



Aikido Vocabulary...

Because Aikido is a Japanese martial art, at the Florida Aikido Center we regularly use Japanese words and phrases during class and when we practice. Students generally pick-up common terms over time as part of the training. There is no heavy emphasis placed on language training and nobody should feel pressured to memorize terms.

For the sake of giving new or perspective students a head start on some of the language you'll hear used in class, here are some common phrases along with a phonetic pronunciation to help you along.

Aikido (eye-**kee**-doh) – martial art practiced at the Florida Aikido Center

Atemi (ah-**tem**-mi) – movement or maneuver performed to unbalance an opponent or disrupt his/her attack

Bō (**boe**) – a 6-foot wooden staff. Also called a Kon (**con**) or Kūn (**goon**)

Bōkken (boe-**ken**) – a Japanese long sword carved out of wood

Bōkūto (boe-**koo**-toe) - a Japanese short sword or dagger carved out of wood

Būdō (**boo**-doh) – “the warrior way”; a word used to describe the study of many Japanese martial arts

Dán (**daan**) – Title given to the rank of black belt and above; prefaced by a rank number

Dojo (**doh**-joe) – “the place of the way”; a martial arts school or training center

Dōmo arigato gozai máshita (**doh**-mo **ah**-ree-**gah**-toe go-**zee mash**'ta) – “thank you very much”; a courtesy phrase used to close each class

Gi (**ghee**) – a typical martial arts uniform worn in Karatē, Aikido, Jūdo and other martial arts

Gyakū Hanmi (guy-**ah**-koo **hawn**-me) – “opposing stance”; stance where opponents feet are in opposition of each other

Hapkido (hap-**kee**-doh) – “joined energy way”; a Korean martial art with many similarities to Aikido (and may, in fact, be an offspring of Aikido)

Hakama (**haa**-kaa-maa) – traditional samurai-style pleated pants typically worn in Aikido, Kendo and Iaido

Iaido (ee-**ah**-do) – “the way of immediate action”; a Japanese sword art associated with the smooth, controlled movements of a sword from the draw, to the cut, to replacing the sword in the scabbard

Irimi (ee-**ree**-me) – translated as “entering”; a movement used to place oneself outside of an opponent’s ability continue to attack effectively

Jo (**joe**) – a 4-foot wooden staff traditionally used as a walking stick by monks and samurai

Jittē (**jee**-tay) – a one-pronged metal truncheon used to disarm a sword-armed opponent; also called a Jūttē (**joo**-tay)

Jūdo (**joo**-doh) – “the indirect way”; a “sister” martial art to Aikido that uses locks, throws, chokes and leg picks to disable an opponent

Jūjūtsu (joo-**joot**-soo) – “the yielding art”; a parent martial art of Aikido that combines joint locks and throws with pressure point strikes and kicks

Kai (**k’aye**) – “association”, “club” or “federation” of martial art

Kata (**kaa**-taa) – a pattern or practiced set of techniques in many Japanese martial arts

Kama (kaa-maa) – a Japanese hand sickle, used as a weapon individually or in pairs

Katana (kaa-**taa**-naa) – the traditional Japanese long sword or “samurai sword”

Karatē (kaa-**raa**-tay) – “empty hand”; a Japanese martial art that uses many kicks and punches, as well as some grappling maneuvers and leg sweeps

Kendo (ken-doh) – “the way of the sword”; a Japanese martial art based on traditional Japanese swordsmanship

Kung Fu (**gung** foo) – “hard work”; a term typically used to describe many Chinese fighting styles including Wing Chun, Hun Gar, Pai Gua and Shaolin Quan

Ki (**kee**) – “spirit” or “energy”; sometimes also called Chi (chee) or Qi (khee)

Kyu (**cue**) – a white belt rank; prefaced by a rank number

Nage (**nah**-gay) – the person performing an Aikido technique

Nāginatā (naa-**gee**-nah-taa) – a 5 to 7-foot Japanese halberd often associated with the samurai

Nūnchákū (noon-**chah**-koo) - two 10 to 16-inch sections of wood connected by a cord or chain; also called Tabak-Toyok (**tah**-bak **toy**-ock) or Numchuks

Obe (**oh**-bee) – a martial arts belt

Ōmote (**Oh**-moe-tay) – “in front of”; a maneuver or technique performed to the opponent’s front

Ōnei gāshi māsū (**oh** - nye **ga**-she mas) – “I wish to learn from you”; a courtesy greeting used to begin class

Ōsei Waza (**oh**-say wah-zaa) – pinning techniques used in Aikido, Judo and Jujutsu

Randori (ran-**door**-ee) – “all out training”; Aikido “sparring” typically done against multiple opponents

Rei (**ray**) – a bow made at the waist – either sitting or standing – as a sign of respect

Ryū (**ree**-you) – “school” or “style” of martial art

Sai (**s**'eye) – a 10 to 18-inch, three-pronged metal truncheon typically used in pairs; also called a Manjizai (man-**gee**-zie), Tajabang (taa-**cha**-baang) or Tiek-Pi (t'ek-**pie**).

Samūrai (saa-**moo**-rye) – “one whom serves”; a warrior dedicated to the service of the Japanese emperor; often compared to the knights of medieval Europe

Sensei (**sen**-say) – “teacher”; a martial arts instructor

Seiza (**say**-zaa) – Japanese formal kneeling position

Sempai (**sem**-pie) – a senior student that occasionally teaches class or provides instruction

Shihan (**she**-hawn) – “teacher of teachers”; a martial arts “master”

Shinai (**shin**-eye) – a practice sword made out of strips of bamboo tied and wrapped together

Shomen Ūchi (**show**-men **oo**-chee) – an overhead knife-hand or sword strike

Shūrīken (shoo-**ree**-ken) – “blade hidden in the hand”; name given to any number of palm-held Japanese throwing weapons; also called throwing stars or Ninja spikes

Suwari Waza (soo-**waa**-ree **waa**-zaa) – techniques performed from a kneeling position

Tāchi (**taah**-chee) – Japanese long sword slightly longer and more curved than a katana

Tae Kwon Do (tay-**kwahn**-doh) – “the hand-foot way”; a Korean martial **[art]**-martial-arts with many similarities to Karate and some Kung Fu styles

Tai Chi (**tie**-chee) – “boundless form”; a rhythmic Chinese martial art often practiced as a form of meditation or exercise

Tánbō (**taan**-boe) – a 15 to 24-inch wooden baton used singularly or in pairs; also called a Kali (**kaa**-lee) or Escrima (ess-**cree**-maa).

Tánto (**taan**-toe) – a traditional Japanese dagger

Tenkan (**ten**-kahn) – an Aikido maneuver that turns the body; typically an 180-degree turn

Tenshin (**ten**-sheen) - an Aikido maneuver that removes oneself from the line of attack; typically a step back with a 45 or 90-degree turn

Tónfā (**tohn**-faa) – a “nightstick” type baton typically used in pairs; also called a Tānfé (**taan**-feh) or Tòn-Fūn (tawn-foon).

Tsubā (t’soo –baa) - a round (occasionally square) guard at the end of the grip of most bladed Japanese weapons

Tsuki (t’ski) – a punch or weapon thrust directed at the center mass of an opponent

Ukē (**oo-kee**) – the person receiving an Aikido technique

Ukemi (**oo-kem-me**) - "to receive with the body"; techniques that allow one to be thrown or fall while minimizing the risk of injury

Ura (**oo-rah**) - "to the rear"; Aikido techniques executed by moving behind the attacker

Ushiro (**oo-shi-roe**) – “behind”; Aikido techniques in which one moves or is attacked from behind

Wakizashi (**waa-kee-zaa-she**) - the traditional Japanese short sword

Yari (**yaa-ree**) – A long, straight, metal-tipped spear; also called a Qiang (**Kee-ang**) or Ranseur

Yoga (**yo-gah**) – “to unite”; a term typically used to describe several Indian martial arts typically practiced as meditation or exercise

Yoko (**yo-koh**) – “side”; Aikido techniques in which one moves or falls to the side

Yokomen Uchi (**yo-ko-men oo-chee**) – a knife-hand or sword strike to the side of the head

Counting:

Ichi (eech) – one

Ni (nee) – two

San (sahn) – three

Shi (she) – four

Go (go) – five

Roku (row-koo) – six

Shichi (she-chee) – seven

Hachi (haa-chee) – eight

Ku (koo) – nine

Ju (joo) – ten