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Agura	Sitting cross legged.
Ai	Harmony, coming together, unification. The spirit of love is the spirit of harmony. Not selfish, limited affection for a particular person or group, but all-embracing compassionate love for all things.
Ai-hamni	Mutual stance - When both partners have the same foot forward (right/right).
Aiki	All elements of the universe arise through the blending of positive and negative Ki; practitioners of Aikido attempt to harmonize their Ki with both that of their partner and that of the larger environment.
Aikido	
-Ai-	Harmony, union with, oneness.
-Ki-	The essential Life Force, the fundamental Creative energy.
-Do-	The Way or Path.
Aiki-ken	Swordsmanship according to the principles of Aikido.
Aiki taiso	Ki development techniques. A series of exercise used as "building blocks" for Aikido techniques.
Atemi	The defensive blow used to neutralize the Ki of your partner, i.e. to put him or her off balance so a technique can be effectively applied. It is not meant to inflict injury.
Atemi waza	Striking or hitting technique.

Bokken	Wooden training sword.
Bokken-dori	Sword taking. Techniques used to disarm a partner armed with a sword.
Bu	In Aikido, Bu signifies valor and indomitable spirit, not contention and strife. Aikido is the ultimate expression of Bu, which originally meant to keep two weapons from coming together.
Budo	
-Bu-	Military, martial
-Do-	The Way or Path.
Budoka	Martial way practitioner.

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Bushido	The ways which fighting nobles, knights, samurai should observe in their life as well as in their vocation; "the precepts of knighthood." A code of moral principles that the samurai were required or instructed to observe.
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Choyaku	The exercise where one leaps as one executes a movement.
Chudan	Middle level. Sword (or hands) held at a lower level.

Daito-ryu	A traditional system of Aikijutsu. One of the foundation arts in O-Sensei's early training.
Dan	Black belt rank. There are ten stations of Dan, as follows: Shodan - 1st dan (beginning dan) Nidan - 2nd dan Sandan - 3rd dan Yondan - 4th dan Godan - 5th dan Rokudan - 6th dan Nanadan - 7th dan Hachidan - 8th dan Kudan - 9th dan Judan - 10th dan
Do	In Japan; any art that is practiced to develop both technical and spiritual maturity is considered a do, a "way" to harmonize body and mind.
Dojo	The training hall. The place where the way to harmony with the fundamental life force (Ki) is practiced.
Doshu	Grandmaster. Following the traditional Japanese custom, the position of Doshu has been made hereditary.

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En no irimi	Circular entry. The irimi technique in which one enters one's partner circularly.
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Fudo no shisei	Immovable posture. Sitting or standing, one must always be in an immovable posture, not rigid but imperturbable.
Fudoshin	Immovable mind.
Fudotai	Immovable body.
Funakogi	A rowing motion.

Gedan	Lower level. Sword (or hands) held at a lower level.
Gi	Training uniform - usually white canvas or muslin material. The padded type (judo) is best for beginners.
Gokyo	Number five technique.
Gyaku-hamni	Mirror stance. When both partners have opposite feet advanced (toe-to-toe).
Gyosho	Aikido arts done with a full blend at the instant of contact, but not necessarily at full speed (i.e. cursive writing).

Hakama	A black (sometimes dark blue) split, pleated skirt/pants worn over the gi by people who have earned the privilege
Hamni	The triangular stance. This position is meant to be relaxed, comfortable, and natural, and should in no way look or feel artificial or stiff. From the correct hamni position, one can move readily in any direction.
Hamni handachi	Techniques where nage is sitting and uke is standing.
Happo	Eight Directions.
Hara	The central balance point in the human body, located slightly below the navel. All coordinated movement originates from this one point.

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Ikkyo	Number one technique.
Irimi	Moving to the inside, or moving into. (Compare with tenkan.)

Jo	Wooden training staff. The correct length is indicated by the distance between the palms of one's outstretched hands, or from ones armpit to the floor.
Jodan	Upper level. Sword (or hands) held at an upper level.
Jo-dori	Jo taking. Techniques for disarming a partner armed with a Jo.
Juji-nage	Crossed arms throw. A throw executed when one's partner's arms are crossed at right angles.

Kaisho	Aikido arts done from a stationary position (i.e. block writing, printing).
Kaiten	Wheeling, turning.
Kaiten-nage	The spin throw that makes the partner's body revolve once before he is led down.
Kami	Deity, Divine, Spirit, Holy Inspiration, Guardian Angel, Exalted Human Being. The Japanese conception of kami has no direct parallel in Western religious terminology.
Kansha	Gratitude. Aikido places great emphasis on the expression of gratitude, not just to our instructors and fellow practitioners, but to all members of society and all elements of creation.
Kata	Fixed form. Predetermined sequences in set forms. Used in the martial arts as a learning technique.
Katana	The long sword worn by the Japanese samurai.
Kata dori	Shoulder grab.
Katate dori	Single-hand grab.
Ki	Ki, the life-stuff of the Universe, has no English equivalent. An essential element of all aspects of oriental culture -- philosophy, medicine, art, and physical training -- the full significance of ki only becomes clear through firsthand experience.
Kiai	Literally "a meeting of the spirits," this is a penetrating cry or scream

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	originating in the Hara. On the physical plane, kiai is manifest as a piercing shout emanating from the depths of one's being; on the spiritual plane, it is manifest as a steady outpouring of vital energy.
Kiatsu	A way of directing Ki through touch, for healing.
Ki no taiso	A three minute series of calisthenics designed to balance and tone the body.
Koho-tento	Rolling Exercise.
Kokoro	Heart/Mind, from your spirit.
Kokyu	Literally "breathing," or "breath," this refers to the Ki-power generated through the Hara, or one point in the lower abdomen. The concept of kokyu is similar to the Hindu idea of prana, "life breath of the cosmos." When one's kokyu is full and deep, one is in tune with the workings of the universe.
Ki no Kokyu-ho	Ki Breathing. A special set of meditation and development techniques aimed at calming the spirit and establishing true kokyu.
Ki no Seiza-ho	Ki meditation as is taught by Tohei Sensei.
Kokyu-nage	The throw which overthrows the partner using his own momentum and the timing of one's mind and body, but without applying any pressure to his joints.
Kokyu-roku	Breath-power. The irresistible power that emanates from true kokyu.
Kotehiroshi	Wrist throw.
Kubi-shime	Strangle hold.
Kyu	Ranks prior to Shodan. (5th kyu, 4th kyu, etc.)

Maai	The correct distance to be maintained between yourself and your partner; the immediate surroundings and one's own position determine this spacing.
Misogi	(Purification.) A set of Shinto purifying rituals. A side training discipline to Aikido. Various defilements obscure our essentially pure and god-like nature; through misogi, purification of body and mind, we can remove such impurities and restore our true image. Although misogi rites usually involve water purification (e.g. in a waterfall), O-Sensei considered all Aikido techniques to be forms of misogi. In the Ki Society we practice a form of misogi adapted from the Ichikukai Temple.
Mune-tsuki	Strike to the chest/front.

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Nage	A throw, one who throws, or executes a technique.
Nikkyo	Number two technique.

Omoto-kyo	The Teaching of the Great Origin. The religion established early in the twentieth century by Deguchi Nao and Deguchi Onisaburo. O-Sensei was a fervent believer in Omoto-kyo from the time of his late thirties.
O Sensei	Great, or original teacher. In Aikido, refers to Morihei Ueshiba, the founder of modern Aikido.
Otomo	Attendant to an Instructor.
Otonashi	Calm and serene, like the ever decreasing ripples on the surface of a lake.
Randori	Free style nage against multiple attackers - usually improvisational.
Rei	Bow, the command to bow. The formal gesture of respect and gratitude used by Aikido practitioners.
Reiseishin	The spirit that is one with the spirit of the Universe.
Ryokata-dori	Grabbing both of the shoulders.
Ryote-dori	Both hands held.

Samurai	One who follows the way. A warrior, knight; one charged with the protection of society. See budo, bushido.
Sankyo	Number three technique.
Sayu	Term indicating left and right direction.
Seiza	Sitting on both knees with the back straight.
Sensei	Teacher. One who gives instruction. More importantly, one who leads the way.
Shihan	Exemplary teacher - A title used for the highest-ranking teachers. Usually 6th dan and above - but not exactly a function of rank.

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Shiho-nage	Four-way throw.
Shikko	Moving from a kneeling position. Also called "samurai walk."
Shin	Mind, spirit, and heart.
Shomen	The honored symbol of Ki and picture of the Master mounted in the forefront of the training area.
Shomen-uchi	Strike to the center of the head.
Shokushu	A brief, uplifting statement used prior to training. Tohei Sensei has composed 21 of these sayings, which are read and repeated phrase by phrase before each class. Used to center oneself and prepare oneself for training.
Sokuboku	Soku = breath; boku = wood. The wooden clappers used to signify the changes in controlled breathing and meditation.
Sokushin no Gyo	Breath -(Voice)- Mind (Unification) training. The act of purifying mind and body. A side-training discipline in Aikido. (see misogi)
Sosho	Aikido arts done at full speed with a strong leading of Ki (i.e. "grass" writing).
Suwariwaza	Techniques requiring the nage and uke to perform from the sitting position.

Tai	Body, form, sometimes style.
Taigi	Body art, technique. A kata-like grouping of arts performed by two people (usually) to a specific rhythm and time.
Tai-jutsu	Body techniques. Techniques performed without weapons.
Tai-sabaki	Body movement. Body movement in Aikido should be free flowing, natural, and prudent.
Tanto/tanken	Wooden training knife. All wooden training weapons are treated as if they were actually sharp steel. The idea here being that if one can successfully view the wooden weapon as steel, then when faced suddenly with steel, one can view the steel as wood.
Tegatana	Hand Sword. Since Aikido techniques are based on sword movements, the hand, with the fingers actively projecting Ki, should function as a sword.
Tekubi-Kosa	Crossed wrists.

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Tenkan	Turning outside or away in a circular motion to dissipate an oncoming force.
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Ude-furi	Arm swinging.
Uke	One who is thrown, one who follows.
Ukemi	The art of falling without injury. It is said that one's ability to throw is only as good as one's ability to fall.
Uchideshi	Literally "home-student" - an instructor that lives, trains, and teaches at the Headquarters or dojo.
Undo	Exercise.
Ushiro	Back or behind.
Ushiro katadori	Grabbing the shoulder's from behind.
Ushiro-dori	Bear-hug from behind.

Waza	Technique or system of techniques.
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Yokomen-uchi	Strike to the side of the head.
Yudansha	Those who hold the rank of Shodan (1st degree black belt) and above.

Zempo-Kaiten	Foward roll (wheel).
Zengo	Term indicating forward and backward direction.
Zanshin	Continuing mind, the mind that stops at, or on, nothing.