

Aikido Terminology

Terms Used In Aikido & Their Meanings

Ai	Harmony , love
Ki	Vital Energy
Irimi	Entry
Tenkan	Turn
Nage	Throw
Kokyu	Breath Power
Omote	Inner
Ura	Outer
Kamae	Posture
Ma - ai	Distance
Shikko	Knee Walking
Ukemi	Break fall
Uke	Partner who receives technique
Tori	Partner who gives technique
Suwariwaza	Kneeling technique
Tachiwaza	Standing technique
Hanmihandachi - waza	Uke standing, Tori kneeling

Attack Types

ATTACK	MEANING
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Aihanami Katate Dori	Uke takes Tori's right wrist with their right hand or vice versa
Gyakuhanmi Katate Dori	Uke takes Tori's right wrist with their left hand or vice versa
Kata Dori	Uke grasps Tori's shoulder
Kata Dori Menuchi	As above with downward strike to head
Muna Dori	Uke grasps partners chest
Muna Dori Menuchi	As above with strike
Shomen Uchi	Downward strike to centre of head
Yokomen Uchi	Strike to side of head
Chudan Tsuki (Ski)	Strike to stomach with fist
Jodan Tsuki (Ski)	Strike to neck or face with fist
Ushiro Katate Eri Dori	Uke grabs Tori's wrist and collar from behind
Katate Ryote Dori	Uke grabs one of Tori's wrists with two hands
Ryote Dori	Uke grabs both of Tori's wrists with two hands
Ushiro Ryote Dori	As above, except Uke is behind Tori
Ushiro Ryo Katate Dori	Uke grabs both of Tori's shoulders from behind
Ushiro Katate Dori Kubi Shime	Wrist grasp and stranglehold from behind
Ushiro Ryohiji Dori	Both elbows grabbed from behind
Maegiri	Front Kick

Basic Techniques Used In Aikido

TECHNIQUE	MEANING
Ikkyo	Uke controlled by arm pin
Nikkyo	Uke controlled by wrist in - turn
Sankyo	Uke controlled by wrist twist
Yonkyo	Uke controlled by wrist pin
Gokyo	Uke controlled by arm stretch (knife taking)
Rokkyo Hijikimeosae	Uke controlled by arm smashing
Kote Gashi	Wrist out turn throw
Irimi Nage	Entry throw
Kaiten Nage (Soto Uchi)	Rotary throw
Tenchi Nage	Heaven and Earth throw
Kokyu Nage	Breath throw
Shiho Nage	Four direction throw
Udekimenage	Projection from elbow or under arm
Koshinage	Hip throw
Kokyo Ho	Breathing exercise
Ushiro Kiritoshi	Throw from behind