

Ki Aikido Terminology

Counting

1	ichi
2	ni
3	san
4	shi
5	go
6	roku
7	shichi
8	hachi
9	ku
10	ju
11	ju ichi
12	ju ni
13	ju san
14	ju shi
15	ju go
16	ju roku
17	ju shichi
18	ju hachi
19	ju ku
20	ni ju
21	ni ju ichi
22	ni ju ni

Glossary

An understanding of the basic language and customs of the dojo not only enhances your practice in Aikido Ki Society Australia dojos, but also enables you to feel comfortable training in most places in the world.

aiki taiso	exercises for aikido arts
aikidoka	person who follows the path of aikido
arigato gozaimashita	thankyou for what you did
ashi	leg
ashisukui	leg sweep vacuum
atemi	striking techniques
barai	sweep
bokken	wooden sword
budo	the way of the warrior
bujitsu	the art of war
bushido	the warrior's code
choyaku	leap/jump/slide/glide
chudan	middle hand position
chuden	middle (second) dan level of ki development
chukyu	middle (second) kyu grade of ki development
dojo	training, hall
dori	hold (noun)
douchi	cut to the trunk
funakogi waza	rowing exercise
furikaette	reversing direction
futari waza	exercises with two people
futarigake	two person attack
gake	attack
gedan	lower hand position
gi	practice uniform
giri	cut
gokyo	no. 5 wrist technique
goningake	five person attack
hagaijime	uke grabs nage's elbows (usually from behind)
hai	yes/start
hajime	begin
hakama	traditional garment worn over the by senior students
hanmi	a triangular stance
hantai	opposite
happo waza	eight direction exercise in ikkyo position
hara	belly
hidari	left
hijiuchi	arm cut
hikoki	aeroplane

hitori waza	exercises without partner
hiza	knee
ikkyo	no. 1 wrist technique
irimi	entering movement
jo	wooden staff
jodan	high hand position
joden	high (third) den level of ki development
jokyu	high (third) kyu grade of ki development
johotekubikosa waza	high arm swing crossing at fingers
juji nage	arm twist/cross projection
junan kenko taiso	soft exercises for health
kahotekubikosa waza	low arm swing, crossing at wrists
kaiten nage	wheel/spiral projection
kamae	posture/stance
kamiza	higher seat
kata	shoulder
katameru	immobilisation
karate	one hand
katatekosatori	one-hand hold (opposite side)
katatetori	one-hand hold (same side)
katatetori ryotemochi	two-hand hold (on one hand)
katatori	one-hand hold (shoulder grab)
keri	kick
kesa	sword cut-from shoulder to hip
ki no kenkyukai	ki society international
kjai	spirited shout with ki extension
kiatsu	pressing with ki
kiri	cut
kirikaeshi	cut and return
kokoro no ken	pure strikes with a live blade
kokoro	heart
kokyu dosa	kneeling exercise of ki extension
kokyu	breath, total body extension
kokyu nage	breath powered projection
koshin	to move back
kote	forearm
kotegaeshi	outward wrist turn
kubi	neck
kubiuchi	strike to neck
kumi waza	exercises with two or more people
ma-ai	distance of respect between uke and nage
mae	front
maekeri	front kick
makikaeshi	wrist roll down, up in circular movement and return
mawashikeri	roundhouse kick
menuchi	attack to face

migi	right
misogi	purification breathing
muki	vacuum
mune	chest
munetsuki	punch to stomach or chest
musubi	blending of breath and process of unification between partners
nage	partner executing the technique
nikyo	no. 2 wrist technique
nodo	throat
obi	belt
onegai shimasu	thankyou for what we are about to do, or, i place myself under your teaching
randori	freestyle defence
rei	bow
rensoku	continuing movement
ryo	both
ryokatatori	two hands hold shoulders
ryotemochi	two-hand hold
ryotetori	two hands hold two hands
sakate	reverse
sakate mochi	reverse hold or backhand gript,
sankyo	no. 3 wrist technique
sanningake	three person attack
sayu waza	arm swing to left and right
seiretsu	to form a line
seishi	living calmness
seiza	formal kneeling posture
sempai	senior grade
senaka	back
senaka awase	two ukes collide back to back
sensei	teacher
shiho nage	four direction turn and projection
shikko	knee walking
shikaku	blind spot
shimoza	lower seat
shin shin toitsu	mind body coordination/unification
shin shin	mind and body
shinken	a live blade
shizentai	a natural posture, feet apart
shoden	beginning den level ("black belt") of ki development
shokyu	beginning kyu grade of ki development
shomenuchi	straight blow to centre of head
sudori	uke passes through without stopping
suikomi	suction/drawing up
sukui	vacuum

sumi otoshi	corner drop
suzu	bell
tachiuchi	crossing swords
taigi	body (arts)
taiso	exercise/practice/training-all done with ki extension
tanden	one point
tanto	knife
te	hand
tekatana	hand blade
teishi	dead calmness
tekubi	wrist
tenchi nage	heaven and earth projection
tenkan	turning movement
tobikomi	plunging in
toitsu	coordination/unification
tori	hold (verb)
tsuki	thrust
tsukikaeshi	thrust and return
uchi	strike
uchiwa	fan
uchiwa kubikiri	fan cut to the neck
ude mawashi	circular arm swing
ude	arm
udefuri	side arm swing
uke	partner initiating the attack
ukemi	the art of defensive falling
undo	exercise/practice/training – all done with ki extension
uragaeshi	to move uke to face away from nage
ushiro ukemi waza	backward roll
ushiro	back/behind
ushirokubishime	choke from behind
ushirornuki furikaette yokomenuchi	nage draws uke into a vacuum and then reverses the direction and projects uke with a yokomen-style throw
ushiomuki	back vacuum
ushiryokatatori	both shoulders held from behind
ushirotekubitori	one or two wrists held from behind
ushirotori	held from behind (bear hug)
waza	exercise/practice/training-all done with ki extension
yame	stop
yokobarai	side sweep
yokomenuchi	circular blow to side of head
yoningake	four person attack
yonkyo	no. 4 wrist technique
yudansha	students who have reached black belt level
yurei	graceful swan-like bow
zagi	both partners kneeling

zagihandachi	one kneeling, one standing
zanshin	calm awareness
zen	front
zengo waza	two direction exercise in ikkyo position
zenpo kaiten waza	forward roll
zenpo nage	forward projection
zenshin	to the front
zenshin koshin waza	extending ki to the front while hopping back

Wrist Techniques

ikkyo	no. 1 wrist technique
nikyo	no. 2 wrist technique
sankyo	no. 3 wrist technique
yonkyo	no. 4 wrist technique
gokyo	no. 5 wrist technique

Multiple Person Attack

futarigake	two person attack
sanningake	three person attack
yoningake	four person attack
goningake	five person attack

Ki Levels

shokyu	beginning kyu grade of ki development
chukyu	middle (second) kyu grade of ki development
jokyu	high (third) kyu grade of ki development
shoden	beginning den level ("black belt") of ki development
chuden	middle (second) den level of ki development
joden	high (third) den level of ki development