

Genseikan

Aikido Study Guide

12/26/2014

Kamae - Stances

Shizentai – natural stance, feet shoulder-width apart
Hanmi no kamae - “half-body” stance
Migi hanmi – right hanmi stance
Hidari hanmi – left hanmi stance
Ai hanmi – “identical” stance, i.e. both partners have the same foot forward
Gyaku hanmi - “reverse” stance, i.e. partners have opposite feet forward
Seiza – seated position, kneeling
Kiza – seated position, kneeling, on one's toes
Agura no shisei – seated position, legs crossed

Ukemi - Safely receiving techniques and falling

Mae ukemi – falling forward to slap
Ushiro ukemi – falling backward to slap
Zenpo kaiten ukemi – forward rolling
Ushiro kaiten ukemi – backward rolling
Yoko ukemi – falling onto one's side, either directly or after turning over in the air (breakfall)

Tai Sabaki - Body movement

Irimi – entering
Tenkan – turning
Omote – front
Ura – rear
Ushiro tenkan – turning and opening to the rear
Irimi tenkan – entering and turning
Kaiten – rotary movement
Uchi – inside
Soto – outside

Aiki Taiso – harmonized-energy body movement (conditioning exercises)

Funakogi Undo – rowing exercise
Shomenuchi Undo – blocking a strike to the head movement
Zengo Undo – two-direction movement
Happo Undo – eight-direction movement
Tekubi Kosa Undo – crossing the wrists
Sayu (choyaku) Undo – shifting to the side (with step)
Ushiro Tori Undo – moving while being grasped from behind
Ushiro Tekubitori Undo – moving while having wrists grasped from behind
Ude (choyaku) Furi Undo – swinging the arms (with step)
Tenkan Undo – turning / spinning

Kogeki - attacks

Dori (Tori) – grasping

Katadori – grasping a shoulder

Munedori – grasping lapel (*katadori* and *munedori* are often used interchangeably)

Ryokatadori – grasping both shoulders or lapels

Katatedori – grasping wrist or hand

Morotedori – grasping a forearm with both hands

Ryotedori – grasping both wrists or hands

Sodedori – grasping sleeve

Hijitori – grasping elbow

Ryohijitori – grasping both elbows

Maetori – front tackle or bearhug

Eridori – grasping collar

Kamidori – grasping hair

Kubishime – choking

***Adding “*Ushiro*” to any of the above denotes an attack from behind.

Ate – to hit or strike

Atemi – hitting or striking the body (general term)

Tsuki – thrust or punch (general term)

Munetsuki – punch to the chest or torso

Shomenuchi – downward strike to the head

Yokomenuchi – strike to the side of the head

Ganmentsuki – jab to the face

Hiji-ate – elbow strike

Hiza-ate – knee strike

Nukite – spear-hand thrust

Tegatana - “hand-sword”, open-hand chopping strike

Ura-ken – striking with the back of the fist

Keri (Geri) – kick

Maegeri – front kick

Mawashigeri – roundhouse kick

Yokogeri – side kick

Multiple attackers

Futaridori – two attackers

Sannindori – three attackers

Randori – freestyle training against multiple attackers

Kata and Waza

Kata refers to pre-arranged series of movements and techniques, or forms. *Kata* are a vehicle or training tool which impart certain principles of body and mind usage. The movements and techniques themselves are called *waza*.

Much of martial art, and specifically, Aikido, training consists of *kata* practice. In Aikido, *kata* generally involve 2 partners - *tori* or *nage* applies the techniques, *uke* receives the techniques. *Kata* names are generally arrived at by specifying an attack and the *waza* applied in response, for example *Yokomenuchi Kotegaeshi* - “strike to the side of the head, wrist-turning”. Additional words may be used to further specify the *kata*'s form, for example *omote* (front version), *ura* (rear version), or the *kata*'s situation, for example *suwari-waza* (seated technique).

Care should be taken not to confuse *kata* and *waza*. *Kata* are pre-set, and very exacting. *Kata* practice requires cooperation and mutual communication to be successful. This practice ultimately leads to spontaneously applied free technique (*jiyu-waza*), which is less formalized and restricted, and to *randori* (literally, “seizing chaos”), in which attackers and defender are completely free in their choice of attacks or techniques.

The method of traditional Japanese martial art training is to reprogram and perfect one's body and mind through immersion in the *kata*, deeply grasping the principles and techniques which the *kata* transmit, and thus ultimately becoming free and unbound by any form.

Categories of Aikido Waza

Atemi-waza – striking techniques

Hanmi-handachi-waza – seated techniques, while the attacker is standing

Henka-waza – changing from one technique to another

Jiyu-waza – freestyle techniques

Kaeshi-waza – counter or reversal techniques

Kansetsu-waza – joint locking techniques

Katame-waza – general pinning techniques (includes kansetsu-waza, shime-waza and osae-waza)

Kihon-waza – basic or fundamental techniques

Nage-waza – throwing techniques

Osae-waza – pinning techniques

Oyo-waza – advanced or “applied” techniques

Renzoku-waza – continuous techniques

Shime-waza – choking techniques

Suwari-waza – seated techniques

Names of some specific Aikido Waza

***This list represents only the most commonly practiced *waza*, and is by no means comprehensive

Aikiotoshi – Harmonized-energy drop

Ganseki otoshi – Boulder drop

Gokyo – fifth teaching

Hiji-ate – striking the elbow

Hijijime – elbow lock

Hiza osae – pinning the knee

Ikkyo – first teaching

Iriminage – entering throw

Jujinage - “character ten” throw
Kabutogaeshi – helmet turning
Kaiten nage – rotary or wheel throw
Katagatame – pinning the shoulder
Kokyunage – timing throw (“breath throw”)
Koshinage – throwing uke over the lower back and hip (“koshi”)
Kotegaeshi – wrist-turning
Nikkyo – second teaching
Sankyo – third teaching
Shihonage – four-directions throw
Shomente – strike to the front of the head or face
Sokumen iriminage – side of the head / entering throw
Sudori – disappearing
Sumiotoshi – corner drop
Tenchinage – heaven and earth throw
Udegaeshi – arm turning
Udegarami – arm entangling
Ushiro otoshi – rearward drop
Yonkyo – fourth teaching
Yubijime – finger lock

Weapons

General terms

Buki-waza – general term for techniques using weapons
Bokken-dori (or *Tachi-dori*) – seizing the sword
Happo-giri – eight-direction cutting
Jo-dori – seizing the staff
Kumijo – crossing staves
Kumitachi – crossing swords
Tachi-waza – standing techniques
Tanto-dori – seizing the knife

Kamae - stances

Chudan no kamae – middle stance
Jodan no kamae – upper stance
Hasso no kamae – sword held at the side of one's head
Waki gamae – side stance in which the length of the sword is hidden
Gedan no kamae – lower stance
Seigan no kamae – sword at the level of opponent's eyes

Basic suburi (solo cutting exercises)

Ken / Bokken – sword

Kiriotoshi – downward cut
Shomenuchi – strike to the top of the head
Kesagiri – diagonal cut from shoulder to hip
Yokomenuchi – strike to the side of the head
Tsuki – thrust
Yokogiri (or *dogiri*) – horizontal cut
Kiriage – rising cut from hip to shoulder

Jo – staff

Shomenuchi – strike to the top of the head
Yokomenuchi – strike to the side of the head
Tsuki – thrust

**Note that each *jo suburi* should be practiced in two ways, ie striking with either end of the *jo*

Miscellaneous Terminology

Dojo Fundamentals

Budo / Bujutsu / Bugei – Martial way, martial technique or method, martial art

Dojo – training hall (“place of the Way”)

Joseki – upper seat: facing the *shomen*, this is the right side of the *dojo*

Kamiza - “god-seat”. Another name for the front of the *dojo*, where a shrine may be placed

Shomen – front of the *dojo*

Shimoseki – lower seat: facing the *shomen*, this is the left side of the *dojo*

Shimoza – rear of the *dojo*

Shugyo – very deep, physical and spiritual training, beyond the study of technique alone.

General terms

Bokken – wooden sword (also *bokuto*)

Dogi (or *Gi*) – training uniform

Fukushidoin – assistant instructor

Hakama – split skirt, a traditional Japanese garment

Happo – eight directions

Hajime! - begin

Jyoshu – assistant

Keiko – general word for practice, implies “grasping the essence” of things or situations

Kiai – focused energy

Kyosho – pressure point

Ma-ai – engagement distance

Mudansha – collectively, those ranked below *shodan* (black belt)

Obi – belt

Shidoin – instructor

Shikko – knee walking

Shisei – posture

Taijutsu – body art

Yame! - stop or finish

Yudansha – collectively, those ranked *shodan* or higher (black belts)

Zanshin – “remaining heart” - spirit of continued engagement and awareness

Zazen – seated meditation

Zengo – two directions

Zori – sandals

Titles of people

Aikidoka – person who practices Aikido

Budoka – person training in martial disciplines

Dojo-cho – overall head of a *dojo* (not necessarily the chief instructor)

Kaiso – Founder. In Aikido generally refers to Morihei Ueshiba Sensei

Kaicho/Kancho – head of an organization (*Kai*) or hall/house (*kan*)

Kohai – someone junior to you in terms of entry into the *dojo* (not judged by rank)

Sempai – someone senior to you in terms of entry into the *dojo* (not judged by rank)

Sensei – teacher

Shihan – senior teacher or “model” teacher; an honorary title

Common phrases heard in the dojo

Shomen ni Rei – bow to the front

Sensei (or sempai) ni Rei – bow to the teacher (or senior)

Onegaishimasu – if you would be so kind. Connotation – please let me train with you

Arigato Gozaimashita – thank you very much