

Japanese Terms Used in Aikido

Pronunciation:

- a:** as in “ah” or “father”
- i:** like the “ee” in “knee”
- u:** like “oo” in “hoot”
- e:** “eh” sound like in “bed”
- o:** “oh” sound like in “row”

Common Phrases

- **o-ne-gai-shi-mas:** “Please” - We say *o-ne-gai-shi-mas* before practicing with our partner, and before class. *Onegaishimasu* is a very useful term; when in doubt: *onegaishimasu!*
- **a-ri-ga-tou go-zai-mas:** “Thank You” - Say *arigatou-gozaimas* after finishing practice with your partner and at the end of class. Or whenever you just want to say “Thank You!”
- **su-mi-ma-sen:** excuse me

Counting:

1- ichi, 2- ni, 3- san, 4- shi/yon, 5- go, 6- roku, 7- shichi/nana, 8- hachi, 9- ku/kyu, 10- juu

Attacks:

- **kata-te-dori:** one-handed grab on wrist
- **moro-te-dori:** two hands on one wrist
- **ryo-te-dori:** two hands on two wrists
- **shou-men-uchi:** overhead strike
- **tsuki:** punch
- **yoko-men-uchi:** strike to side of head
- **kata-dori:** shoulder grab
- **ushiro:** behind
- **gyaku:** opposite

9 Basic Techniques:

- **kokyu-nage:** “breath throw”: turning and drawing attacker in, then throwing behind
- **i-kyo, ni-kyo, san-kyo, yon-kyo, go-kyo:** 1-5 basic pins
- **shi-hou-nage:** “4-direction” throw. pin partner’s arm behind their shoulder
- **irimi-nage:** “entering throw”; move behind partner, throw with hips and arc your arm over
- **ko-te-gae-shi:** wrist twist/throw