

## Aikido Protocol, Words and Numbers

### Protocol

Remember Aikido is a physical art. Basic cleanliness, short finger nails, and minimal jewelry are good ideas.

Bowing: Bow when everyone else does, this is not a religious act. It is simply courtesy ( In Japan, they don't shake hands.).

WORD	PRONUNCIATION	MEANING
<b>Aikido Defenses</b>		
Kote gaeshi	koh-tay-guy-eh-shee	(wrist turn out throw) throw accomplished by twisting partner's wrist
Nikkyo	nee-kyoh	(2nd pin technique) bends partner's wrist in two angles and cuts through the center of the body making him drop to the ground
Sankyo	sahn-kyoh	(3rd pin technique) which holding partner's tegatana, cuts to the empty point of the rear triangle
Shiho nage	shee-hoh-nah-gay	(four direction throw)
Sumi otoshi	soo-mee-oh-toe-shee	(corner drop)
Tai no henko	tie-noh-hen-koh	(change the body to blend) basic tenkan blending practice
Tenchi nage	ten-chee-nah-gay	"Heaven" and "Earth" throw - one hand points to heaven; the other to earth, to throw
Yonkyo	yon-kyoh	(4th pin technique) control/throw using pressure point near partner's wrist

### Aikido Attacks

Gyaku te tori	gyah-koo-tay-toh-ree	cross-hand grab, e.g. left to left
Hiji dori	hee-jee-doh-ree	elbow grab
Kata dori	kah-tah-doh-ree	shoulder grab
Kata menuchi	kah-tah-men-oo-chee	shoulder grab and strike to the head
Katate dori	kah-tah-tay-doh-ree	same side wrist grab, e.g. right to left
Katate dori han tai	kah-tah-tay-doh-ree hahn-tie	same as gyaku te tori
Men uchi	men-oo-chee	strike to the head
Morote dori	moh-roh-tay-doh-ree	both hands grab partner's wrist
Mune dori	moo-neh-doh-ree	lapel grab
Mune tsuki	moo-neh-tskee	first strike to chest or stomach
Ryote dori	ree-oh-tay-doh-ree	two hands grab both of partner's wrists
Shomen uchi	shoh-men-oo-chee	straight strike to the top of the head
Ushiro eri dori	oo-shee-roh eh-ree-doh-ree	collar grab from behind
Ushiro hiji dori	oo-shee-roh hee-jee-doh-ree	elbow grab from behind
Ushiro kata dori	oo-shee-roh kah-tah-doh-ree	shoulder grab from behind

### Common Japanese terms used in Aikido

Aikido	eye-key-doe	Ai = harmony, Ki = spirit, Do = The Way or Path
Aikidoka	eye-key-doe-kah	A person who practices Aikido
Aiki taiso	eye-key-tie-so	Aikido exercises
Atemi waza	ah-tay-me wah-zah	Striking techniques
Benkyo	ben-key-oh	To study
Bokken	bow-ken	Wooden sword used in practice
Bushido	boo-she-do	Warrior's Code. The way of the warrior
Dan	dahn	Aikido grade holder, black belt rank
Deshi	day-she	Student, pupil, disciple
Dogi	doe-ghee	Training uniform, also called Keikogi (kay-ko-ghee)
Dojo	doe-joe	Training hall (formally a term used by Buddhist priests in reference to their place of worship).

WORD	PRONUNCIATION	MEANING
Dori	doe-ree	Grab
Doshi	doe-she	Comrade, friend (used among fellow Aikidoka)
Gaeshi	guy-eh-she	To reverse
Gi	ghee	Training uniform
Hakama	hah-kah-ma	A divided, pant-like skirt
Hanmi	hahn-me	A posture in which one foot is advanced one step and the body weight is distributed equally on both feet. Triangular stance
Hanmi handachi	hahn-me hahn-dah-chee	Nage (thrower) is kneeling and uke (the attacker), approaches from a standing position
Hantai	hahn-tie	In reverse order
Hara	har-ah	The center of existence. Lower abdomen, physical and spiritual center
Hidari	he-dah-ree	Left (direction)
Hiji	he-jee	Elbow
Irime	ee-ree-mee	To enter; entering technique
Jiyu	jee-you	Free style
Jiyu waza	jee-you wah-zah	Free style techniques/practice
Jo	joe	Wooden staff, usually about 4 feet by 15/16" and commonly made of white oak
Kaiten	kie-ten	To revolve or rotate
Kata	kah-tah	Shoulder. Also means 'form' practice of pre-arranged exercises
Katate	kah-tah-tay	One hand (left or right)
Keiko	kay-ko	Practice session; training
Ken	ken	Japanese sword
Ki	key	Spirit, the vital force of the body; Universal Energy; a stream or flow of positive energy
Kiai	key-eye	A piercing scream or cry with practical and psychological value meaning "Meeting of the Spirits"
Kohai	ko-hi	Student body
Kokyu	coke-you	Breath power...the coordination of ki flow with breathing
Kokyu dosa	coke-you doe-sah	A method of off-balancing and pinning your partner with your 'ki' instead of with your physical power
Koshi	ko-shee	Hips, waist (also spelled Goshi)
Kubi	coo-bee	Neck
Kyu	cue	Aikido rank, class. A mudansha or undergraduate
Maai	mah-eye	Distance between uke and nage, meaning "harmony of space"
Men	men	Face, head
Migi	mee-ghee	Right (direction)
Mochi	moe-chee	to hold/grasp
Nage	nah-gay	Throw...the person who throws
Obi	oh-bee	Belt
O'Sensei	Oh-sen-say	The great teacher. The affectionate term for Morehei Ueshiba, the founder of Aikido
Randori	ran-door-ri	Multiple attack
Rei	ray	Salutation, bow
Ryote	ree-oh-tay	Both hands
Samurai	sa-mu-rye	Military retainer (feudal period)
Sempai	sem-pie	Senior student
Sensei	sen-say	Teacher, instructor
Seiza	say-zah	Formal kneeling position
Shiho (prefix)	she-ho	Four directions

WORD	PRONUNCIATION	MEANING
Shihan	she-han	Certified teacher, master teacher (usually sixth dan and above)
Shimi	she-me	To squeeze or choke
Sho (prefix)	show	beginning or first
Shodan	show-dahn	Holder of the first grade black belt
Shomen	show-men	Front or top of the head
Shugyo	shoe-gyoo	Hardship
Suburi	sue-boo-ree	A single movement using the ken or jo, done as a solo practice
Sutemi	sue-tay-me	A hard fall, literally meaning to throw or sacrifice the body
Suwari waza	sue-wah-ree wah-zah	Sitting (kneeling) techniques
Tachi	tah-chee	Japanese sword
Tachi dori	tah-chee doe-ree	Practicing techniques against the sword
Tachi waza	tah-chee wah-zah	standing technique
Taijutsu	tie-jute-sue	Body arts. The techniques of Aikido done without weapons
Tai no henko (henkan)	tie-no-hen-ko (hen-kan)	Basic blending/turning practice
Tanto	tahn-toe	Wooden knife
Te	tay	Hand
Tegatana	tay-gah-tah-nah	Hand blade. Sword edge of the hand
Te kubi	tay-koo-be	Wrist
Tenchi	ten-chee	Ten=heaven, chi=earth. A position of the hand, one high (up) and one low (down)
Tsuki	tski	Thrust
Uchi	ooh-chee	To strike
Uke	ooh-kay	A person who receives an attack, person being thrown
Ukemi	ooh-kem-me	Breakfall. The art of falling away from harm
Ushiro	ooh-she-row	Back, behind, rear
Waza	wah-zah	Techniques
Yoko	yo-ko	side, to the side
Yokomen	yoh-ko-men	Side of the head
Yudansha	you-dahn-sha	Black belt grade holder
Yukyusha	you-cue-shah	Kyu rank holder

### Helpful Japanese Phrases

Domo	doe-moe	Thanks
Dozo	doe-zoe	Please
Gambate	gam-ba-tay	"Get ready!"
Ohayo gozaimasu	ohio go-zah-ee-mahs	Good morning (used before 10 am)
Konnichi wa	kone-knee-chee wah	Hello! Good day (after 10 am)
Komban wa	comb-bahn wah	Good evening
Oyasumi nasi	oh-yah-sue-me nah-sigh	Good night (before bedtime)
Sayonara	sigh-yoh-nah-rah	Good-bye
Arigato gozaimasu	ah-ree-gah-toe go-zah-ee-mahs	Thank you
Sensei, domo arigato Gozaimashita		sen-say, doe-moe ah-ree-gah-toe go-zah-ee-mah-she-tah Sensei (teacher), thank you very much for what you have done. (Spoken by students at the end of class)
Onegai shimasu	oh-nay-guy-she-mahss	I make a request. "Please do me the favor of ..." (Spoken when one wishes to practice with a fellow student or teacher)
Gomen nasai	go-men nah-sigh	I'm sorry, excuse me
Do itashimashite	doe ee-tah-she-mah-she-tay	Don't mention it. You're welcome
Ogen'ki desu ka	oh-gen-key des-kah	How are you? Are you in good spirits?
Okagesama de	oh-kah-ghe-sama day	Fine, thank you
Hajimemashite	haji-may-mah-she-tay	How do you do? (When introduced for the first time)

## **Numbers, Counting and Ranking**

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(1) ichi (ee-chi), (2) ni (nee), (3) san (sahn), (4) shi (she), (5) go (go), (6) roku (roe-coo), (7) shichi (she-chi), (8) hachi (ha-chi), (9) ku (coo), (10) ju (jew)

When indicating Kyu ranks prefix Kyu (cue) with the appropriate number except 1st Kyu is Ikyu (ee-cue), not ichi, and 4th kyu is Yonkyu (yon-cue).

When indicating Dan ranks prefix Dan with the appropriate number except 1st Dan is Shodan, and 4th Dan is Yondan.