

# AIKI-BUDO GLOSSARY OF TERMS

Ai	The principal of harmony and integration
Aiki	Harmonising energy
<b>Aiki-Budo</b>	Discipline of harmony between opposites. Spiritual art of integration as a Martial Yoga.
Aikijutsu	An ancient technique of combat based upon the principal of coordination between the attack and defence
Aiki otoshi	Variation of kokyu nage
Aiki taiso	Basic exercises of Aiki
Ashi	leg or foot
Ashi-sabarki	Evasive footwork
Bo	6 Foot Staff
<b>Buddhism</b>	The doctrine of enlightenment propounded by Prince Guatama Siddharta (563 - 483 BC), The historical Buddha.
Bujutsu	The arts of the warrior
Bushi	Warrior
Bushido	The code of honor of the bushi
Chudan	Natural hand position, a central position
Den	Rank or level
Dai Ippo Osae	1 <sup>st</sup> control, elbow control
Dai Nippo Osae	2 <sup>nd</sup> control, wrist lock
Dai Sanpo Osae	3 <sup>rd</sup> control, forearm rotation
Dai Yonpo Osae	4 <sup>th</sup> control, wrist pressurepoint control
Dai Goppo Osae	5 <sup>th</sup> control, reverse elbow control
Deshi	Student
Do	The method , or "way", a discipline and philosophy with both moral and spiritual connotations
Dojo	a training hall where martial arts are practised; in Zen monastries, the hall of spiritual exercises, meditation, prayer and concentration.
Domo Arigato	
Gozaimusu	Thank you very much
Gaku	Calligraphy or motto hung on dojo walls or diploma
Eri dori	collar grab
Gedan	a low hand position
Gi	The regular uniform, normally white, used in most schools of martial arts
Gyaku-te	Reverse hand
Hakama	A divided skirt worn over the gi
Hanmi	Guard, stance (60 degree angle between backfoot and front foot)
Omote:	Heel to heel alignment of footwork

Ura:	Heel to toe alignment of footwork
Hara	The centre of existence, abdominal and otherwise
Haragei	The art of developing hara
Hidari	Left
Iaijutsu	The ancient method of combat centred upon the perfection of the initial movement of the sword
Irimi	Body entry principal
Irimi Nage	Body entry throw
Jiki-deshi	Direct student, 'disciple'.
Jo	Staff (4 foot)
Jobajutsu	The technique of military horsemanship
Jodan	High hand position
Jo kata	Prearranged classic form with the jo
Joseki	Senior side of the dojo
Ju	The principal of suppleness, an adaption, and also non resistance
Judo	The "way of suppleness", a discipline of development devised from the ancient jujutsu technique and Budo ethics by Count Jigoro Kano, 1860-1938
Jujutsu	Japanese traditions of Samurai, close combat, based on the principal of ju (see above) Parent style from which Aiki-jutsu was derived
Jutsu	Art
Kaeshi wasa	Countering an attack (please see nama gaeshi)
Kamiza	Seat of the deity (spirit of the tradition)
Kaiten	Open and turn Principal
Kaiten Nage	Open and Turn throw
Kancho	Head master of school
Karate	A method of combat employing the whole anatomy as a weapon of combat, centred mainly on the use of the hands for percussion (kara, empty; te, hand)
<b>Karate-Jutsu</b>	Old style striking based jujutsu system. Kufudokan martial 'Way of Kenpo'
Kata	Prearranged classic form
Katana	Japanese sword
Kata	Shoulder
Kata dori	Shoulder grab
Katate dori	Wrist grab
Kenpo	An ancient martial art related to Shaolin temple boxing and Karate. Arrived in the 1600's with master Gempin (Chen Yuan Pin). This art and others from China influenced the development of Japanese Jujutsu and Okinawan and Japanese Karate, etc.
Ki	Centralised, coordinated energy considered as the energy of life itself

Kihon	Fundamental techniques, directional choice in strategic application
Ki-no-nagare	The flow of ki
Ki-musubi	To bind with ki
Kogusoku	An ancient method of combat mentioned in connection with kumiuchi and sumo in the oldest records of the martial arts
Koshi	Hips
Koshi Nage	Hip throw
Koshi mawari	An ancient method of combat
Kotegaeshi Nage	Wrist throw
Kote mawashi	Dai Nippo
Kokyu	Breath Power extension
Kokyu dosa	Special exercise of breath power extension
Kokyu ho	Breath power exercise
Kokyu Nage	Body Extension throw
Kumiuchi	Unarmed combat (old style taijutsu)
Kyu	Ranks below Sempai Gaku
Kyudo	The "Way of the bow and arrow", the Japanese art of Zen archery
Ma-ai	Spatial Harmony
Mandala	The spherical symbol of completeness and integrative balance derived from Indian metaphysics, the "Wheel of Life"
Migi	Right
Muna-tsuki	low strike to the abdomen
Miyamoto Musashi	Kenshi (Sword-Saint) Zen Swordsman who lived in the seventeenth century and made the style of fencing called Nito Ryu with two swords the basis of his own school of martial arts.
Nafudakake	The name board in a dojo
Nagare	To flow
Nage	The student who is attacked by uke, and who employs aiki strategy
Naginata	A curved spear once used by Japanese monks and samurai; also, the art of using it
Nami-gaeshi	To counter in waves
Ninjutsu	The art of the Ninja, the Japanese "commando" and spy
One Point	Hara
Onegaeshimusu	Please train!

Osu!	Informal salutation, also meaning to 'just experience'.
Pa-kua	Chinese boxing method
Ryu	School of martial arts
Samurai	Military retainer – feudal period
Sankaku ashi	Triangle footwork
Satori	Zen Buddhist concept: enlightenment, or the moment of intense, total realisation
Seiza	sitting posture
Sempai	Senior
Sempai Gaku	Black belt
Sensei	(Lit. Buddhist teacher) Teacher of a cultural art
Shidoin	Instructor
Shihan	Master level practitioner
Shiho	Turn and cut principal
Shiho Nage	Turn and cut throw
Shikaku	(lit. Dead angle) Correct body placement and angle of entry for techniques.
Shimoseki	Junior side of the dojo
Shimoza	Lower seat on the mat opposite kamiza
Shinto	The "Way of the Gods": a national religion of Japan based on the cult of Nature Worship
Shintai	Mind-body
Shomen Uchi	Straight blow to the head
Six pillars	6 principals on which the aiki-budo tradition rests on (Osae, Shiho, Irimi, Kokyu, Kaiten & Ushiro)
Sumiotoshi	Inside elbow throw
Sumo	Traditional Japanese wrestling
Suwari	Knee level
Suwariwaza	Kneeling Techniques
Tachi oyogi	The martial art of swimming while in armour
Taijutsu	Body art
Tai Sabaki	Body Evasion
Taiso	Body movement
Takuan Soho	Zen master who wrote extensively on principals of mind (1573-1645)
Tanken	Knife
Tanken Dori	Knife techniques
Tantojutsu	The technique of knife throwing
Tatami	Training mat
Te	Hand
Te-Sabaki	Hand evasion
Tegatana	The outer edge of the hand when used as the blade of a sword
Tenchi Nage	Heaven and Earth throw

Tenkan	Circular turning principal
Tsuri ashi	follow up step
Uchi-deshi	Live-in student, trainee instructor.
Uke	1. Partner who attacks nage, 2. To Parry or to block
Ukemi	Rölling / tumbling
Ushiro	Principal of defending from an attack from behind
Wa	An ancient Japanese term for harmony, accord and coordination
Yari	Straight spear
Yokumen Uchi	A circular blow to the side of the head
Zazen	Meditation posture and exercise used in Zen
Zen	Buddhist School of meditation, also meditation in general