



Scotthall Aikido



AIKIDO TERMS

Ai Harmony		Budo [Japanese martial arts] Reigi [Respectful behaviour and etiquette]
Ki Life Energy		Sensei [Teacher/Instructor] Deshi [Student] Senpai [Senior] Kōhai [Junior]
Do A Path - Way of Life		Dojo [Martial arts facility]

<u>GREETINGS</u>	<u>INSTRUCTIONS ON THE MAT</u>
Konnichiwa [hello]	Rei [bow]
Ohayō gozaimasu [good morning]	Seiza [proper sitting - kneeling]
Konbanwa [good evening]	Hajime [start]
Mata raishū [see you next week]	Matte [wait/stop]
Arigatō gozaimashita [thank you]	Yame [stop/finish]
	Kōtai [change]

<u>NUMBERS</u>	<u>BODY PARTS</u>
Ichī [one]	Atama [head]
Ni [two]	Me [eyes]
San [three]	Ude [arm]
Shi/Yon [four]	Kata [shoulder]
Go [five]	Hiji [elbow]
Roku [six]	Tekubi [wrist]
Shichi/Nana [seven]	Te [hand]
Hachi [eight]	Ashi [leg/Foot]
Kyū [nine]	Hiza [knee]
Jyū [ten]	Ashikubi [ankle]
	Koshi [hips]

<u>EQUIPMENT</u>	<u>WEAPONS</u>
Dōgi [uniform]	Tantō [knife]
Obi [belt]	Bokken [wooden sword]
Tatami [mats]	Jo [wooden staff]



Scotthall Aikido



<u>AIKIDO PRINCIPLES</u>	<u>MOVEMENTS</u>
Shinzentai [natural/neutral posture]	Tsugi ashi [following step - same foot]
Ma-ai [maintaining correct distance]	Ayumi ashi [walking step - different foot]
Tegatana [hand blade]	Suri ashi [sliding step]
Waki shimete [closed elbows]	Tenkan [turning step]
Choku-ritsu [maintaining upright posture]	Irimi [entry]
Jodan [high – above the shoulder]	Unsoku undō [foot movement exercises]
Chudan [middle – between belt & shoulder]	Tandoku undo [solo/individual exercises]
Gedan [low – below belt]	
	<u>UKEMI [Safe ways of breakfalling]</u>
Kamae [combat posture]	Ushiro ukemi [backwards breakfall]
Tai Sabaki [avoidance]	Mae ukemi [forward breakfall]
Tsukuri [technique setup]	Yoko ukemi [side breakfall]
Kuzuski [break balance]	Mae-mawari ukemi [forward roll]
Kake [execution of technique]	Ushiro-mawari ukemi [backward roll]
Zan Shin [calm state, controlled posture]	Tobi ukemi [flips]

<u>DIRECTIONS</u>	<u>STRIKES</u>
Mae [forward]	Atemi [strike]
Ushiro [backward]	Shomen ate [frontal Face strike]
Hidari [left]	Shomen uchi [overhead strike]
Migi [right]	Yokomen [side head strike]
Ue [up]	Gyakumen [reverse side head strike]
Shita [down]	Tsuki [punch]

<u>KIHON NO KATA [Basic Kata]</u>	<u>RANDORI NO KATA / JUNANA HON</u>
1-5: Atemi Waza [Striking techniques]	11-14: Tekubi Waza [Wrist techniques]
1. Shomen ate [frontal face strike]	11. Kote hineri [wrist/forearm twist]
2. Aigamae ate [strike from same posture]	12. Kote gaeshi [wrist/forearm turn]
3. Gyakugamae ate [strike from reverse posture]	13. Tenkai kote hineri [turning wrist/forearm twist]
4. Gedan ate [low strike]	14. Shiho nage [four corners throw]
5. Ushiro ate [rear strike]	
6-10: Hiji Waza [Elbow techniques]	15-17: Nage Waza [Throwing techniques]
6. Oshi taoshi [frontal push down]	15. Mae otoshi [forward drop]
7. Ude gaeshi [arm reverse lock]	16. Sumi otoshi [corner drop]
8. Hiki taoshi [pull down]	17. Hiki otoshi [pull down drop]
9. Ude garami [twisting arm lock]	
10. Waki gatame [armpit lock]	