### Aikido Terms

**Participants**

- **Nage**: Person executing a technique ("thrower")
- **Uke**: Person receiving a technique ("receiver")

**Solo Preparation Exercises**

- **Fune kogi undo**: Rowing the boat (kogi=boat, undo=exercise)
- **Ikkyo undo**: Raising and lowering both hand blades together with a rowing motion.
- **Zenpo undo**: Ikkyo-undo turning both front and rear
- **Furi-ama undo**: Hand shaking (furi=shake, ama=soul)
- **Sayu Udefuri Undo**: Twisting body side to side
- **Shiho giri**: Four direction cutting/extension
- **Happon giri**: Eight direction cutting/extension
- **Kokyu undo**: Breathing exercises
- **Tekubi furi undo**: Hand shaking to relax the body
- **Tenkan undo**: Body turning (tenkan=exercise)
- **Zenpo kaiten undo**: Forward rolling exercise
- **Ushiro ukemi undo**: Backward rolling exercise

**Shikko**: Knee walking

**Ushiro shikko**: Backwards knee walking

### Body Positions, Stances & Steps

- **Kamae**: Stance
- **Seiza**: Sitting on knees (lit: correct sitting)
- **Tate hiza**: Sitting on one knee, other knee up
- **Hanmi**: Half-body stance (used in most aikido schools)
- **Nishio ryu uses shizentai**
- **Gyakunami**: Stance opposite to opponent (opposite foot)
- **Aihanmi**: Mutual stance to opponent (same foot)
- **Shizentai**: Natural (neutral) body stance
- **Irmi**: Entering (penetrating the opponent's defense)
- **Tenkan**: Turning (a.k.a. tai no tenkan)
- **Shikokudachi**: Straddle stance (horse stance)
- **Zenkutsudachi**: One foot forward stance
- **Furikaburi**: Raising the sword
- **Hanmi Handachi**: Uke standing, nage kneeling
- **Suwari Waza**: Uke and nage both kneeling
- **Tai sabaki**: Body shifting

### Position & Direction

- **O mote**: Front (i.e. moving to attacker's front side)
- **Ura**: Back (moving to attacker's back side)
- **Hidari**: Left
- **Migi**: Right
- **Zenpo**: Forward
- **Ushiro**: Rear (i.e. an attack from the rear)
- **Jodan**: Upper
- **Chudan**: Middle
- **Gedan**: Lower
- **Gyaku**: Opposite (e.g. Gyakunami)
- **Ai**: Same, mutual (e.g. Aihanmi)
- **Soto**: Outside (e.g. Sotokaiten=turning outside uke's arm)
- **Uchi**: Inside (e.g. Uchikaiten=turning under uke's arm)

### Attacks, Grabs

- **Katadedori**: Single wrist grab (from Gyakunami or Aihanmi)
- **Ryotodedori**: Grab both forearms of opponent
- **Katadori**: Shoulder grab (usually gyakunami)
- **Ryokatadori**: Grabbing both shoulders
- **Ushiro Ryokatadori**: Grabbing both shoulders from behind
- **Sodeori**: Grabbing the sleeve (near the elbow)
- **Katadori Menuchi**: Front strike w/ one hand, grab sleeve w/ other hand.

"Kata" means shoulder but we actually grab the sleeve on katadori menuchi.

### Techniques

1. **Ikkyo**: First control form (ude osae; arm bar)
2. **Nikyo**: Second control (kote mawashi; wrist turn)
3. **Sankyo**: Third control (kote hineri; arm twist)
4. **Yonkyo**: Fourth control (tekubi osae; forearm pin)
5. **Gokyo**: Fifth control form (ude nobashi; arm stretching)

**Shihonage**: Four directions throw

**Iriminage**: Entering throw

**Kotegaeshi**: Wrist turn out throw

**Kokyunage**: Throw using atemi, timing, movement, unbalancing

**Koshinage**: Hip throw

**Shime**: Choke

**Katame waza**: Floor pinning technique

### Weapons

- **Bokken**: Wooden sword (bo=wooden, ken=sword)
- **Iaito**: Iaido practice sword (non-sharpened)
- **Jo**: Wooden staff
- **Katana**: Samurai sword
- **Shinken**: Real sword with live (sharp) blade
- **Tanto**: Knife

### Weapon Actions

- **Ken no tebiki**: Leading with the sword
- **Ken tai ken**: Sword vs. sword
- **Jodori**: Disarming a staff (take away)
- **Jo no tebiki**: Leading with the staff
- **Jo tai ken**: Sword vs. staff
- **Tachidori**: Sword disarming (take away)
- **Tantodori**: Knife disarming

### Cuts & Strikes

- **Dogiri**: Horizontal torso cut
- **Kiriage**: Rising (upward diagonal) cut
- **Kesagiri**: Downward diagonal cut
- **Kiriotoshi**: Horizontal cut
- **Kesagiri**: Downward diagonal cut
- **Kiriage**: Horizontal cut
- **Dogiri**: Vertical cut
- **Kiriage**: Vertical cut
- **Kesagiri**: Diagonal cut
- **Kiriotoshi**: Diagonal cut

### Use of the Hands and Body

- **Taido**: Empty handed technique
- **Tegatana**: Hand blade. edge of hand (lit: "Hand sword")
- **Kaiten**: Turning, rotating, returning (e.g. sokokinaten, uchikaten: also kaeshi, -gaeshi, kaesu)
- **Kirihanashi**: Severing, cutting off (breaking away from opponent)
- **Sotomakikomi**: Outside wrap
- **Atemi**: Vital point strike. All aikido techniques include atemi.
- **Gedankuzushi**: Breaking uke's balance forward and downward.
- **Ki nagare**: Flowing movement
- **Kuzushi**: Balance breaking
- **Nage**: Throwing (~60% of Aikido is throwing techniques)
- **Osse**: Controlling techniques (~40% is pinning)

* **Bold** terms are most important to learn first.