

Japanese-English Aikidō-Dictionary

by Max Seinsch

Wordsearch with "Ctrl+f"

For pronunciation see

<http://en.wikibooks.org/wiki/Japanese/Pronunciation>

ago	顎	chin, jaw
agura	胡坐	to sit cross-legged (Indian-style)
ai	合い	(before a noun: expression of interrelation) mutual, reciprocal, each other, together (ref. verb "au") [Not to be confused with "ai" 愛 "love"!]
ai-hanmi	相半身	"mutual half body": practice partners stand in mutual half-body position (right-right or left-left leg forward)
aiki	合気	posture and attitude, where breathing, senses and intention (of two or more persons) complement each other; "synergy". (ref. "au" 合う and "ki" 気)
aikidō	合気道	"way of synergy", "way, where breathing, senses and intention complement each other"
aikidōka	合気道家	aikidō practitioner (usually used for professional or semi-professional practitioners)
Aikikai	合気会	„Aiki Association": name of the world

		association of the Aikikai foundation
aite	相手	(practice) partner, companion; opponent, enemy
Ame no torifune (also "funakogi")	天の鳥船 (舟漕ぎ)	"Heavenly Birdboat": rowing movement with arms and hips, to transfer body and mind into a heavenly state; (warmup exercise and ritual purification)
antei (also "baransu")	安定 (バランス)	balance, stability, equilibrium
"Arigatō gozaimasu." ("-gozaimashita")	「ありがとうございます。」 「…ございました。」	"Thank you very much!"
ashi	足	foot, leg
ashi-kubi	足首	ankle
ashi-sabaki	足捌き	movement of the legs, footwork
atemi	当身	"hit the body": strike, blow to vital body points
au	合う	a) to meet, to come together, to find one another, to build a unit b) to match, to be in agreement, to correspond c) to fit to one another, to be in harmony, to go together, to complete one another
awaseru	合わせる	a) to bring together, to unite, to connect b) to adjust, to fit, to coordinate, to tune
ayumi-ashi	歩み足	"walking foot": step forward like walking naturally
baransu	バランス	balance, stability, equilibrium

(also "antei")	(安定)	
bokken	木剣	wooden sword
bokutō	木刀	wooden sword
bōryoku	暴力	brutal, criminal violence (negative)
bu	武	a) warlike, martial; b) courage, bravery; c) military (affairs)
budō	武道	"warlike way", "military way": martial arts
bujutsu	武術	"warlike technique": martial fighting system
buki	武器	weapon
buki-tori	武器取り	"take weapon away": techniques to disarm an opponent
buki-waza	武器技	weapon techniques
chikara	力	power, strength
chikara no kōshi	力の行使	use, exercise of (legitimate) power (e.g. by the police)
chinkon kishin	鎮魂帰神	"Appeasement of the soul, return to the divine": purification ritual in order to reach a blessed state
chūdan	中段	middle height (between shoulders and belt line), midlevel
chūshin	中心	center
dai ikkyō (ude-osae)	第一教 (腕抑え)	"first teaching" (arm suppression, arm control): submission of an attacker on the floor by pinning his arm
dai nikyō (kote-mawashi)	第二教 (小手回し)	"second teaching" (hand rotation): submission of an attacker by rotating his hand

dai sankyō (kote-hineri)	第三教 (小手捻り)	“third teaching” (hand twisting): submission of an attacker by twisting his hand and forearm
dai yonkyō (tekubi-osae)	第四教 (手首抑え)	“fourth teaching” (wrist suppression, wrist control): submission of an attacker through a controlling grip on his wrist
dai gokyō (ude-hishigi)	第五教 (腕ひしぎ)	“fifth teaching” (arm crush): submission of an attacker by crushing his wrist between elbow and floor until his hand opens (to disarm him)
dan	段	stage, grade, (master-) rank
deshi	弟子	pupil, disciple, student
dō (also michi)	道	a) path, way (of life) b) morality, justice, moral principle (Chin. “tao”)
dōgi (also keiko-gi)	道着 (稽古着)	(martial arts) uniform
dōjō	道場	a) religious practice hall b) martial arts school, martial arts practice hall
dōsa	動作	movement, action
Dōshu	道主	“Head” or “master of the way”: honorific for Ueshiba Moriteru as official successor of Aikidō's founder Ueshiba Morihei.
eri	襟	collar, lapel
enbu (-kai)	演武 (会)	(martial arts) demonstration
funakogi (also “Ame no torifune”)	舟漕ぎ (天の鳥船)	“boat rowing”: rowing movement with arms and hips, to transfer body and mind into a heavenly state; (warmup exercise

		and ritual purification)
furitama	振魂	“soul shaking”: shaking movement with clasped hands in front of your belly in order to set body and soul vibrating (warmup exercise and ritual purification)
futari-gake	二人掛け	“to set two people on someone”: defence practice against two opponents
gasshuku	合宿	“lodging together”: training camp, (two or more days) practice seminar
gedan	下段	lower level (under beltline), lower tier, lower step
gi	着	(martial arts) uniform, clothing
(dai) gokyō (ude-hishigi)	(第) 五教 (腕ひしぎ)	“fifth teaching” (arm crush): submission of an attacker by crushing his wrist between elbow and floor until his hand opens (to disarm him)
gō no keiko	剛の稽古	“hard, strong practice”: static practice of movements and technique sequences emphasizing power and strength
goshinjutsu	護身術	self defense (techniques)
gyaku	逆	contrary, opposite, reverse
gyaku-hanmi	逆半身	“contrary half body”: practice partners stand in contrary half-body position (right-left leg forward)
haishin-undō	背伸運動	back stretching exercise
hakama	袴	Japanese divided skirt
handachi	半立ち	“half standing”: one practice partner is kneeling, one is standing
hanmi	半身	“half body”: position half turned to the

		side, half position
hantai	反対	opposite, contrary
happō-giri	八方切り	“eight direction cutting”
henka	変化	change, alteration, variation
henka-waza	変化技	change of technique, alteration from basic form
hidari	左	left
hidari-hanmi	左半身	“left half position”
hiji	肘	elbow
hiza	膝	knee
hō	法	method, rule, law
honbu	本部	head office, headquarters
(Aikikai) Honbu-Dōjō	(合気会)本部道場	Headquarters and central school of Aikikai foundation
(dai) ikkyō (ude-osae)	(第)一教 (腕抑え)	“first teaching” (arm suppression, arm control): submission of an attacker on the floor by pinning his arm
irimi	入り身	“entering body”: entering into the attacker by stepping forward
irimi-nage	入り身投げ	“entering body throw”: attacker is thrown by stepping forwards and thus entering his position
jiko-bōei	自己防衛	self defense
jiyū	自由	freedom, free
jiyū-geiko (also “jiyū-renshū”)	自由稽古 (自由練習)	“free practice” without instruction
jiyū-waza	自由技	“free techniques”: free sequence of

		techniques
jō	杖	(walking) stick, staff
jōdan	上段	higher level (over shoulders), higher tier, higher step
jō-dori	杖取り	“take staff away”: techniques to disarm an opponent attacking with a staff
jūji	十字	“character ten”: ideograph for the number ten, upright cross
jūji-nage	十字投げ	“character ten throw”: throwing technique, where an attacker's arm are levered crosswise
jūjutsu	柔術	“supple technique”: traditional name for Japanese close combat systems
jūnan	柔軟	supple, flexible, elastic
jūnan-taisō	柔軟体操	calisthenics, stretching exercises
jū no keiko	柔の稽古	“elastic, supple practice”: practice of the supple transitions from one position to the other in technical sequences
jūshin	重心	(physical) center of gravity
jutsu	術	technique, skill
kaeshi-waza	返し技	counter (-technique)
Kaiso	開祖	Founder, Originator: Honorific for Ueshiba Morihei, Aikidō's founder
kaiten	回転	rotation, revolution
kaiten-nage	回転投げ	“rotation throw”: an attacker is thrown by rotating his arm forward over his back and shoulder
kamae	構え	(fighting-) posture, position, guard

kanchū-geiko	寒中稽古	“practice in the cold”: intensive training period in midwinter
kansetsu	関節	(bone-) joint
karada (also “tai”)	体	body
karada-zukuri	体作り	“body building”, building up of muscles, etc.
kata	肩	shoulder
kata (also “katachi”)	型	model, pattern, form
katana	刀	sword
katate	片手	“single hand”, one-handedly
katate-dori	片手取り	one-handed grip on a single wrist
katate-ryōte-dori (also “morote-dori”)	片手両手取り (諸手取り)	“both hands grip one hand”, two-handed grip on a single wrist
kehai	気配	sign, indication (e.g. of an opponent's intention to attack)
keiko	稽古	practice, training, lesson (in traditional arts)
keiko-gi (also “dōgi”)	稽古着 (道着)	practice uniform, clothing
ken	剣	sword
kengaku (also “mitorigeiko”)	見学 (見取り稽古)	“study by observation”, to observe (a practice session)
keri	蹴り	kick
ki	気 ・ 氣	a) breath, air b) feeling, emotion, sense

		c) will, intention, strength of will d) mental power, life energy, spiritual energy
kiai	気合	focus or concentration of breathing, mind and intention, (fighting) yell; determination, resolution
kihon	基本	basis, foundation, fundamentals
kihon-waza	基本技	basic, elementary techniques
kiryoku	気力	will power, mental strength
kiza	跪座	"kneeling seat", kneeling with upright feet (ref. "seiza")
kōgeki	攻撃	attack
kōhai	後輩	someone's junior, less experienced colleague or student
kokoro	心	heart, feeling, mind
kokyū	呼吸	breathing, respiration
kokyū-hō	呼吸法	"breathing method"
kokyū-ryoku	呼吸力	"breathing power", power, energy, which develops through correct breathing
komekami	こめかみ	temple (to the sides of your forehead)
kōsa-dori	交差取り	"crossing grip" (also "ai-hanmi katate-dori")
koshi	腰	lower back, small of the back, waist, hips
koshi-nage	腰投げ	"hip throw", an attacker is thrown by loading him on the small of your back
kote	小手	hand
kote-gaeshi	小手返し	"hand twist", an attacker is thrown by twisting his hand back towards his forearm

kotodama	言靈	“word spirit”, “word soul”, spiritual energy, which oscillates within the vibrations of words' sounds (based on the theory that the word and the thing it signifies are identical)
kubi	首	neck, head
kubi-shime	首絞め	strangling hold on the neck
kumi	組	pair, group, union
kuroobi	黒帯	black belt
kuzushi	崩し	tear down, demolish, destroy, break your opponent's balance
kyū	級	(student) grade, rank
maai	間合い	distance, interval
mae	前	in front, forward
meisō	瞑想	contemplation, meditation
michi (also “dō”)	道	a) path, way (of life) b) morality, justice, moral principle (Chin. “tao”)
migi	右	right
migi-hanmi	右半身	right half position
misogi	禊	ablutions, ritual purification (in Shintō)
mitori-geiko (also “kengaku”)	見取り稽古 (見学)	“study by observation”, to observe (a practice session)
mizo'ochi	鳩尾	pit of the stomach (above the diaphragm)
mokusō	黙想	meditation, contemplation
morote	諸手 (also 両手)	“both hands” (together)
morote-dori	諸手取り	“both hands grip together”, to grip one

(also “katate-ryōte-dori”)	(片手両手取り)	wrist/forearm with both hands
mune	胸	chest
musubi	結び	tie, knot; connection, link; (in a transferred sense also) create, generate
nagare	流れ	stream, current
nage (-waza)	投げ (-技)	throw, throwing technique
(dai) nikyō (kote-mawashi)	(第) 二教 (小手回し)	“second teaching” (hand rotation): levering an opponent by twisting/rotating his hand
obi	帯	belt
okuri-ashi	送り足	“send foot ahead”: way of walking in hanmi, where first the front foot is moved forward and then the back foot (ref. “tsugi-ashi”)
omote	表	face, front
„Onegai shimasu!“	「お願いします。」	“May I ask for this (favor, honor)?”
osae (-waza)	抑え (-技)	Suppression, submission, pinning (technique)
Ōsensei	大先生	“Great Teacher”, honorific for Ueshiba Morihei, founder of Aikidō
„Otsukaresama deshita!“	「お疲れ様でした。」	“Thank you for your exhausting efforts!” (common greeting after work or practice)
ōyō	応用	(practical) application
ōyō-waza	応用技	practical application of a technique
randori	乱取	“disordered attack”, free practice fight
rasen	螺旋	spiral, screw
rei	礼	Etiquette, courtesy, respect, gratitude;

		bow, curtsy
reigi	礼儀	courtesy, (good) manners, etiquette
reigi-sahō	礼儀作法	etiquette, courteous manners
renzoku	連続	continuation, succession, sequence; continuous
renzoku-waza	連続技	continuous succession of techniques
ritsugi (also “tachi- waza”)	立技	execution of techniques while standing
ryōkata	両肩	both shoulders
ryōkata-dori	両肩取り	gripping both shoulders
ryōte	両手	both hands
ryōte-dori (also “ryōtekubi- dori”)	両手取り (両手首取り)	gripping both wrists
-ryū	流	style, school; way (to do things)
ryūha	流派	style, school (in traditional arts)
ryū no keiko	流の稽古	“flowing practice”, practice of flowing movements
sabaki	捌き	handle, deal with, manage
(dai) sankyō (kote-hineri)	(第) 三教 (小手捻り)	“third teaching” (screwing rotation of the hand): levering an opponent through a screwing rotation of his hand
sannin-gake	三人掛け	“to set three people on someone”: defence practice against three opponents
sayū	左右	left and right
seishin	精神	mind, spirit, will, attention, attitude
seishin-ryoku	精神力	emotional strength, will power, mental

		endurance
seiza	正座	“correct seat”, “erect seat”: kneeling on your stretched out feet (ref. “kiza”)
senpai	先輩	someone's senior, more experienced colleague or student
sensei	先生	“earlier born”: teacher (honorific for teachers, instructors, doctors and politicians)
shidōin	指導員	coach, instructor
shihan	師範	(master-) teacher
shihō	四方	“four directions”
shihō-nage	四方投げ	“four direction throw”: throwing technique, where an opponent's arm is folded back over his shoulder, and with which you can throw your opponent in all directions
shikkō	膝行	“knee walk”, to walk on your knees
shiroobi	白帯	white belt
shisei	姿勢	(body-) posture
shite (also “tori”)	仕手 (取り)	somebody, who does something, the throwing one, protagonist
„Shitsurei shimasu!”	「失礼します。」	“I'm being impolite!": “Excuse me!” “I beg your pardon” (idiomatic expression when you take your leave or also when entering or leaving the office of a superior)
„Shitsurei shimashita!”	「失礼しました。」	“I've been impolite!": “Excuse me!” “I beg your pardon!” (idiomatic expression to apologize for a mistake)
shizentai	自然体	“natural body”: natural body posture
shochū-geiko	暑中稽古	“practice in the heat”: intensive training

		period in midsummer
shodan	初段	“beginning rank”, first black belt rank
shōmen	正面	front, facade; head-on
shōmen-uchi	正面打ち	vertical strike or cut to an opponent's forehead
shūchū	集中	concentration
shugyō	修行	ascetic practices, spiritual training
shutō (also “tegatana”)	手刀	“hand-sword”, i.e. the flat hand, the edge of which is used for strikes or cuts
sode	袖	sleeve
soto	外	outside, outward
suburi	素振り	practice swinging with a sword or a staff without a partner
suki	隙	weakness, opening (in your guard)
sumi	隅	(the inside of a) corner, nook
„Sumimasen!“	「すみません。」	“I'm sorry!” “I beg your pardon!” (Used to apologize or when addressing someone; often also used as “Thank you!”)
sumi-otoshi	隅落とし	“let something drop into the corner”: throwing technique, where you lead an opponent's center of gravity back and down between his feet
suwari-waza (also “zagi”)	座り技	execution of techniques while kneeling
tachi	立ち	standing, stance
tachi	太刀	longsword
tachi-dori	太刀取り	“take sword away”: techniques to disarm an opponent attacking with a sword

tachi-waza (also "ritsugi")	立技	execution of techniques while standing
tai (also "karada")	体	body
tai no henkō	体の変更	"alteration of body": i.e. reversal of your body alignment or orientation through turning on your front leg
tai-sabaki	体捌き	"body handling": to deal with or to manage your own body as well as your opponent's; evasive movement
taisō	体操	gymnastics, callisthenics, warm up exercises
tanden	丹田	mental-spiritual focus point below the navel, center of gravity
taninzū-gake	多人数掛け	"to set multiple people on someone": defence practice against multiple opponents
tanren	鍛錬	forge, harden, training, discipline
tantō	短刀	"short sword", dagger, knife
tantō-dori	短刀取り	"take dagger away": techniques to disarm an opponent attacking with a dagger
tatami	畳	Japanese straw mats
tegatana (also "shutō")	手刀	"hand-sword", i.e. the flat hand, the edge of which is used for strikes or cuts
tekubi	手首	wrist
tenchi	天地	heaven and earth
tenchi-nage	天地投げ	"heaven and earth throw": throwing technique, where one hand is moved upwards (towards heaven) and the other

		hand downwards (towards earth)
tenkan	轉換	conversion, an about-face, an about-turn
tori (also "shite")	取り (仕手)	"hold on to": somebody, who does something, the throwing one, protagonist
tsugi-ashi	継ぎ足	"following foot": way of walking in <i>hanmi</i> , where first the back foot is moved forward and then the front foot (ref. "okuri-ashi")
tsuki	突き	stab, thrust, punch
uchi	打ち	strike, hit, slap, knock
uchi	内	inside, on the inside
ude	腕	arm
ude-kime-nage	腕決め投げ	"fixed arm throw": an attacker is thrown by stretching and levering his elbow over your arm
Ueshiba Kisshōmaru	植芝吉祥丸	1921-1999, son and successor of Aikidō's founder
Ueshiba Mitsuteru	植芝充央	b. 1981, great-grandson of Aikidō's founder, named as successor of his father Moriteru
Ueshiba Morihei	植芝盛平	1883-1969, founder of Aikidō
Ueshiba Moriteru	植芝守央	b. 1951, grandson of Aikidō's founder, at present Dōshu of Aikikai foundation
uke	受け	Attacker, who "receives" the technique
ukemi	受身	"receiving body", i.e. a practice partner's correct body posture and movement, which enables him to let a technique wash over him without damage; breakfalls
undō	運動	movement, sports
ura	裏	back, backside

ura-waza	裏技	execution of a technique towards an opponent's back
ushiro	後ろ	back, rear
waza	技	technique
yokomen	横面	side of the face
yokomen-uchi	横面打ち	diagonal strike or cut towards an opponent's temple
(dai-) yonkyō (tekubi-osae)	(第) 四教 (手首抑え)	“fourth teaching” (wrist pinning): pinning an opponent through a controlling grip at his wrist
“Yoroshiku onegai shimasu!”	「宜しくお願ひします。」	“I would like to ask for your favour!” (towards myself or concerning a certain matter) “I would like to commend myself!”
yūdansha	有段者	holder of black belt rank
zagi (also “suwari-waza”)	座技	execution of techniques while kneeling
zanshin	残身	“remaining body”, i.e. after executing a technique your body should remain in balance and directed towards the opponent
zanshin	残心	“remaining mind”, i.e. after executing a technique your attention should remain on and be directed towards your opponent
zengo	前後	front and rear, before and after

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This is a tool for people who want to gain greater insight into the vocabulary of

the art of aikidō. Its purpose is not to offer authoritative definitions of the many terms we use in the dōjō, but rather simply to list, in Japanese and romanized script, the words and word fragments which are the building blocks of that terminology. It has been, of course, necessary for me to include some indication and explanation of the meanings, and I've tried to give the most accurate and appropriate translations possible. It is my hope that this small dictionary will help my fellow martial artists not only to grasp the deeper nuances in these terms and find semantic connections which have been obscured through the use of the roman alphabet, but in general to appreciate the linguistic heritage of their art. I invite all comments (especially concerning mistakes in my English).

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