

JAPANESE PHRASES THAT ARE USED IN THE DOJO

arigato gozaimasu (Ah-ree-gah-toh Goh-zah-ee-mahss): Thank you

arigato gozaimashita (Ah-ree-Gah-Tow Goh-zah-ee-mah-shee-tah):

Thank you very much for what you have done.

This is said to the teacher by all the students at the end of each class.

onegai shimasu (Oh-nay-guy-ee Shee-mahss): I request your favor. i.e.

Would you practice with me?

Spoken when one wishes to practice with another student.

hajime (Hah-jee-may): Begin! Start, execute (imperative)

yame (yah-may): Stop!, Cease! (imperative)

DIRECTIONS OF AIKIDO TECHNIQUES

irimi (Ee-ree-mee): Entering (common in Omote Waza)

tenkan (Ten-kahn): Turning (common in Ura Waza)

omote waza (Oh-moh-tay Wah-zah): any technique which goes in front of uke.

ura waza (Oo-rah Wah-zah): any technique which goes behind uke.

BASIC AIKIDO TECHNIQUES - Movements for the 'Nage' (thrower) Side

ikkyo (Eek-kyoh): "1st technique" Basic pinning technique of rolling the arm over forward from below to the front, pinning uke face down.

nikyo (Nee-kyoh): "2nd technique" Bending uke's wrist outward and horizontally against inside of forearm.

sankyo (Sahn-kyoh): "3rd technique" Technique that twists uke's wrist and arm along the central axis of the arm.

yonkyo (Yoh-n-kyoh): "4th technique" Arm pin accomplished by pressure on nerves on the inside of uke's wrist.

gokyo (Goh-kyoh): "5th technique" Defense against an overhead knife attack. Similar to Ikkyo.

juji nage (Joo-jee Nah-gay): A throw done by crossing uke's arms in an 'x' and then throwing.

kaiten nage (Kah-ee-ten Nah-gay): Technique where uke's arm and body is revolved for a throw.

kokyu dosa (Koh-kyou Doh-sah): Seated exercise used to develop ki extension and body coordination.

kokyu nage (Koh-kyou Nah-gay): A class of timing throws involving little or no pressure to uke's joints.

koshi nage (Koh-she Nah-gay): Hip throw; a judo-like throw using the hip as a fulcrum.

kotegaeshi (Koh-tay-Gah-ee-shee): Throw accomplished bending uke's wrist inward, vertically against inside of forearm.

shiho-nage (Shee-hoh Nah-gay): The "four way throw". Nage leads uke's arm up over his head, taking uke's hand back to his shoulder for the throw or pin.

tai no henko (Tie Noh Hen-koh): "Body Changing", turning exercise, basic blending practice.

tenchi nage (Ten-chee Nah-gay): Heaven and Earth throw. Nage takes one hand downward as the other moves up to throw uke in a manner similar to Irimi Nage.

AIKIDO TRAINING ATTACKS - Movements from the 'Uke' (receiver) Side

ai-hanmi katate-tori (Ah-ee Hahn-mee Kah-tah-tay Tow-Lee): one wrist grasped from matching stance, i.e. uke's left grasping nage's right or visa versa [see *kosa tori*]

kata tori (Kah-tah Tow-lee): shoulder grab

katate tori (Kah-tah-tay Tow-lee): one hand grab; left hand grasping right wrist or visa versa

kosa tori (Koh-sah Tow-lee): cross hand grab; left hand grasping left wrist or visa versa

[see *ai-hanmi katate-tori*]

morote tori (Moh-row-tay Tow-lee): both hands grasping; uke grabs one wrist with both hands

mune tsuki (Moo-neh Tsue-key): strike with fist to nage's abdomen; also sometimes simply *tsuki*

muna dori (Moon-ah Doh-lee): lapel grab

ryote tori (Ree-yoh-tay Tow-lee): both hands grasped; uke takes one of nage's wrists in each hand

shomen uchi (Sho-men Oo-chee): front strike to top of nage's head

ushiro kubi-shime (Oo-shee-row Koo-bee She-may): choking with one arm around the neck from the rear, and the other hand usually grasping a wrist

ushiro ryokata tori (Oo-shee-row Lee-yoh-kah-tah Tow-lee): both shoulders grabbed from the rear

ushiro ryote tori (Oo-shee-row Lee-yoh-tay Tow-lee): both wrists grabbed from the rear

ushiro tori (Oo-shee-row Tow-Lee): grasping from the rear; also rear bear hug

yokomen-uchi (Yoh-koh-men Oo-Chee): oblique strike to the side of nage's head