **Holds:** | | |
| Gyakute-dori | http://www.aikidofaq.com/dictionary/pics/gyakutedori.gif | To grasp with one's hand reversed; to grasp and opponents right wrist with your left hand |
| Katate dori | http://www.aikidofaq.com/dictionary/pics/katatedori.gif | One hand holding one hand. |
| Kosadori | http://www.aikidofaq.com/dictionary/pics/kousadori.gif | hand grab (katatedori ai-hanmi) |
| Morote dori | http://www.aikidofaq.com/dictionary/pics/morotedori.gif | Two hands holding one hand. |
| Kata dori | http://www.aikidofaq.com/dictionary/pics/katadori.gif | Shoulder hold |
| Ryokata dori | http://www.aikidofaq.com/dictionary/pics/ryokatadori.gif | Grabbing both shoulders. |
| Ryote dori | http://www.aikidofaq.com/dictionary/pics/ryotedori.gif | Two hands holding two hands. |
| Mune dori | http://www.aikidofaq.com/dictionary/pics/munedori.gif | One or two hand lapel hold. |
| Hiji dori | http://www.aikidofaq.com/dictionary/pics/hijidori.gif | Elbow grab |
| Sode dori | http://www.aikidofaq.com/dictionary/pics/sodedori.gif | Sleeve grab |
| Ushiro eri-dori | http://www.aikidofaq.com/dictionary/pics/ushiroeridori.gif | Neck grab from the back (usually the collar :-) |
| Ushiro tekubi dori | http://www.aikidofaq.com/dictionary/pics/ushirotekubidori.gif | Wrist grab from the back. |
| Ushiro ryote dori | http://www.aikidofaq.com/dictionary/pics/ushiro.gifhttp://www.aikidofaq.com/dictionary/pics/ryotedori.gif | As above from the back. |
| Ushiro ryokata dori | http://www.aikidofaq.com/dictionary/pics/ushiro.gifhttp://www.aikidofaq.com/dictionary/pics/ryokatadori.gif | As above from the back. |
| Ushiro kubi shime | http://www.aikidofaq.com/dictionary/pics/ushiro.gifhttp://www.aikidofaq.com/dictionary/pics/kubishime.gif | Rear choke. |
| **Anatomy:** | | |
| Hara | http://www.aikidofaq.com/dictionary/pics/hara.gif | The abdomen, stomach |
| Abara | http://www.aikidofaq.com/dictionary/pics/abara.gif | The ribs |
| Ago | http://www.aikidofaq.com/dictionary/pics/ago.gif | Jaw |
| Ashi | http://www.aikidofaq.com/dictionary/pics/ashi.gif | Leg |
| Ashikubi | http://www.aikidofaq.com/dictionary/pics/ashikubi.gif | Ankle |
| Atama | http://www.aikidofaq.com/dictionary/pics/atama.gif | Head |
| Chototsu | http://www.aikidofaq.com/dictionary/pics/chototsu.gif | Atemi point between the eyes |
| Daitai | http://www.aikidofaq.com/dictionary/pics/daitai.gif | The thigh |
| Denko | http://www.aikidofaq.com/dictionary/pics/denko.gif | Atemi point at the floating ribs |
| Dokko | http://www.aikidofaq.com/dictionary/pics/dokko.gif | Pressure point behind the ear |
| Empi | http://www.aikidofaq.com/dictionary/pics/empi.gif | The elbow |
| Eri | http://www.aikidofaq.com/dictionary/pics/eri.gif | Lapel; collar |
| Fukuto | http://www.aikidofaq.com/dictionary/pics/fukuto.gif | Atemi point just above inside of knee |
| Ganmen | http://www.aikidofaq.com/dictionary/pics/ganmen.gif | The face |
| Gekon | http://www.aikidofaq.com/dictionary/pics/gekon.gif | Pressure point below lower lip |
| Gokoku | http://www.aikidofaq.com/dictionary/pics/gokoku.gif | Pressure point in fleshy area between thumb and forefinger |
| Haishu | http://www.aikidofaq.com/dictionary/pics/haishu.gif | Back of the hand |
| Haito | http://www.aikidofaq.com/dictionary/pics/haito.gif | Ridgehand |
| Haiwan | http://www.aikidofaq.com/dictionary/pics/haiwan.gif | Back of forearm |
| Hiji | http://www.aikidofaq.com/dictionary/pics/hiji.gif | Elbow |
| Hiji-zume | http://www.aikidofaq.com/dictionary/pics/hijizume.gif | Atemi point on inside of elbow |
| Hitai | http://www.aikidofaq.com/dictionary/pics/hitai.gif | Forehead |
| Ippon-ken | http://www.aikidofaq.com/dictionary/pics/ipponken.gif | An one-knuckle fist |
| Jintai | http://www.aikidofaq.com/dictionary/pics/jintai.gif | The body |
| Jinkai-kyusho | http://www.aikidofaq.com/dictionary/pics/jinkaikyusho.gif | Vital points on the human body |
| Juizo | http://www.aikidofaq.com/dictionary/pics/juizo.gif | The kidney area |
| Junchu | http://www.aikidofaq.com/dictionary/pics/junchu.gif | Atemi point on the upper lip |
| Kakuto | http://www.aikidofaq.com/dictionary/pics/kakuto.gif | Back of the wrist (for a strike) |
| Kashi | http://www.aikidofaq.com/dictionary/pics/kashi.gif | Legs |
| Katate | http://www.aikidofaq.com/dictionary/pics/katate.gif | One hand |
| Kenkokotsu | http://www.aikidofaq.com/dictionary/pics/kenkokotsu.gif | Shoulder blades |
| Kikan | http://www.aikidofaq.com/dictionary/pics/kikan.gif | Trachea |
| Koko | http://www.aikidofaq.com/dictionary/pics/koko.gif | Area between thumb and forefinger |
| Kote | http://www.aikidofaq.com/dictionary/pics/kote.gif | Wrist |
| Kubi | http://www.aikidofaq.com/dictionary/pics/kubi.gif | Neck |
| Kubi-naka | http://www.aikidofaq.com/dictionary/pics/kubinaka.gif | Atemi point at base of skull |
| Kyusho | http://www.aikidofaq.com/dictionary/pics/kyusho.gif | Vital point on body |
| Mata | http://www.aikidofaq.com/dictionary/pics/mata.gif | The thigh; the groin |
| Men | http://www.aikidofaq.com/dictionary/pics/men.gif | Head |
| Mikazuki | http://www.aikidofaq.com/dictionary/pics/mikazuki.gif | Atemi at corner of jaw |
| Mimi | http://www.aikidofaq.com/dictionary/pics/mimi.gif | Ears |
| Morote | http://www.aikidofaq.com/dictionary/pics/morote.gif | Both hands |
| Mukozune | http://www.aikidofaq.com/dictionary/pics/mukozune.gif | Atemi point in middle of shin |
| Mune | http://www.aikidofaq.com/dictionary/pics/mune.gif | Chest |
| Murasame | http://www.aikidofaq.com/dictionary/pics/murasame.gif | Pressure points on each side of neck behind collar bone |
| Naike | http://www.aikidofaq.com/dictionary/pics/naike.gif | Pressure point on inside of ankle |
| Nukite | http://www.aikidofaq.com/dictionary/pics/nukite.gif | Ends of stiffened fingers |
| Seika-tanden | http://www.aikidofaq.com/dictionary/pics/seikatanden.gif | Lower abdomen |
| Seiken | http://www.aikidofaq.com/dictionary/pics/seiken.gif | Front of fist |
| Seikichu | http://www.aikidofaq.com/dictionary/pics/seikichu.gif | The spine |
| Senaka | http://www.aikidofaq.com/dictionary/pics/senaka.gif | The back of the body |
| Shintai | http://www.aikidofaq.com/dictionary/pics/shintai.gif | The body |
| Shita hara | http://www.aikidofaq.com/dictionary/pics/shitahara.gif | Lower abdomen |
| Shomen | http://www.aikidofaq.com/dictionary/pics/shomen.gif | Face |
| Shuhai | http://www.aikidofaq.com/dictionary/pics/shuhai.gif | Back of the hand |
| Shuto | http://www.aikidofaq.com/dictionary/pics/shuto.gif | Edge of hand |
| Sode | http://www.aikidofaq.com/dictionary/pics/sode.gif | Sleeve |
| Sokei | http://www.aikidofaq.com/dictionary/pics/sokei.gif | Groin |
| Sokuso | http://www.aikidofaq.com/dictionary/pics/sokuso.gif | Tips of toes (for kicking) |
| Sokutei | http://www.aikidofaq.com/dictionary/pics/sokutei.gif | Bottom of heel |
| Sokuto | http://www.aikidofaq.com/dictionary/pics/sokuto.gif | Edge of foot |
| Tanden | http://www.aikidofaq.com/dictionary/pics/tanden.gif | Abdomen |
| Tegatana | http://www.aikidofaq.com/dictionary/pics/tegatana.gif | The arm as sword |
| Teisho | http://www.aikidofaq.com/dictionary/pics/teisho.gif | Heel of the hand |
| Tekubi | http://www.aikidofaq.com/dictionary/pics/tekubi.gif | Wrist |
| Te-no-hira | http://www.aikidofaq.com/dictionary/pics/tenohira.gif | Palm of hand |
| Tento | http://www.aikidofaq.com/dictionary/pics/tento.gif | Atemi point on top of head |
| Tettsui | http://www.aikidofaq.com/dictionary/pics/tettsui.gif | Hammer fist |
| Te-ura | http://www.aikidofaq.com/dictionary/pics/teura.gif | Inside of wrist |
| Ude | http://www.aikidofaq.com/dictionary/pics/ude.gif | The arm |
| Uraken | http://www.aikidofaq.com/dictionary/pics/uraken.gif | Back of fist |
| Waki | http://www.aikidofaq.com/dictionary/pics/waki.gif | Side; armpit |
| Wakikage | http://www.aikidofaq.com/dictionary/pics/wakikage.gif | Atemi point in armpit |
| Yokomen | http://www.aikidofaq.com/dictionary/pics/yokomen.gif | Side of the head |
| Yubi | http://www.aikidofaq.com/dictionary/pics/yubi.gif | Finger |
| Zengaku | http://www.aikidofaq.com/dictionary/pics/zengaku.gif | Forehead |
| Zenshin | http://www.aikidofaq.com/dictionary/pics/zenshin.gif | The entire body |
| Zenwan | http://www.aikidofaq.com/dictionary/pics/zenwan.gif | Forearm |
| **Commands in the dojo:** | | |
| Ato | http://www.aikidofaq.com/dictionary/pics/ato.gif | Move back |
| Hajime | http://www.aikidofaq.com/dictionary/pics/hajime.gif | Start |
| Hayaku | http://www.aikidofaq.com/dictionary/pics/hayaku.gif | Quickly |
| Kiyotsukete | http://www.aikidofaq.com/dictionary/pics/kiyotsukete.gif | Be careful |
| Koutai | http://www.aikidofaq.com/dictionary/pics/koutai.gif | Change |
| Mate | http://www.aikidofaq.com/dictionary/pics/mate.gif | Wait |
| Mawatte | http://www.aikidofaq.com/dictionary/pics/mawatte.gif | Turn around |
| Mokuso | http://www.aikidofaq.com/dictionary/pics/mokuso.gif | Close the eyes, meditation |
| Suwatte | http://www.aikidofaq.com/dictionary/pics/suwatte.gif | Sit down |
| Tatte | http://www.aikidofaq.com/dictionary/pics/tatte.gif | Raise |
| Yame | http://www.aikidofaq.com/dictionary/pics/yame.gif | Stop |
| Yoi | http://www.aikidofaq.com/dictionary/pics/yoi.gif | Ready |
| Yukuri | http://www.aikidofaq.com/dictionary/pics/yukuri.gif | Slow |
| Yuru yaka ni | http://www.aikidofaq.com/dictionary/pics/yuruyakani.gif | Smooth |
| Shinzen ni rei | http://www.aikidofaq.com/dictionary/pics/shinzennirei.gif | Bow to shrine |
| Sensei ni rei | http://www.aikidofaq.com/dictionary/pics/senseinirei.gif | Bow to sensei |
| Joseki ni rei | http://www.aikidofaq.com/dictionary/pics/josekinirei.gif | Bow to the high section of the dojo |
| Kamiza ni rei | http://www.aikidofaq.com/dictionary/pics/kamizanirei.gif | Bow to kamiza (gods) |
| Otagai ni rei | http://www.aikidofaq.com/dictionary/pics/otagainirei.gif | Bow to each other |
| Rei | http://www.aikidofaq.com/dictionary/pics/rei.gif | Bow |
| **Words:** | | |
| Arigato | http://www.aikidofaq.com/dictionary/pics/arigato.gif | Thank you (informal) |
| Domo | http://www.aikidofaq.com/dictionary/pics/domo.gif | Thanks (informal) |
| Domo arigato | http://www.aikidofaq.com/dictionary/pics/domoarigato.gif | Thank you (formal) |
| Domo arigato gozaimasu | http://www.aikidofaq.com/dictionary/pics/domoarigatogozaimasu.gif | Thank you very much (very formal) (for something that is happening) |
| Domo arigato gozaimas'ta | http://www.aikidofaq.com/dictionary/pics/doumoarigatougozaimashita.gif | Thank you very much (very formal) (for something that has just ended) |
| Dozo | http://www.aikidofaq.com/dictionary/pics/dozo.gif | Please go ahead |
| Gomen nasai | http://www.aikidofaq.com/dictionary/pics/gomennasai.gif | Excuse me, I'm sorry |
| Onegaishimasu | http://www.aikidofaq.com/dictionary/pics/onegaishimasu.gif | Please (when asking for something, usually as in Please lets practice together) |
| Sumimasen | http://www.aikidofaq.com/dictionary/pics/sumimasen.gif | Excuse me (to attract attention) |
| Hai | http://www.aikidofaq.com/dictionary/pics/hai.gif | Yes |
| Iie | http://www.aikidofaq.com/dictionary/pics/iie.gif | No |
| Wakarimasu | http://www.aikidofaq.com/dictionary/pics/wakarimasu.gif | I understand |
| **Directions:** | | |
| Mae | http://www.aikidofaq.com/dictionary/pics/mae.gif | Forward |
| Migi | http://www.aikidofaq.com/dictionary/pics/migi.gif | Right |
| Hidari | http://www.aikidofaq.com/dictionary/pics/hidari.gif | Left |
| Ushiro | http://www.aikidofaq.com/dictionary/pics/ushiro.gif | Rearward, behind |
| Omote | http://www.aikidofaq.com/dictionary/pics/omote.gif | Front |
| Ura | http://www.aikidofaq.com/dictionary/pics/ura.gif | Back |
| Uchi | http://www.aikidofaq.com/dictionary/pics/uchi.gif | Inside |
| Soto | http://www.aikidofaq.com/dictionary/pics/soto.gif | Outside |
| Jodan | http://www.aikidofaq.com/dictionary/pics/jodan.gif | High |
| Chudan | http://www.aikidofaq.com/dictionary/pics/chudan.gif | Middle |
| Gedan | http://www.aikidofaq.com/dictionary/pics/gedan.gif | Low |
| Chokkaku | http://www.aikidofaq.com/dictionary/pics/chokkaku.gif | Right angles |
| Heiko | http://www.aikidofaq.com/dictionary/pics/heiko.gif | Parallel |
| Massugu | http://www.aikidofaq.com/dictionary/pics/massugu.gif | Straight ahead |
| Naname | http://www.aikidofaq.com/dictionary/pics/naname.gif | Diagonal |
| Otoshi | http://www.aikidofaq.com/dictionary/pics/otoshi.gif | Dropping |
| Shomen | http://www.aikidofaq.com/dictionary/pics/shomen.gif | Straight ahead |
| Ue | http://www.aikidofaq.com/dictionary/pics/ue.gif | Up |
| Yoko | http://www.aikidofaq.com/dictionary/pics/yoko.gif | Horizontal, to the side |
| Asoko | http://www.aikidofaq.com/dictionary/pics/asoko.gif | Over there |
| Gyaku | http://www.aikidofaq.com/dictionary/pics/gyaku.gif | Reverse, opposite, inverted |
| Hantai | http://www.aikidofaq.com/dictionary/pics/hantai.gif | The other way around |
| Kiku | http://www.aikidofaq.com/dictionary/pics/kiku.gif | Lower |
| Komi | http://www.aikidofaq.com/dictionary/pics/komi.gif | Coming close or drawing near. |
| Soko | http://www.aikidofaq.com/dictionary/pics/soko.gif | There, that position |
| Hantai-ni | http://www.aikidofaq.com/dictionary/pics/hantaini.gif | In the opposite direction |
| Happo | http://www.aikidofaq.com/dictionary/pics/happo.gif | The eight sides; in all directions |
| Ichimonji | http://www.aikidofaq.com/dictionary/pics/ichimonji.gif | A straight line |
| Chokusen | http://www.aikidofaq.com/dictionary/pics/chokusen.gif | A straight line |
| Naka | http://www.aikidofaq.com/dictionary/pics/naka.gif | Center |
| Naka ni | http://www.aikidofaq.com/dictionary/pics/nakani.gif | To the center |
| Waki | http://www.aikidofaq.com/dictionary/pics/waki.gif | Side; armpit |
| Zenpo | http://www.aikidofaq.com/dictionary/pics/zenpo.gif | Front |
| **General:** | | |
| Uchi deshi | http://www.aikidofaq.com/dictionary/pics/uchideshi.gif | A live-in student |
| Budo | http://www.aikidofaq.com/dictionary/pics/budo.gif | Martial way |
| Aikido | http://www.aikidofaq.com/dictionary/pics/aikido.gif | The way of harmony with ki |
| Dojo | http://www.aikidofaq.com/dictionary/pics/dojo.gif | Lit. "way place" |
| Zanshin | http://www.aikidofaq.com/dictionary/pics/zanshin.gif | lit. "remaining spirit", balanced and aware state |
| Kiai | http://www.aikidofaq.com/dictionary/pics/kiai.gif | A shout delivered for the purpose of focussing all of one's energy |
| Satori | http://www.aikidofaq.com/dictionary/pics/satori.gif | Enlightenment |
| Misogi | http://www.aikidofaq.com/dictionary/pics/misogi.gif | purification ceremony |
| Musubi | http://www.aikidofaq.com/dictionary/pics/musubi.gif | Ending, conclusion, union |
| Shugyo | http://www.aikidofaq.com/dictionary/pics/shugyo.gif | Training, pursuit of knowledge |
| Tatami | http://www.aikidofaq.com/dictionary/pics/tatami.gif | Mat |
| Uke | http://www.aikidofaq.com/dictionary/pics/uke.gif | Receiver of the technique (attacker) |
| Nage | http://www.aikidofaq.com/dictionary/pics/nage.gif | Doer of the technique (defender) |
| Bokken | http://www.aikidofaq.com/dictionary/pics/bokken.gif | Wooden sword |
| Bokuto | http://www.aikidofaq.com/dictionary/pics/bokuto.gif | Wooden sword |
| Jo | http://www.aikidofaq.com/dictionary/pics/jo.gif | Short staff (~130 cm length) |
| Shinai | http://www.aikidofaq.com/dictionary/pics/shinai.gif | Bamboo sword |
| Enten-jizui | http://www.aikidofaq.com/dictionary/pics/entenjizui.gif | Moving and turning freely |
| Genshin | http://www.aikidofaq.com/dictionary/pics/genshin.gif | Intuition |
| Giri | http://www.aikidofaq.com/dictionary/pics/giri.gif | Duty; What you have to do |
| Happo-baraki | http://www.aikidofaq.com/dictionary/pics/happobaraki.gif | To be totally aware of ones surroundings |
| Hiki | http://www.aikidofaq.com/dictionary/pics/hiki.gif | Pull; tug |
| Hineri | http://www.aikidofaq.com/dictionary/pics/hineri.gif | A twist |
| Hito-e-mi | http://www.aikidofaq.com/dictionary/pics/hitoemi.gif | Blending with motion of attack |
| Ido | http://www.aikidofaq.com/dictionary/pics/ido.gif | Movement |
| Idori | http://www.aikidofaq.com/dictionary/pics/idori.gif | Techniques practiced from seiza |
| Ikki-ni | http://www.aikidofaq.com/dictionary/pics/ikkini.gif | In one breath; instantly |
| Ima | http://www.aikidofaq.com/dictionary/pics/ima.gif | Now |
| Irimi | http://www.aikidofaq.com/dictionary/pics/irimi.gif | Entering |
| Kaiten | http://www.aikidofaq.com/dictionary/pics/kaiten.gif | Rotation |
| Kaiten-juki | http://www.aikidofaq.com/dictionary/pics/kaitenjuki.gif | The axis of rotation of a technique |
| Kan | http://www.aikidofaq.com/dictionary/pics/kan.gif | Intuition |
| Karame | http://www.aikidofaq.com/dictionary/pics/karame.gif | To tie up; to arrest |
| Karami | http://www.aikidofaq.com/dictionary/pics/karami.gif | An entanglement |
| Karui-geiko | http://www.aikidofaq.com/dictionary/pics/karuigeiko.gif | Light, easy practice |
| Kashaki-uchi | http://www.aikidofaq.com/dictionary/pics/kashakiuchi.gif | Continuous attack |
| Kihon | http://www.aikidofaq.com/dictionary/pics/kihon.gif | Fundamental |
| Kokoro | http://www.aikidofaq.com/dictionary/pics/kokoro.gif | Spirit, will, heart, intuition, mood |
| Kokoro-gamae | http://www.aikidofaq.com/dictionary/pics/kokorogamae.gif | Mental attitude |
| Kokutsu | http://www.aikidofaq.com/dictionary/pics/kokutsu.gif | Backward leaning |
| Koryu | http://www.aikidofaq.com/dictionary/pics/koryu.gif | Old style |
| Kujiki | http://www.aikidofaq.com/dictionary/pics/kujiki.gif | Strain |
| Kushin | http://www.aikidofaq.com/dictionary/pics/kushin.gif | Springing in to attack |
| Kusshinuke | http://www.aikidofaq.com/dictionary/pics/kussinuke.gif | To dodge an attack |
| Maai | http://www.aikidofaq.com/dictionary/pics/maai.gif | Combat engagement distance |
| Mae-no-sen | http://www.aikidofaq.com/dictionary/pics/maenosen.gif | Taking the initiative; Attacking the instant your opponent thinks about it |
| Maki | http://www.aikidofaq.com/dictionary/pics/maki.gif | Wrapped around |
| Mawashi | http://www.aikidofaq.com/dictionary/pics/mawashi.gif | A turn; a rotation |
| Moku roku | http://www.aikidofaq.com/dictionary/pics/mokuroku.gif | A catalog of techniques |
| Mokuso | http://www.aikidofaq.com/dictionary/pics/mokuso.gif | Meditation |
| Munen mushin | http://www.aikidofaq.com/dictionary/pics/munenmushin.gif | Striking without conscience |
| Munen muso | http://www.aikidofaq.com/dictionary/pics/munenmuso.gif | The goal of zazen |
| Nagashi | http://www.aikidofaq.com/dictionary/pics/nagashi.gif | Flow |
| Ninjo | http://www.aikidofaq.com/dictionary/pics/ninjo.gif | What you have to do |
| No | http://www.aikidofaq.com/dictionary/pics/no.gif | Possessive particle of speech |
| Nobashi | http://www.aikidofaq.com/dictionary/pics/nobashi.gif | Stretched out |
| Nuki | http://www.aikidofaq.com/dictionary/pics/nuki.gif | Pull |
| Oji | http://www.aikidofaq.com/dictionary/pics/oji.gif | A response |
| Osae | http://www.aikidofaq.com/dictionary/pics/osae.gif | Press; push; to immobolize |
| Randori | http://www.aikidofaq.com/dictionary/pics/randori.gif | Free style |
| Reigi | http://www.aikidofaq.com/dictionary/pics/reigi.gif | Etiquette; also reishiki |
| Renshu | http://www.aikidofaq.com/dictionary/pics/renshu.gif | Hard work on basics |
| Ritsurei | http://www.aikidofaq.com/dictionary/pics/ritsurei.gif | A standing bow |
| Sabaki | http://www.aikidofaq.com/dictionary/pics/sabaki.gif | Body motion |
| Saho | http://www.aikidofaq.com/dictionary/pics/saho.gif | The left direction |
| Sankaku | http://www.aikidofaq.com/dictionary/pics/sankaku.gif | Triangle |
| Seme-guchi | http://www.aikidofaq.com/dictionary/pics/semeguchi.gif | An opening for an attack |
| Semete | http://www.aikidofaq.com/dictionary/pics/semete.gif | Attacker |
| Sen | http://www.aikidofaq.com/dictionary/pics/sen.gif | The initiative; also 1000 |
| Senjutsu | http://www.aikidofaq.com/dictionary/pics/senjutsu.gif | Tactics |
| Sen-no-sen | http://www.aikidofaq.com/dictionary/pics/sennosen.gif | Seizing initiative just as opponents initiates attack |
| Sente | http://www.aikidofaq.com/dictionary/pics/sente.gif | The person who takes the initiative |
| Shi | http://www.aikidofaq.com/dictionary/pics/shi.gif | A (samurai) person |
| Shiki | http://www.aikidofaq.com/dictionary/pics/shiki.gif | Ceremony, style, form |
| Shikko | http://www.aikidofaq.com/dictionary/pics/shikkou.gif | On one's knees |
| Shinshin | http://www.aikidofaq.com/dictionary/pics/shinshin.gif | Mind and body |
| Shinshin shugyo | http://www.aikidofaq.com/dictionary/pics/shinshinshugyo.gif | Mind and body training |
| Shinshin toitsu | http://www.aikidofaq.com/dictionary/pics/shinshintoitsu.gif | Mind and body unified |
| Shita | http://www.aikidofaq.com/dictionary/pics/shita.gif | Down |
| Shita-no | http://www.aikidofaq.com/dictionary/pics/shitano.gif | Of the lower part |
| Shizoku | http://www.aikidofaq.com/dictionary/pics/shizoku.gif | Safe spot |
| Sho | http://www.aikidofaq.com/dictionary/pics/sho.gif | Small |
| Shoshin | http://www.aikidofaq.com/dictionary/pics/shoshin.gif | Beginners mind |
| Shuchu | http://www.aikidofaq.com/dictionary/pics/shuchu.gif | Concentration |
| Shugeki | http://www.aikidofaq.com/dictionary/pics/shugeki.gif | Attack |
| Sudori | http://www.aikidofaq.com/dictionary/pics/sudori.gif | Momentum |
| Sukui | http://www.aikidofaq.com/dictionary/pics/sukui.gif | Scooping |
| Tai-atari | http://www.aikidofaq.com/dictionary/pics/taiatari.gif | Body contact |
| Tai-chikara | http://www.aikidofaq.com/dictionary/pics/taichikara.gif | External power (muscle) |
| Taisabaki | http://www.aikidofaq.com/dictionary/pics/taisabaki.gif | Body motion |
| Taijutsu | http://www.aikidofaq.com/dictionary/pics/taijutsu.gif | Body art |
| Tai-no-henko | http://www.aikidofaq.com/dictionary/pics/tainohenkou.gif | Reversing the body's position |
| Tanin-geiko | http://www.aikidofaq.com/dictionary/pics/taningeiko.gif | Practicing with multiple attackers |
| Taoshi | http://www.aikidofaq.com/dictionary/pics/taoshi.gif | To tip over |
| Tateki | http://www.aikidofaq.com/dictionary/pics/tateki.gif | Multiple attackers |
| Tateki-geiko | http://www.aikidofaq.com/dictionary/pics/tatekigeiko.gif | Practicing with multiple attackers |
| Tateki-uchi | http://www.aikidofaq.com/dictionary/pics/tatekiuchi.gif | Fighting with multiple attackers |
| Tenkan | http://www.aikidofaq.com/dictionary/pics/tenkan.gif | Pivot |
| Tsukami | http://www.aikidofaq.com/dictionary/pics/tsukami.gif | To seize (and immobilize) |
| Uchima | http://www.aikidofaq.com/dictionary/pics/uchima.gif | Distance where you can strike by taking a single step |
| Uchimata | http://www.aikidofaq.com/dictionary/pics/uchimata.gif | The inside of the throw |
| Uchite | http://www.aikidofaq.com/dictionary/pics/uchite.gif | The attacker |
| Uki | http://www.aikidofaq.com/dictionary/pics/uki.gif | Floating |
| Yo | http://www.aikidofaq.com/dictionary/pics/yo.gif | Positive principle of nature |
| Yoko-furumi | http://www.aikidofaq.com/dictionary/pics/yokofurumi.gif | Sideward motion |
| Yumi | http://www.aikidofaq.com/dictionary/pics/yumi.gif | A bow (archery) |
| Zentai | http://www.aikidofaq.com/dictionary/pics/zentai.gif | Total |
| Fukushiki-kokyu | http://www.aikidofaq.com/dictionary/pics/fukushikikokyu.gif | Abdominal breathing |
| Ibuki | http://www.aikidofaq.com/dictionary/pics/ibuki.gif | A breathing method featuring a long exhalation, followed by a short cough to clear lungs |
| In-ibuki | http://www.aikidofaq.com/dictionary/pics/inibuki.gif | Internal (quiet) breathing |
| Nogare | http://www.aikidofaq.com/dictionary/pics/nogare.gif | Breathing method featuring long exhalation with sharp gasp |
| Ritsuzen | http://www.aikidofaq.com/dictionary/pics/ritsuzen.gif | Standing meditiation |
| Yo-inbuki | http://www.aikidofaq.com/dictionary/pics/yoinbuki.gif | External (power) breathing |
| **Postures:** | | |
| Hanmi | http://www.aikidofaq.com/dictionary/pics/hanmi.gif | Half forward stance. |
| Hitoemi | http://www.aikidofaq.com/dictionary/pics/hitoemi.gif | Equal stance, feet parallel forward |
| Iai goshi | http://www.aikidofaq.com/dictionary/pics/iaigoshi.gif | Hips lowered, stable position. |
| Iai hiza, Tate hiza | http://www.aikidofaq.com/dictionary/pics/iaihiza.gif | Kneeling on one calf. |
| Kamae | http://www.aikidofaq.com/dictionary/pics/kamae.gif | Posture, stance. |
| Kiza | http://www.aikidofaq.com/dictionary/pics/kiza.gif | Kneeling, but up on the toes. |
| Seiza | http://www.aikidofaq.com/dictionary/pics/seiza.gif | Kneeling on both calves. |
| Tachi | http://www.aikidofaq.com/dictionary/pics/tachi.gif | Standing. |
| Chudan | http://www.aikidofaq.com/dictionary/pics/chudan.gif | Middle kamae, sword in middle, seigan is a chudan gamae. |
| Gedan | http://www.aikidofaq.com/dictionary/pics/gedan.gif | Lower level, sword pointed down. |
| Hasso gamae | http://www.aikidofaq.com/dictionary/pics/hassogamae.gif | Figure 8 stance, sword by side of head. Usually hasso hidari, sword on right, left foot forward. |
| Jodan | http://www.aikidofaq.com/dictionary/pics/jodan.gif | Upper level, sword above head. Usually hidari jodan, left foot forward. |
| Karuma | http://www.aikidofaq.com/dictionary/pics/karuma.gif | like waki gamae, blade horizontal. |
| Kasumi | http://www.aikidofaq.com/dictionary/pics/kasumi.gif | Arms crossed over to hide technique (mountain mist). |
| Kongo | http://www.aikidofaq.com/dictionary/pics/kongo.gif | Blade vertical in front of face. |
| Seigan | http://www.aikidofaq.com/dictionary/pics/seigan.gif | Natural step, fundamental kamae. |
| Waki gamae | http://www.aikidofaq.com/dictionary/pics/wakigamae.gif | Sword pointed down and back, for a sutemi (sacrifice) waza. Usually sword on right side (migi waki gamae), left foot forward. Other purpose - hiding length of sword, especially in case of a broken one. |
| **Principles:** | | |
| Ikkyo | http://www.aikidofaq.com/dictionary/pics/ikkyo.gif | 1. principle = oshi taoshi, ude osae |
| Nikyo | http://www.aikidofaq.com/dictionary/pics/nikyo.gif | 2. principle = kote mawashi, kotemaki |
| Sankyo | http://www.aikidofaq.com/dictionary/pics/sankyo.gif | 3. principle = kote hineri, shibori-kime |
| Yonkyo | http://www.aikidofaq.com/dictionary/pics/yonkyo.gif | 4. principle = tekubi osae |
| Gokyo | http://www.aikidofaq.com/dictionary/pics/gokyo.gif | 5. principle = kuji-osae |
| Rokkyo | http://www.aikidofaq.com/dictionary/pics/rokkyo.gif | 6. principle = hiji-kime-osae or waki-katame or ude-hishigi. |
| Nanakyo | http://www.aikidofaq.com/dictionary/pics/nanakyo.gif | 7. principle = Yonkyo applied to back of wrist |
| Hakyo | http://www.aikidofaq.com/dictionary/pics/hakyo.gif | 8. principle = kote-ori-kakae-kimi, kuji-dori = Nikyo in which his elbow is in your armpit and his hand is pulled forward; Pinning their hand with your foot |
| Kukyo | http://www.aikidofaq.com/dictionary/pics/kukyo.gif | 9. principle = Inverted nanakyo |
| **Throws:** | | |
| Irimi nage | http://www.aikidofaq.com/dictionary/pics/iriminage.gif | Entering throw ("20 year technique") |
| Juji nage, juji garami | http://www.aikidofaq.com/dictionary/pics/jyujigarame.gif | Arm entwining throw ("No. 10 throw", since the arms form the japanese sign for 10 "+". arms crossed, elbows locked) |
| Kaiten nage | http://www.aikidofaq.com/dictionary/pics/kaitennage.gif | Rotary throw. uchi-kaiten nage and soto-kaiten nage (inside and outside) |
| Kokyu ho | http://www.aikidofaq.com/dictionary/pics/kokyuho.gif | morotetori kokyu nage or ryotemochi kokynage ude-oroshi irimi |
| Kokyu nage | http://www.aikidofaq.com/dictionary/pics/kokyunage.gif | Breath throw (There are a zillion of these in Aikido. Most of them just variations of the basic techniques) |
| Koshi nage | http://www.aikidofaq.com/dictionary/pics/koshinage.gif | Hip throw |
| Kote gaeshi | http://www.aikidofaq.com/dictionary/pics/kotegaeshi.gif | Wrist turn-out |
| Shiho nage | http://www.aikidofaq.com/dictionary/pics/shihonage.gif | Four direction throw |
| Tenchi nage | http://www.aikidofaq.com/dictionary/pics/tenchinage.gif | Heaven and earth throw |
| Aiki otoshi | http://www.aikidofaq.com/dictionary/pics/aikiotoshi.gif | entering more deeply and picking up uke's off-side leg |
| Maki otoshi | http://www.aikidofaq.com/dictionary/pics/makiotoshi.gif | nage ends up down on one knee, having thrown uke over nage's shoulder |
| Sumi gaeshi | http://www.aikidofaq.com/dictionary/pics/sumigaeshi.gif | corner throw |
| Sumi otoshi | http://www.aikidofaq.com/dictionary/pics/sumiotoshi.gif | Corner drop |
| Tai-atari uchi otoshi | http://www.aikidofaq.com/dictionary/pics/taiatariuchiotoshi.gif | from yokomen-uchi, entering and blocking.,uke gets thrown backwards |
| Ushiro udoroshi | http://www.aikidofaq.com/dictionary/pics/ushiroudoroshi.gif | pull down from behind |
| Kokyu dosa | http://www.aikidofaq.com/dictionary/pics/kokyudosa.gif | Breath-power movement (from seiza) |
| Ganseki otoshi | http://www.aikidofaq.com/dictionary/pics/gansekiotoshi.gif | Arm bar with elbow braced over shoulder |
| Katagatame | http://www.aikidofaq.com/dictionary/pics/katagatame.gif | A variation of Kaiten nage where you lock your opponents shoulder and bring him directly to the ground in a lock |
| **Ranks and titles:** | | |
| Kohai | http://www.aikidofaq.com/dictionary/pics/kouhai.gif | Junior student |
| Sempai | http://www.aikidofaq.com/dictionary/pics/senpai.gif | Senior student |
| Sensei | http://www.aikidofaq.com/dictionary/pics/sensei.gif | Instructor |
| Shihan | http://www.aikidofaq.com/dictionary/pics/shihan.gif | A senior teacher, properly used within the school only, when outside, use sensei |
| Kyu | http://www.aikidofaq.com/dictionary/pics/kyu.gif | Student grade, from 10 up to 1, the highest: jukyu, kukyu, hachikyu, nanakyu, rokyu http://www.aikidofaq.com/dictionary/pics/rokyu.gif, gokyu http://www.aikidofaq.com/dictionary/pics/gokyu.gif, yonkyu http://www.aikidofaq.com/dictionary/pics/yonkyu.gif, sankyu http://www.aikidofaq.com/dictionary/pics/sankyu.gif, nikkyu http://www.aikidofaq.com/dictionary/pics/nikyu.gif, ikkyu http://www.aikidofaq.com/dictionary/pics/ikkyu.gif |
| Dan | http://www.aikidofaq.com/dictionary/pics/dan.gif | More advanced grades, from 1 to 10: shodan http://www.aikidofaq.com/dictionary/pics/shodan.gif, nidan http://www.aikidofaq.com/dictionary/pics/nidan.gif, sandan http://www.aikidofaq.com/dictionary/pics/sandan.gif, yondan http://www.aikidofaq.com/dictionary/pics/yondan.gif, godan http://www.aikidofaq.com/dictionary/pics/godan.gif, rokudan http://www.aikidofaq.com/dictionary/pics/rokudan.gif, nanadan http://www.aikidofaq.com/dictionary/pics/shichidan.gif, hachidan http://www.aikidofaq.com/dictionary/pics/hachidan.gif, kudan http://www.aikidofaq.com/dictionary/pics/kyudan.gif, judan http://www.aikidofaq.com/dictionary/pics/jyudan.gif |
| Yudansha | http://www.aikidofaq.com/dictionary/pics/yudansha.gif | Members with dan grades |
| Mudansha | http://www.aikidofaq.com/dictionary/pics/mudansha.gif | Members with kyu grades |
| Hanshi | http://www.aikidofaq.com/dictionary/pics/hanshi.gif | Highest title from ZNKR, must be 55 or older and 8 dan. |
| Kyoshi | http://www.aikidofaq.com/dictionary/pics/kyoshi.gif | Middle title from ZNKR, must be 7th dan. |
| Renshi | http://www.aikidofaq.com/dictionary/pics/renshi.gif | Title bestowed from ZNKR in addition to Dan ranks. |
| Soke | http://www.aikidofaq.com/dictionary/pics/soke.gif | Head of style (actually head of family, unifier of gods and lineage) |
| Doshu | http://www.aikidofaq.com/dictionary/pics/doshu.gif | Head of the way (currently Moriteru Ueshiba, grandson of O Sensei) |
| Kaicho | http://www.aikidofaq.com/dictionary/pics/kaicho.gif | "Owner" of school (organization) eg. Sei Do Kai |
| Kancho | http://www.aikidofaq.com/dictionary/pics/kancho.gif | "Owner" of school (building, hall) eg. Yugen Kan |
| Dojo-cho | http://www.aikidofaq.com/dictionary/pics/dojocho.gif | "Leader" of a dojo |
| O Sensei | http://www.aikidofaq.com/dictionary/pics/o-sensei.gif | [Great Teacher (Ueshiba, Morihei)](http://www.aikidofaq.com/history/osensei.html) |
| **Techniques:** | | |
| Ukemi | http://www.aikidofaq.com/dictionary/pics/ukemi.gif | Lit. "receiving with the body" |
| Kumitachi | http://www.aikidofaq.com/dictionary/pics/kumitachi.gif | Sword partnership practice |
| Kumijo | http://www.aikidofaq.com/dictionary/pics/kumijo.gif | Staff partnership practices |
| Tachi dori | http://www.aikidofaq.com/dictionary/pics/tachidori.gif | Sword takeaways |
| Tanto dori | http://www.aikidofaq.com/dictionary/pics/tantodori.gif | Knife takeaways |
| Atemi-waza | http://www.aikidofaq.com/dictionary/pics/atemi.gifhttp://www.aikidofaq.com/dictionary/pics/waza.gif | Techniques to strike a vital point |
| Hanashi-waza | http://www.aikidofaq.com/dictionary/pics/hanashiwaza.gif | Techniques from escaping from holds; also known as hazushi-waza |
| Hanmi-handachi waza | http://www.aikidofaq.com/dictionary/pics/hanmihandachi.gifhttp://www.aikidofaq.com/dictionary/pics/waza.gif | One person standing, one person sitting techniques |
| Henka waza | http://www.aikidofaq.com/dictionary/pics/henkawaza.gif | Varied technique. Especially beginning one technique and changing to another in mid-execution |
| Hitori waza | http://www.aikidofaq.com/dictionary/pics/hitoriwaza.gif | "invisible partner practice" |
| Jiju waza | http://www.aikidofaq.com/dictionary/pics/jiyuwaza.gif | Free-style practice of techniques. Usually a set of attacks or techniques. It is different from Randori where everything is allowed. |
| Kaeshi-waza | http://www.aikidofaq.com/dictionary/pics/kaeshiwaza.gif | Counter techniques |
| Kansetsu-waza | http://www.aikidofaq.com/dictionary/pics/kansetsuwaza.gif | Dislocation techniques |
| Katame-waza | http://www.aikidofaq.com/dictionary/pics/katamewaza.gif | Grappling techniques; consisting of osae waza, kensetsu waza, and shime waza |
| Kihon-waza | http://www.aikidofaq.com/dictionary/pics/kihon.gifhttp://www.aikidofaq.com/dictionary/pics/waza.gif | Fundamental techniques |
| Nagashi waza | http://www.aikidofaq.com/dictionary/pics/nagashiwaza.gif | Flowing from one technique to next |
| Ne waza | http://www.aikidofaq.com/dictionary/pics/newaza.gif | Grappling techniques |
| Oji waza | http://www.aikidofaq.com/dictionary/pics/ojiwaza.gif | To block and then counterattack |
| Omote waza | http://www.aikidofaq.com/dictionary/pics/omotewaza.gif | Techniques that are revealed to the public |
| Osae waza | http://www.aikidofaq.com/dictionary/pics/osaewaza.gif | Pinning techniques. |
| Shi waza | http://www.aikidofaq.com/dictionary/pics/shiwaza.gif | A counter technique |
| Sukashi waza | http://www.aikidofaq.com/dictionary/pics/sukashiwaza.gif | Techniques performed without allowing the attacker to complete a grab or to initiate a strike. |
| Sutemi waza | http://www.aikidofaq.com/dictionary/pics/sutemiwaza.gif | a technique accomplished by sacrificing your body |
| Suwari waza | http://www.aikidofaq.com/dictionary/pics/suwariwaza.gif | Techniques executed with both uke and nage in a seated position. |
| Tachi waza | http://www.aikidofaq.com/dictionary/pics/tachiwaza.gif | Standing techniques. |
| Te-waza | http://www.aikidofaq.com/dictionary/pics/tewaza.gif | Hand techniques (as opposed to weapons) |
| Uchi-waza | http://www.aikidofaq.com/dictionary/pics/uchiwaza.gif | Striking techniques |
| Ushiro-waza | http://www.aikidofaq.com/dictionary/pics/ushirowaza.gif | Techniques from rear attacks |
| Uke-waza | http://www.aikidofaq.com/dictionary/pics/uke.gifhttp://www.aikidofaq.com/dictionary/pics/waza.gif | Blocking techniques |
| **The uniform:** | | |
| Tenugui | http://www.aikidofaq.com/dictionary/pics/tenugui.gif | Small hand cloth to wipe face. Also worn under the helmet in kendo. |
| Keiko gi, do gi, gi | http://www.aikidofaq.com/dictionary/pics/gi.gif | Practice uniform. |
| Embu gi | http://www.aikidofaq.com/dictionary/pics/embugi.gif | Demonstration top / uniform. |
| Kesa | http://www.aikidofaq.com/dictionary/pics/kesa.gif | Lapel / part of monk's costume hanging from left shoulder. |
| Mon | http://www.aikidofaq.com/dictionary/pics/mon.gif | Family crests on uniform |
| Montsuki | http://www.aikidofaq.com/dictionary/pics/montsuki.gif | Wide sleaved top with mon on chest, sleeve and back. |
| Sode | http://www.aikidofaq.com/dictionary/pics/sode.gif | Sleeve, on practice top. |
| Tanomo | http://www.aikidofaq.com/dictionary/pics/tanomo.gif | Large sleeves on formal tops. |
| Uwa gi | http://www.aikidofaq.com/dictionary/pics/uwagi.gif | Practice top. |
| Zekken | http://www.aikidofaq.com/dictionary/pics/zekken.gif | Chest patch embroidered with own name and dojo name. |
| Obi | http://www.aikidofaq.com/dictionary/pics/obi.gif | Belt (White belt http://www.aikidofaq.com/dictionary/pics/shiroobi.gif, Black belt http://www.aikidofaq.com/dictionary/pics/kuroobi.gif |
| Hakama | http://www.aikidofaq.com/dictionary/pics/hakama.gif | Split skirt, wide legged pants. |
| Hera | http://www.aikidofaq.com/dictionary/pics/hera.gif | Peg in back of hakama. |
| Matadachi | http://www.aikidofaq.com/dictionary/pics/matadachi.gif | Split in side of hakama. |
| Koshiita | http://www.aikidofaq.com/dictionary/pics/koshiita.gif | Back plate on hakama. |
| Tabi | http://www.aikidofaq.com/dictionary/pics/tabi.gif | Japanese sock-slippers used in dojo. |
| Zori | http://www.aikidofaq.com/dictionary/pics/zori.gif | Japanese sandals for use outside dojo. |

## Iwama, Ueshiba sensei's last adventure

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Aikido can't be learned, one needs to practice it. Big truth. But an informed practice of our discipline requires some understanding about the way it has evolved. And here’s a troubling paradox: if the adventurous pre war period of O sensei’s life is relatively well documented, the following twenty post war years are a black hole even though these years are closer to us in time. Allow me to open a page of Aikido history, the year is 1941.

Ueshiba sensei had been living in Tokyo for 15 years and taught in many Police Academies and the most prestigious military schools. Aiki-jutsu or Aiki-budo (since such were the names of Aikido at that time) were widely recognized and Ueshiba's sensei notoriety gave him a place in the venerable National Budo Commission.

He was respected as a true master by his country’s aristocracy, by personalities such as Prince Shimizu, Admiral Takeshita or General Miura, hero of the war against Russia. The end of his life seemed obvious, honored ambassador of the art he created around the world, a bit like Jigoro Kano, Founder of Judo, a few decades before.

### Arriving in Iwama

Well, at the age of sixty, reaching an age when most men are tired and just want to enjoy the rewards of a life of work, Ueshiba sensei set for adventure again. He quit all his official positions, gave up glory, the urban life and settled in a tiny village in the middle of the woods, a hundred kilometers north of Tokyo. He cleared the land, had a (small) house and a small dojo built with his students’ gifts. That's where he would live from 1942 until his death in 1969. Why against all odds, after all his achievements, once the Ueshiba ryu had eventually reached a well-deserved recognition, why did O sensei put his life upside down so radically?

It has been said, and it's true, that Tokyo's dojos had been emptied of their practitioners. But I don't believe O sensei was the kind of man who gives up in time of hardship. The settlement in Iwama had deeper motivations and corresponded to a "divine inspiration" as the Founder stated in his own symbolic words. And one must pay attention to these words.

Until the end of the thirties, Daito ryu's aiki jutsu is still very present in O sensei's art who gives at the time - that fact is worth being underlined - certificates of Daito ryu under Sokaku Takeda sensei's authority and authentification. But then the technical and spiritual evolution became irreversible and settling in Iwama made the break off with Daito ryu even more real. The strongest symbol - as O sensei wished it - of the birth of an art which had nothing in common with Takeda sensei's is the choice of a name: the word AIKIDO, few know that fact, was used for the first time in Iwama in 1942 to describe O sensei's particular path.

If Aikido's gestation spread, of course, on the previous fifty years, that child born out of patience really saw life at the beginning of the forties. And it was still quite fragile. It needed to be consolidated by bringing it to maturity. That was the extraordinary task lying in front of Ueshiba sensei in 1941. It just can't be achieved in the superficial and demanding urban life, in the noise of the world. It requires tranquility, peace, and that harmonious link with nature that comes with a peasant life. That in my opinion explains the choice of Iwama.

  
Ueshiba sensei

  
Weapons used according to Aiki laws.

### The birth of Aikido

All students testimonies are unanimous. From 1942 and for more than twenty years, O sensei immerses himself in Aikido practice and study with an exceptional determination. He sets two axis for it:

1. the constant improvement of empty hands techniques still rough or imperfect ;
2. the correlation of the entire technical aspect of Aikido with a vast initiation-purposed symbolism.

With these two goals in mind, he developed like never before the use of the staff and the sword, studying every morning for hours the infinite possibilities of these weapons used according to aiki laws. These weapons act as a magnifier, enlarging fundamental principles less perceptible with empty hands.

To be fully acceptable, these last statements would need a technical back up for which there is unfortunately no space here. What must be remembered here is that O sensei achieved a colossal work in Iwama, between the age of 60 and 80 years old: he actually created Aikido in the sense that he organized it for the first time in a meaningful and structured whole, something the previous combat method didn’t have.

That gigantic task went nearly unnoticed in Aikido history. The explanation is both simple and hard to be conceived: There was barely anyone with the Founder all along these years. Only four true uchi-deshi lived in Aiki Shu Ren dojo:

* Kisshomaru Ueshiba, O Sensei's son, but he settled in Tokyo as early as the beginning of the forties and worked at Osaka Shoken company before taking responsibility of Aikikai's administration and the technical supervision of Ushigome dojo which would become Hombu dojo in 1956 only, mainly to promote Aikido's expansion world wide ;
* Koichi Tohei left Iwama around the same time to set up a coal business before settling in Hawai ;
* Tadashi Abe whom France was greatly honored to welcome in the early fifties ;
* Gozo Shioda who stayed only a short while in Iwama before founding his own school, the Yoshinkan, just after the war.

From 1950, there was no uchi deshi left in Iwama. This is important because O sensei taught tai jutsu every night to the local soto deshi and the occasional uchi deshi from Tokyo. But he practiced weapons in the morning in the surrounding countryside and nowhere else. No uchi deshi shared his work anymore.

We have to understand this astonishing situation:

Although he devoted the best part of his research to weapons, O sensei did not and would never teach them. He even ended up forbidding their use in Tokyo’s Hombu dojo where, in rare occasions, he only showed a few possibilities of the staff and the sword.

  
Kisshomaru Ueshiba & Morihiro Saito

### The randomness of history

However, during his daily morning weapons trainings, O sensei was not completely alone. Even if all uchi deshi had gone away, he had one partner left: a soto deshi, a local from Iwama, enrolled in 1946 and who was able to live one day on two with the Founder since he worked at the Japanese Railways on a peculiar schedule.

Thanks to a great accident of history, Saito sensei had thus been the only witness to play an active role in O sensei's constant work and research with weapons. This was how, between 1946 and 1969, he learned what nobody else was destined to learn from the Founder. Without that historical "accident" the priceless universe of Aikido weapons that O sensei spent so much time and effort exploring would now be closed forever.

This is probably to seal that mission - for the future of Aikido - that O sensei made him the guardian of the historical Iwama dojo he had loved so much and the Aiki Ginga, the temple of Aikido, built next to it. it.[[1]](#footnote-1)

# Technique Examples

### Ikkyo



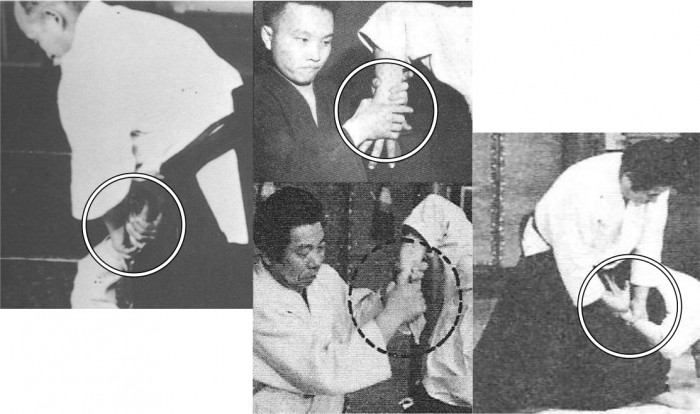
### NIKKYO



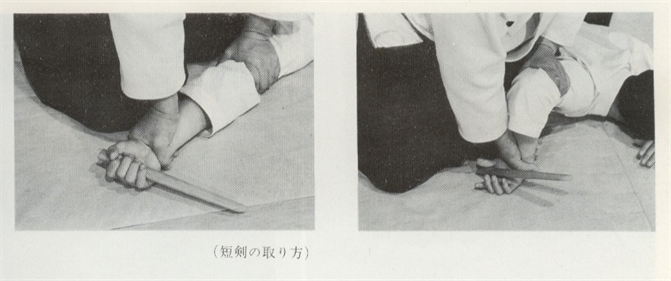
### Sankyo



### YONKYO



### GOKYO



### SHIHONAGE



### Kotegaeshi



### Iriminage



### Kaitenage



### Kokyunage



### KOSHINAGE



1. http://www.aikidotakemusu.org/en/articles/iwama-ueshiba-senseis-last-adventure [↑](#footnote-ref-1)