



## *Basic Terminology Aikido & Ju Jutsu*

### **A**

Age Tsuki	Rising punch.
Age Uke	Rising block.
Ai Hanmi Katate Tori	Right to right or left to left wrist grasp.
Aiki Kokyo Nage	Aiki breath power throw.
Aiki Nage	Aiki throw.
Aiki Otoshi	Aiki drop.
Aiki Sumi Otoshi	Aiki corner drop.
Ashi	Peasant soldiers of the samurai.
Ashi-Barai	Leg, foot.
Ashi-Garami	Foot sweep.
Ashi-Gatame	Leglock (kneelock).
Ashi-Guruma	Hold-down with leg.
Ashi Garu	Leg wheel.
Ashi Waza	Leg/foot techniques.
Ate	Stroke.
Atemi Waza	Striking techniques.
Ayumi Ashi	Normal walking.

### **B**

Barai (Harai)	Sweep.
Basami	Scissors, claw.
Budo	Martial arts.
Bo-Jutsu	Art of the staff.
Bokken Tori	Sword taking techniques.
Bokken Waza	Sword techniques.

### **C**

Chiburi	To shake blood from the sword.
Chudan Tsuki	Punch/thrust to the stomach.

### **D**

De	Come, walk forwards.
Do	Way, principle, teaching.
Dojo	Training hall.
Dori (Tori)	Grip, hold on (the attacker).

### **E**

Ebi	Crab, lobster.
Eri	Collar.
Empi Uchi	Elbow strike.

### **F**

Fudo Dachi	Rooted stance.
Fumikomi	Stomp.
Fusegi	Escape.



## G

Gaeshi (Kaeshi)	Counter, turn.
Gake	Hook.
Gari	Reaping, small sweep.
Garami	Bend, turn.
Gatame (Katame)	Harden, tighten. (Hold stuck, control).
Gedan Barai	Lower sweeping block.
Gedan Juji Uke	Low cross block.
Gedan Tsuki	Punch/thrust to lower body.
Geiko (Keiko)	Exercise.
Geri	Kick.
Gesa (Kesa)	Scarf, clothing.
Gokyo (Ude Nobashi)	5th set of techniques (weapons taking).
Goshi (Koshi)	Hip.
Guruma	Wheel.
Gyaku	Reverse, opposite.
Gyaku Hanmi Katate Tori	Left to right or right to left wrist grasp.
Gyaku Yokomen Oroshi	Reverse strike to the side of the head.

## H

Hachiji Dachi	Open leg stance.
Hadaka	Naked, free.
Haishu Uchi	Back hand strike.
Haisoku Geri	Instep kick.
Haito Uchi	Ridge hand strike.
Hajime	Start.
Hane	Spring.
Hangetsu Dachi	Hourglass stance.
Hanmi Handachi	Tori kneeling, uke standing.
Hara	Stomach, abdomen.
Harai (Barai)	Sweep.
Hasso No Kamae	Upright posture with jo held at shoulder.
Hazumi	Moment, instant.
Heisoku Dachi	Attention stance.
Hidari	Left.
Hidari-Jigotai	Left defence position.
Hidari-Shizentai	Left basic position.
Hiji	Elbow.
Hiji Gaeshi	Elbow turn.
Hiji Kimi Osae	Elbow bending pin.
Hiji Tori	Grasp to the elbow.
Hiki Taoshi	Pulling down techniques.
Hishigi	Chrush, break, dislocate.
Hittsui Geri	Knee strike.
Hon	Basic, main.



## I

Ichi	One, first.
Idori	Sitting.
Ikioi	Speed, motive power.
Ikkyo (Ude Osae)	First immobilisation.
Ippon Seoi Nage	One arm shoulder throw.
Irimi Nage	Entering throw.
Irimi Waza	Entering techniques.

## J

Jigo Tai	Defensive posture.
Jo-Jutsu	Art of the short staff.
Jo Tori	Stick taking technique.
Jodan Juji Uke	High cross block.
Jo Waza	Stick or staff techniques.
Jodan Tsuki	Punch/thrust to the head.
Ju-Ichi	Eleven (numerals).
Juji Garami Nage	Cross arm throw.
Juden	Bayonet.
Jushin	Centre of gravity.

## K

Kaeshi (Gaeshi)	Counter, turn.
Kaeshi Waza	Countering techniques.
Kage Tsuki	Hook punch.
Kage Uke	Hook block.
Kaisho	Open hand.
Kaiten Nage	Rotary throw.
Kakari	Attack.
Kakato Gaeshi	Heel turn over.
Kake	The execution of a throw.
Kakuto Uke	Bent wrist block.
Kami	Upper, on top.
Kami Shiho Gatami	Upper four corner hold.
Kani	Crawfish.
Kansetsu Waza	Joint locking techniques.
Kanzen Muketsu	Abosolute perfection.
Kata Gatame	Shoulder hold.
Kata Guruma	Shoulder wheel.
Kata Ido	Form movement.
Kata Katate Tori	Grasp to shoulder and wrist of one arm.
Kata Tori	Shoulder grasp.
Kata Tori Menuchi	Shoulder grasp followed by strike to head.
Katame Waza	Hold down techniques.
Katate Ashi Soto Gari	Leg grasp outer reaping throw.
Katate Ashi Uchi Gari	Leg grasp innner reaping throw.
Katate Eri Tori	Single hand grasp to collar or lapel.
Katate Mune Tori	Single hand grasp to front of upper chest.
Katate Tori	Single hand grasp to wrist.
Katsu Waza	Revival techniques.
Keibo	Wooden club.
Keri Waza	Kicking techniques.



Kesa (Gesa)	Scarf, clothing
Kiai	Shout to free inner energy
Kiba Dachi	Horse stance
Kihon Ido	Basic movement
Kihon No Waza	Basic techniques
Kiri	Cut, split
Kiri Otoshi	Cutting drop
Kime	Self defense
Ko	Minor, small
Kobudo	Ancient okinawan ways (weapons)
Kohai	Junior
Ko Ho Tendo Ukemi	Rear rolling breakfall
Kokyo Nage	Breath power throw
Kokyo Ho	Breath power method
Koshi	Ball of foot or hip
Koshi (Goshi)	Hip
Kote Gaeshi	Wrist turn over
Kote Hineri	Sankyo
Kote Mawashi	Second immobilisation
Kube Shimi	Neck choke
Kubi	Neck
Kuji Kiri	Energy channelling
Kumi	Grab
Kumi-Kata	Grabbing technique
Kuzure	Broken (variation)
Kuzushi	Breaking balance
Kyoshi	Kneel, to stand on the knees
Kyusho Jutsu	Pressure point strikes
<b>M</b>	
Ma	Straight.
Mae	Front, forward .
Mai Ai	Correct distance between tori and uke.
Mae Ukemi	Forward breakfall.
Maki	To wind, wrap.
Maki Komi	Winding.
Mawashi Tsuki	Roundhouse punch.
Migi	Right.
Migi-Jigotai	Right defence position.
Migi-Shizentai	Right basic position.
Mokuso	Kneel, sit on ones knees. No actions, no thoughts.
Morote	Double handed, both hands, two hands.
Morote Uke	Augmented forearm block.
Mune	Chest.
Mune Tori Yokumen	Single grasp to upper chest followed by a strike to head with edge of free hand.
Mune Tsuki	Strike to upper chest.



**N**

Nage	Throw
Nage No Kata	Formalised set of throws
Nage Waza	Throwing techniques
Nami	Normal, ordinary
Naname	Diagonally downwards
Ne	Floor / laying down
Neko Ashi Dachi	Cat stance
Ne Waza	Ground fighting techniques
Nikkyo	Second immobilisation

**O**

O	Great/major, big
Obi	Belt
Okuri	Both, two /gliding
Oi Tsuki	Lunge punch
Osae	To hold down
Osae Komi	Hold down
Osae Komi Waza	Hold down/pin techniques
Oshi Taoshi	Pushing down techniques
Otoshi	Let fall

**R**

Randori	Free training, practise, fight training
Renraku Waza	Combination techniques
Renzoku Waza	Continuation techniques
Ritsurei	Standing bow
Ryo	Two
Ryo Gari Tsuki	Two finger thrust to eyes
Ryo Hiji Tori	Grasp of both elbows
Ryo Kata Tori	Grasp of both shoulders
Ryote Eri Tori	Two handed grasp of collar or lapels
Ryote Mochi	Two handed grasp of one hand
Ryote Tori	Both hands grasping both wrists

**S**

Sabaki	Turn, defend, escape
Sanchin Dachi	Three battle stance
Sankaku	Triangular
Sankyo	Third immobilization
Sasae	Support, hold, block
Sempai	Senior grade
Sensei	Teacher/instructor
Seoi	Back, to carry on ones back
Seoi Otoshi	Shoulder drop
Shihan	Great master / doctor
Shiho	Four sides, directions, points or corners
Shiho Nage	Four direction throw
Shiho Koshi Nage	Four direction hip throw
Shime	Strangle, choke, neck lock
Shime Waza	Strangling techniques
Shin Jitsu	Reality
Shintai	Advance / draw back – movement in proportion to opponent



Shisei	Position
Shitai	Bearing, position
Shizen	Natural
Shizentai	Natural position
Shomen Kiri Komi	Cutting blow to top of the head
Shomen Oroshi	Downward blow to top of head with a clenched fist
Shomen Uchi	Strike to top of head
Shuto Uke	Knife hand block
Sode	Sleeve
Sode Dori	To grab the sleeve
Sode Tori Yokomen Kiri Komi	Sleeve hold followed by blow to side of head
Sokumen Irimi Nage	Second form entering throw
Soto	Outer
Soto Makikomi	Outer winding throw
Sukui	“Shuffle” or “spoon” movement, scoop
Sumi	Corner, angle
Sumi Otoshi	Corner drop
Sutemi	Sacrifice (one self, ones position)
Sutemi Waza	Sacrifice techniques
Suwari Waza	Techniques performed with tori and uke kneeling

## T

Tachi-Ai	Standing
Tachi Waza	Techniques performed with tori and uke standing
Tai	Body
Tai Otoshi	Body drop
Tai Sabaki	Body movement
Taiso	Callisthenics
Taiho Jutsu	Arrest techniques
Tambo	Short stick
Tani	Valley
Taninsu Gake	Techniques with two attackers
Tanto Tori	Knife taking techniques
Tatami	Judo mat
Tate Tsuki	Vertical fist punch
Te	Hand
Te Waza	Hand techniques
Teiji Dachi	T stance
Teisho Uchi	Palm heel strike
Tekubi Osae	Fourth immobilization
Ten Kai Ashi	Pivot
Tenchi Nage	Heaven and earth throw
Tenkan Ashi	Step pivot
Tenshin Sho	Divine illumination
Toketa	Broken holddown
Tomoe	Arch
Tomoe Nage	Stomach throw
Tori	Attacker
Tsugi Ashi	Sliding step
Tsuki-Nami-Shiai	Graduating/promotion fight
Tsukuri	The entry/preparation for a throw
Tsuri	Grab, catc
Tsuri Komi Ashi	Drawing popping ankle throw
Tsuri Komi Goshi	Pulling, lifting, resisting hip throw



## U

Uchi	Stroke / Inner, inside
Uchi-Komi	Following entries without throwing
Uchi Waza	Striking techniques
Ude	Arm
Ude Ashi Garami Nage	Arm leg entangled throw
Ude Garam Goshi Nage	Arm entangled hip throw
Ude Garami Nage	Arm entangled throw
Ude Gatami Goshi Nage	Arm constricting hip throw
Ude Gatami Nage	Arm onstricting throw
Ude Kimi Nage	Arm bending throw
Ude Kimi Osae	Arm bending pin
Ude Nobashi	Fifth set of techniques (weapons taking)
Ude Osae	First immobilization
Uke	Defender, the one who is being attacked, thrown
Uke Goshi	Floating hip throw
Uke Otoshi	Floating drop
Uke Waza	Floating throws
Ukemi	Falling technique
Uki	Floating, unbalanced, out of control
Undo Ryoho	Exercise cure
Ura	Rear
Ura Nage	Rear throw
Uraken Uchi	Back fist strike
Ushiro	Rear, from behind
Ushiro Chudan Tsuki	Strike to the centre of the back
Ushiro Chudan Tsuki Gaeshi	Rear punh wrist turn over
Ushiro Eri Tori	Collar grasp from behind
Ushiro Koshi Nage	Rear hip throw
Ushiro Katate Eri Tori	Singled handed rear collar grasp
Ushiro Katate Tori Kubi Shimi	Rear one arm stangle and wrsit grab
Ushiro Kubi Shimi	Rear two handed strangle
Ushiro Kubi Shimi Use-Gatami	Rear one arm stangle and straight arm lock
Ushiro Otoshi	Rearward drop
Ushiro Ryo Hiji Tori	Both elbows grsped from behind
Ushiro Ryo Katate Tori	Bith shoulders grasped from behind
Ushiro Ryote Kubi Shimi	Two handed choke from behind
Ushiro Ryote Tori	Both wrists grabbed from behind
Ushiro Tai Otoshi	Rear body drop
Ushiro Ukemi	Rear breakfall
Utsuri	Change, changing

## W

Wakare	Separation
Waki	Arm pit
Waki Gatami	Armpit lock
Waza	Technique /art



**Y**

Yama Arashi	Mountain storm.
Yama Biki No Michi	Path of a mountain echo.
Yama Bushi	Mountain warriors.
Yoko	Side, sideways, to the side.
Yoko Gake	Side body drop.
Yoko Guruma	Side wheel.
Yoko Gedan Tsuki	Blow to the side of the body.
Yoko Hiki Taoshi	Side pushing down technique.
Yoko Nanami	Oblique strike diagonally across the body.
Yoko Oshi Taoshi	Side pushing down technique.
Yoko Shiho Gatame	Side thrust or blow.
Yoko Tear	Laying.
Yoko Tsuki	Side thrust or blow.
Yoko Ukemi	Side break fall.
Yoko Wakare	Side separation.
Yokomen Kiri Komi	Cutting strike to side of the head.
Yokomen Oroshi	Hooking blow to side of head with a clenched fist.
Yonkyo	Fourth immobilization.
Yubi Nage	Finger throw.

**Z**

Za	Sit/place.
Zarei	Sitting greeting.
Zazen	Seated meditation.
Zempo Kaiten Ukemi	Forward rolling break fall.
Zenkutsu Dachi	Forward stance.
Zanshin	Awareness.
Zeshin	Human body.

