

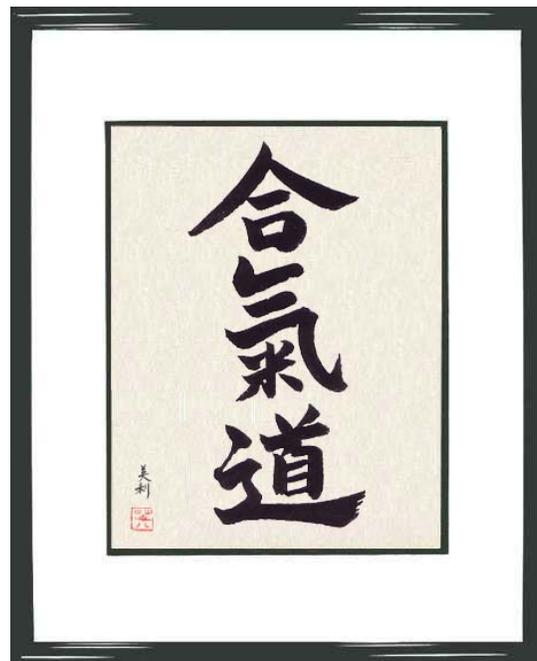


# Aikido Student Manual

Mid South Aikido

Memphis, TN

[www.midsouthaikido.com](http://www.midsouthaikido.com)

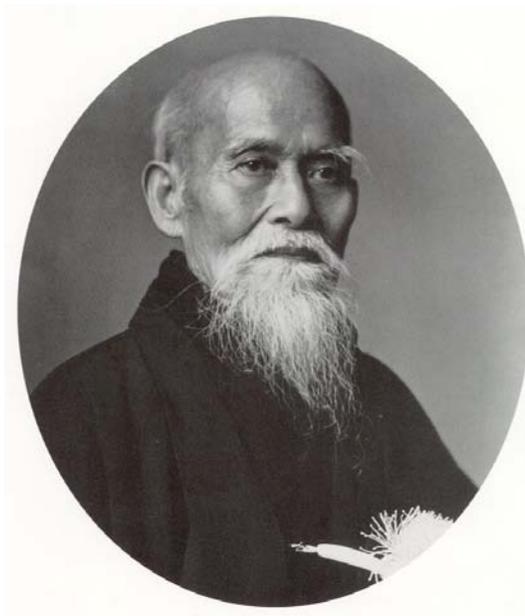


**2010**

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## *DEDICATION*

This manual is dedicated to the Founder of Aikido,  
Morihei Ueshiba O-Sensei (1883-1969)



## **INTRODUCTION**

This Student Manual is designed to give both beginning and advanced students a deeper understanding of our Aikido training. Students come to Aikido for many different reasons, and each of you must be able to clearly state what Aikido is for you. While the manual cannot give you that sort of personal understanding, it will serve as a basic introduction to the history, principles and frame work of our training. Merely reading this manual will not give an understanding of Aikido; only sincere training will do this. Without training there is no Aikido, and without training this manual is only empty words.

Emphasis in the manual is not on technical explanation. It does, however, explain clearly the types of training that an Association student undertakes, and the reasons for them. Etiquette is also explained; the dojo is often a perplexing place for the new student, and we believe this will make the sometimes, confusing ritual of the dojo easier for the beginner. Finally, it is our sincere hope that the Aikido student will find in this manual source of knowledge, encouragement and inspiration that will allow him or her to enter more deeply into Aikido training.



## Welcome

Welcome to the study of Aikido. As an *Aikidoka*, an Aikido trainee, you have entered into a training that can offer many benefits for you and your life: self-defense skills, physical fitness, improved health of mind and body, confidence, and more. We would like to stress to you from the beginning that Aikido will be for you what you make it. Do not enter Aikido training with the attitude that you are to be “given” knowledge simply by showing up for practice or paying your dues. You must take knowledge. Learn actively. Watch, listen, and “steal” from your teacher and your senior students everything that you can. Be intense and hungry.

As a beginner, a great deal of knowledge will be thrown at you very rapidly in the coming months. We encourage you to cultivate what is called “beginner’s mind”: an attitude of openness, attentiveness and sincerity. This will make your initial months of training the most beneficial. This is the time, after all, to lay the foundations of your training. Advanced students, also, should not forget this attitude. Every day is a new day, and a new opportunity to learn.

合  
氣  
道

### What is Aikido?

The Japanese martial art of Aikido is a comprehensive system of throwing, joint-locking, striking and pinning techniques, coupled with training in traditional Japanese weapons such as the sword, staff and knife. Founded by Morihei Ueshiba early in the twentieth century following his own extensive study of various armed and unarmed martial systems, Aikido represents a potent distillation of centuries of Japanese knowledge. It is one of the most widely practiced *Budo*, martial ways, in the world.

However, Ueshiba (commonly called O-Sensei, or “venerable teacher”) was determined that his Aikido be practiced as more than simply methods of fighting. The Japanese martial arts, influenced by the internal and meditative disciplines inherited from India and China, have often carried with them an emphasis on the development of internal as well as physical integrity. Wielding the life-taking sword with compassion and insight, the ideal warrior uprightness, courage and loyalty, gladly sacrificing life (but never honor) in the name of principle and duty. Steeped in these traditions, O-Sensei conceived of Aikido as not only a means of vanquishing a foe, but as a means of promoting the positive character of the ideal warrior and ultimately of transcending dualistic conflict. For O-Sensei, Aikido was a path of self-development. He believed that it could be a means for anyone, of any nation, to follow the same path. Aikido is shugyo: an intense physical and spiritual training to perfect human character and develop true wisdom.

More than any technique, it is this spirit of shugyo which defines true Aikido training. While technical mastery is essential, without these philosophical principles Aikido would



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be nothing more than exercises and throws. As you train, keep these concepts in your mind. Eventually they must fall away as concepts, and become a part of you.

As a beginner, strive to practice the principles of Aikido – intense energy, relaxation, mental focus and calm – in everything you do. You will find that Aikido training is not confined to the dojo, but becomes the very act of living. This is what is meant by “Aikido in daily life”.

### **AWA – The Aikido World Alliance**

Chief Instructor – Andrew M. Sato, Rokudan Aikikai, a full time Aikido instructor and the former Chief Instructor for the Aikido Association of America & Aikido Association International and Tenshinkan dojo, headquarter dojo for the AAA. Andrew Sato began his Aikido training in 1977 under Toyoda Shihan, first as a member of the Ki Aikido Society, then as member of the AAA & AAI. During his tenure as Chief Instructor for the AAA & AAI he traveled extensively throughout Europe and the USA passing on the methodology teachings of Toyoda Shihan’s Aikido. In 2005, his relationship with the AAA/AAI was terminated. To further develop his own understanding of Aikido and to support others who have asked him to continue teaching, Sato Sensei & a group of dedicated dojo have organized to start the AWA.

### **Your Place in the AWA**

As an AWA member, you are part of an international community of Aikido practitioners. You are also considered a student of Sato Sensei, as well as a student of your own sensei. We encourage you to attend seminars and other opportunities to receive instruction directly from Sato Sensei and other instructors. This will serve to broaden your training, and make you a more integral part of our community. You are the Association; without sincere Aikido students like yourself, we have no reason to exist. Along with the AWA sanctioned seminars that will take place at your dojo or in your area, the following are major events you should be aware of.

- Kangeiko: intensive winter training seminar, held each year in Chicago
- Yudanshakai: Held each year. Alliance policy requires all instructors to attend this seminar at least every other year, in order to maintain a valid instructor certification. You are eligible to attend an instructor’s seminar when you have attained the rank of first kyu.
- Spring Camp: Held every year
- Shochugeiko: Intensive 7 day training camp, held each year in Chicago
- Regional Aikido Seminars: Held throughout the year at various locations

Finally, please remember that as an Aikido student your actions reflect directly on your dojo, your Sensei, Sato Sensei, the AWA, and the art of Aikido as a whole. Take pride in your art and your organization, and strive to uphold the high moral and ethical standards of the martial arts at all times.



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## Your Dojo

Mid South Aikido was founded in 2010 by Aaron Dale Sensei, Scott Fisher Sensei, Gifford Pace Sensei, and Erin Campbell Sensei. While each has had many instructors throughout training, all were trained under Gary Chase Sensei of Memphis Aiki-Kai in Memphis, TN.

## Sensei – The Teacher

Your *sensei*, your teacher, is someone with whom you have entered into a relationship of mutual trust. You trust your sensei to teach you the art of Aikido to the best of his or her ability. In turn, your sensei trusts you to practice safely and diligently, to learn wholeheartedly, and to conduct yourself in a manner that reflects favorable on Aikido.

“Sensei” literally means “one who is born before”. This does not refer to age; your sensei may in fact be younger than you. “Born before” means that your sensei entered the path of Aikido training before you, and has already passed where you are going. Your sensei is a guide. You do not owe blind allegiance to him or her, but you do owe respect, patience and commitment. Your sensei is someone who with his or her own body, possibly at the risk of life and limb, has learned this art and committed to sharing it with others. Your sensei is your connection to the lineage of teachers stretching back to O-Sensei and beyond. Treasure that connection as the valuable thing it is.

When your sensei talks, listen completely. Watch intently. Not everything in Aikido training will be explained verbally to you; it is an unskilled teacher who feels the need to explain every detail of the instruction with words alone. Be patient, and train diligently. As your training progresses, you will gain the satisfaction of discovering for yourself aspects of our art. Once gained, that knowledge is yours. This is the transmission of knowledge is *isshin den shin*, from mind to mind.

## Etiquette Toward the Sensei

Etiquette is not simply a dead tradition or custom: it is a living method of training in itself. Observe it mindfully. Following are rules of etiquette to be observed toward your instructor:

1. Address your instructor as “Sensei” at all times.
2. Bow to your instructor in greeting and when leaving or ending a conversation. When your instructor calls your name, answer “Yes” or “Hai” quickly and attentively.
3. When your instructor talks, listen and look at him or her directly. When you speak to your instructor speak directly and plainly.
4. When walking with your instructor, offer to help carry bags or other things he or she may be carrying. Japanese tradition calls for the student to walk slightly behind and to the left of the instructor (this back left corner was the hardest place for a swordsman to defend quickly if attacked, and so the student would walk here



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to protect his teacher). While your instructor may not require you to observe this old custom, it is an excellent way to develop your awareness of proper ma-ai (distance), and to show respect. In any case, be alert at all times when in the company of your instructor,. It is your responsibility to help and protect in any way possible.

5. Observe common rules of politeness and consideration towards your sensei, as you would toward any respected person.

### **The Dojo – A place of training**

The word “dojo” can be translated as “place of the Way” or “place of enlightenment”. It is obvious from this that something more than a mere gymnasium or training hall is denoted by the word “dojo”.

The Japanese martial arts dojo as we know it developed around the time that the Bushi (warrior class) first came into contact with Zen instructors and practice. The Bushi found in Zen Buddhism a philosophy suited to their day-to-day trials, and a training useful for developing the discipline of mind and body that warriors have always valued. Zen teachers also used martial analogies and references in their teachings for the pragmatic-minded Bushi. The soldier and the monk required the same qualities: fearlessness, lack of attachment of externals and to self, energetic striving, and the commitment to follow a course of action to its end. Both sought a state of mind free of all restraints, flowing without hindrance; both submitted themselves to severe training. As Zen became more widely accepted and finally patronized by the ruling authorities, its influence on the martial arts grew. In time, the martial arts came to be seen not only as fighting methods, but as methods to cultivate the self.

This tradition is reflected in the tenets of Japanese Budo (the martial ways). Aikido is Budo, and as such it has inherited this tradition. All of us as Aikido trainees strive to not only learn the techniques of self-defense, but also to forge ourselves into better persons. Even without a strong emphasis on Zen, the modern dojo is universally recognized as a place fore the perfection of human character through the strict discipline of mind-body training. For this we are indebted to the Bushi and to the teachings of Zen.

A favorite saying of O-Sensei’s was “Masakatsu agatsu” – true victory is self-victory. The dojo is the special place where we train for this victory over self.

### **Inside the Dojo**

A typical dojo will have several features you should be aware of. In particular, certain areas of the dojo have meanings that you should know. The following diagram and definitions will be helpful:

1. Kamiza (Shomen)
2. Shimoza
3. Joseki
4. Shimoseki



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## 5. Tatami (mats)

1. **Kamiza:** Literally “god-seat”, the kamiza is the “front” of the dojo, and the direction towards which you will sit and bow at the beginning and end of class. The kamiza in an Aikido dojo will usually have a hanging calligraphic scroll and a photograph of Ueshiba O’Sensei. It may also have a small shrine or kamidana (“god-shelf”) in the Shinto tradition, floral arrangements, or other objects depending on the orientation of the dojo. The kamiza may also be called the “shomen” – the head or center.
2. **Shimoza:** The shimoza is the “low” wall, opposite the kamiza
3. **Joseki:** The joseki is the “high” seat, the right hand side of the dojo as you face the kamiza. When students are lined up formally, they will sit in order of rank or seniority, with higher-ranked students on the Joseki side.
4. **Shimoseki:** The “low” seat, the shimoseki is the left hand side of the dojo as you face the kamiza. Lower ranked students and beginners will be seated on this side.
5. **Tatami:** Tatami technically are woven straw mats, the traditional floor coverings in Japanese dojo as well as homes. Modern dojo usually use some form of foam mats, which are easier to maintain and last longer.

Other things you will find in your dojo, of course, are office space, changing rooms and lavatories. Take the time to familiarize yourself with your dojo and its features.

### Dojo Responsibilities

As a member of your dojo, you enjoy certain privileges. You also bear certain responsibilities in common with your fellow students:

**Dues:** It is wrong to think of the dojo as some sort of health club where you pay for your instruction and expect to get as much as you can. You do not pay for your instruction at a dojo: the teachings you will receive, which your sensei has learned with great effort and exertion over many years, are beyond any price. Your dojo fees simply insure that the facility itself can continue to exist viably. Pay your dues on time, without being asked. Do not put your instructor in the uncomfortable position of having to ask you for money. You do not hesitate to pay a doctor or other professional who provides services to you: treat your sensei with the same consideration. Late or negligent payment is a sign of disrespect not only to your teacher, but to the dojo and your fellow students.

**Cleaning:** As a member of the dojo, you will be called upon to assist in the cleaning and maintenance of the facility. This is not an attempt by your instructor to take advantage of your labor. It is on one hand a purely practical need, and on the other hand it is as much a part of your training as practicing actual Aikido technique. Get involved with the dojo. Put your hands and hard work into every inch of it – then you will truly feel a part of it. It is very nice to talk about high concepts like “victory over the self”, but if the toilets are always dirty it is plain that our words are empty.



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### **Etiquette in the Dojo**

1. Respect the dojo, its instructors, and your fellow students: they make your training possible.
2. When entering the dojo, remove your shoes and leave them neatly on the shoe rack.
3. If a class is in session, move and talk quietly so as not to disturb it.
4. Bow when entering and leaving the training area.
5. Volunteer your services to keep the dojo clean. If you see something that needs cleaning, simply do it. If you cannot, tell someone who can.
6. Do not eat, drink or chew gum within the dojo.
7. Do not wait to be asked to pay your dues on time.
8. Always remain aware of fire safety and security. Be conscious of who enters and leaves the dojo, and for what purpose.
9. Strive to maintain a serious yet cordial atmosphere in the dojo.

### **Aikidoka – Students of the Way**

As an Aikido student, you are extremely fortunate. Of all the persons in this world, you are one of the few to whom the qualities necessary to training – a healthy body and mind, financial resources, the time and opportunity, an instructor and facility - have come. We should reflect on how rare it is in this world for human beings to be able to undertake such a training of self-development, and we should express our gratitude through single-minded and intense training.

Your fellow students are your companions in training. Without them, you could not train. You will spend a great deal of time getting to know their bodies in practice. Take time to also know their personalities. Take an interest in your fellow students, and work together with them to understand and develop Aikido.

### **The Dojo Hierarchy**

As an Aikido student, you occupy a certain place in the dojo hierarchy. At the top of this structure, of course, is your sensei. Beneath him or her are students of various levels. Those students that are your seniors are your *sempai*. Those beneath you are your *kohai*. The sempai-kohai system is pervasive in Japanese culture. Its intention is not to establish some sort of superiority; rather, an awareness of place allows each student to fully fulfill the roles expected of him or her.

Treat your sempai with respect, and support their efforts to help your sensei. Learn from them, for they also have been where you are headed. Each of them has learned from your sensei according to individual capability, and each may have unique knowledge or variations that others have missed.



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Treat your kohai with encouragement and support. They are under your care. They depend on you to learn, and they look up to you, often blindly. Be careful to be worthy of the respect they give you, and do everything in your power to help them in their training. Above all, do not be overbearing, and be wary of their praise: remember *your* place and cultivate humility.

### **Practicing with Others**

The practice of Aikido necessarily involves others. While there are many exercises and practice methods that you may perform by yourself, the core of your training will involve practice in the defense against actual attacks from other students.

It must never be forgotten that the techniques of Aikido can be extremely injurious or lethal if applied incorrectly in practice. It is your responsibility to practice safely. This means never practicing a technique you have not been directly taught by your instructor. It also means practicing new techniques slowly, in a cooperative manner with your partner. Be aware that different people have different body types, styles of movement, and capabilities. Applying a joint technique to a small person in the same manner as to a large one is incorrect, and will needlessly injure. Develop your sensitivity to others, and give them only the amount of force and power that they are able to take safely at their level. You will be grateful for the same treatment. In this manner, both of you will safely grow in power and skill.

### **Etiquette Towards Other Students**

1. Treat others as you wish to be treated.
2. Be the first to offer to assist your fellow students in any way during training.
3. Consider it an honor to train with your fellow students and to take ukemi for them.
4. Take it upon yourself to know each student, and to offer encouragement when needed.
5. Help beginners to become familiar with the dojo.
6. Practice always with sensitivity toward your partner's capabilities and limitations, as well as your own.

### **The Training – Daily Practice as Path**

The practice of Aikido is nothing special, and nothing mysterious. The “Way” of Aikido is nothing more than dedicated daily practice. Do not think that anything else will give you knowledge of Aikido. Train day to day, patiently and consistently, and you will see a natural result.

### **Attitude of Training**

It has been said that O-Sensei exhorted his students to “train joyfully”. This is excellent advice. At all times you should extend a very positive and bright attitude in training. At



the same time, however, you must maintain a core of deadly seriousness. Aikido is Budo – a martial way. As such it deals with extremes of violence and with the forging of better human beings. Aikido is not a way to magically avoid conflict through some mysterious process of “harmony”. The spirit of Aikido is to face conflict squarely. Only then can we hope to transcend it.

When you train, remember always the potential for injury that lies within your movements. Be conscious of your openings and gaps in your awareness, and those of your partner. Walk and move with purpose, ready at any time to respond to whatever arises in your daily life and on the mats. Understand deeply that in this life we may die at any moment, and train with this awareness.

In Japan there is an expression: *shinken shobu*. Shinken shobu literally means a fight with live steel swords. It implies a true, serious situation. Your attitude in training must be “shinken shobu”. When your partner attacks you with a wooden knife in practice, you must believe it is a real knife. When you attack your partner in practice, attack truly. In this manner, you both will receive real benefit from the training.

### **Posture and Stance – Sitting and standing**

As you train, you will notice the relaxed, upright shisei (posture) and kamae (stance) of your seniors. Strive to cultivate awareness of your own posture and that of those around you. The following are four ways of standing and sitting which you will use most often in Aikido training:

1. **Seiza:** Seiza is the familiar Japanese manner of sitting with the legs folded under and the buttocks resting on the heels. The seiza position lends itself to the proper alignment of the spine and the development of proper breathing. It is in some sense the foundation of technique. When you sit seiza, be sure to extend through the top of your head; the result of this is that your chin should naturally move in, rather than jut forward over your chest. Spread your vision out, and be aware of your surroundings. Be careful also not to slouch, or to overarch the back. You may wish to roll the pelvis slightly forward to achieve this. Your sensei can correct your posture and give you further advice. It is common for beginners to feel discomfort in this position; be patient, and sit seiza a few minutes each day. You will rapidly become used to it, and may even come to prefer it to a chair.
2. **Agura no Shisei:** Sitting cross-legged. Rather than tucking one foot under the other, the so-called “tailor” position, agura is a position with the right-foot lying on the floor in front of the left. Those with little flexibility may find it difficult to bring the knees down to the ground, or to keep the back straight. Again, daily stretching and practice will help.
3. **Shizentai:** Usually translated as “natural stance”, shizentai is simply standing with feet shoulder width. Settle yourself in your abdomen with proper



breathing, and allow all tension to leave your upper body. Maintain a dynamic tension in your legs, ready to move at any instant. Again, align your spine and extend upwards through your head. Spread out your vision; do not hang your head downward.

4. **Hanmi no Kamae:** Hanmi is the “half-body” stance used in defense. Be sure that your front and rear feet are aligned properly as your sensei directs, and that your forward knee is slightly bent. Set your hips forward, and fiercely extend your awareness and determination in all directions.

Remember always that your posture reflects your state of mind. A slouched posture indicates a scattered, dull or fatigued mind; a tense posture indicates nervousness or hyperactivity. You will find that the cultivation of correct posture will actually change the state of your mind as well. Again, consult with your sensei for actual instruction on correct posture and its ramifications for technique.

### Elements of Training

The following are some elements of practice that you will encounter in your dojo. Your sensei will impart instruction in the actual technical details of these elements.

**Warm-ups and Stretching:** For maximum benefit, warm-up individually before the beginning of class, and stretch again afterwards to develop flexibility. Warm-up exercises are to be done dynamically but relaxed, breathing deeply. A longer period of warming up may be required in cold or damp weather.

**Ukemi:** Ukemi (literally “catch your body”) is the art of safely receiving the force of techniques applied to you; this includes various rolling and falling techniques. Ukemi is often neglected by beginners, who find it difficult and who prefer to practice the techniques of self-defense. It must be remembered that without good ukemi skills, Aikido dies. Without the ability to safely practice which ukemi gives us, we cannot train. Ukemi is self-defense; it is the ability to survive any technique. Devote your energy to mastering good ukemi. It is invariably found that the student who is a skilled uke (person receiving the technique and falling) also has the skill to become a skilled nage (thrower) – by feeling the dynamics of a technique applied to you, you will learn to apply that technique to others more effectively. Ukemi training will include the following:

<b>Koho Tendo Undo</b>	Simple rolling exercise, to sitting, kneeling and standing
<b>Ushiro Ukemi/breakfall</b>	Falling backward and slapping the mat.
<b>Mae Ukemi/breakfall</b>	Falling forward and slapping the mat
<b>Yoko Ukemi</b>	Side fall
<b>Mae Ukemi/rolling</b>	Simple forward roll
<b>Ushiro Ukemi/rolling</b>	Simple backwards roll
<b>Mae Ukemi/side fall</b>	Rolling or flipping forward to land in the side fall position



Variations on the above will include specific ukemi exercises and applications for specific techniques.

**Wrist-stretching Exercises:** These four exercises are customarily practiced at the beginning of class. Learn them well, for they are more than simple stretches. The manner in which you hold and apply pressure to your own wrists is the same way in which you will apply pressure to others in response to an attack. Also, the various wrist movements have an application to tesabaki – hand techniques – used in defense. Practice these exercises constantly, and you will develop strong, supple joints.

**Aikitaiso:** These “Aiki exercises” are designed to teach proper body alignment and use. Their usefulness, if practiced correctly, cannot be overestimated. Aikitaiso should be practiced dynamically and crisply.

You should be able to recognize the application of these movements in various techniques. Aikitaiso exercises will include:

<i>Funakogi undo</i>	<i>Udefuri undo</i>
<i>Shomenuchi Ikkyo undo</i>	<i>Udefuri Choyaku undo</i>
<i>Zengo undo</i>	<i>Ushirotori undo</i>
<i>Happo undo</i>	<i>Ushiro Tekubitori (zenshin and kotai – forward and backward)</i>
<i>Tekubikosa undo</i>	<i>Tenkan undo (direct entry, also with step)</i>
<i>Sayu undo</i>	
<i>Sayu Choyaku undo</i>	

**Tai sabaki Ho:** These body movement exercises are at the foundation of your technical training. Practiced correctly, they will give you the ability to move freely and naturally in any direction when attacked. Techniques cannot be applied if taisabaki is insufficient or timed incorrectly. When practicing taisabaki, maintain your complete concentration on your opponent at all times, during and in between movements. Allow no gaps in your awareness or openings in your posture. Move immediately to control your opponent’s centerline, matching his or her timing. Tai sabaki ho will include both Tai sabaki Toshu, or empty-handed exercises, and Tai sabaki with Bokken, or sword exercises. You should immediately see the relation between these two when practicing. You will learn the following forms of Tai sabaki:

Tai sabaki Toshu:

Against munetsuki:	Four distinct movements with atemi
Against shomenuchi:	Four distinct movements with atemi
Against yokomenuchi:	Three distinct movements with atemi.

Tai sabaki with Bokken:

Against munetsuki:	Four distinct movements with cuts.
Against shomenuchi:	Four distinct movements with cuts.
Against yokomenuchi:	Three distinct movements with cuts.



**Waza:** Waza are formal Aikido techniques. It must be remembered that all waza are pre-arranged forms; they are the vehicles through which Aikido is transmitted from teacher to student. It is up to the student, however, to give life to these forms, and ultimately to transcend them. They are no rigid and dogmatic – they are guidelines that will bring the student after extensive training to his or her own Aikido. No two students are exactly alike, and so everyone will naturally develop an aikido that suits them. O-Sensei is reported to have said, “Aikido has no techniques”. One meaning of this is that the student must not destroy Aikido by limiting it to this or that form; rather, the student should seek always to grasp the internal principles of Aikido, and to manifest them moment to moment. Through form, grasp the ultimate principle beyond form or formlessness: this can be said to be the goal of the martial artist.

Your study of Aikido waza will include:

<i>Kihon-waza:</i>	Fundamental or basic techniques
<i>Oyo-waza:</i>	Applied or advanced techniques
<i>Nage-waza</i>	Throwing techniques
<i>Katame-waza</i>	Pinning techniques
<i>Kansetsu-waza</i>	Joint locking techniques
<i>Atemi-waza</i>	Techniques of striking vulnerable points.
<i>Ushiro-waza:</i>	Defense against attacks from the rear.
<i>Kaeshi-waza:</i>	Methods of countering an opponent’s technique.
<i>Henka-waza:</i>	Methods of freely switching from one technique to another, different technique.
<i>Renzoku-waza:</i>	Methods of switching from a technique to another variation of the same technique.
<i>Buki-waza:</i>	Weapons techniques (dealt with separately below)

Which can be further classified according to circumstance as:

<i>Tachi-waza:</i>	Standing technique
<i>Suwari-waza:</i>	Seated technique
<i>Hanmi-hantachi-waza:</i>	Seated technique, defending against standing attackers
<i>Jiyu-waza:</i>	Freestyle technique.

The following are major Aikido techniques you will learn, with approximate English translations:

Ikkyo:	First Teaching	Koshinage:	Hip throw
Nikyo:	Second Teaching	Kaiten nage:	Rotary throw



Sankyo:	Third Teaching	Jiujinage:	Crossed elbows (literally, "# 10" throw, since the Japanese character for 10 is the shape of a cross).
Yonkyo:	Fourth Teaching	Kubinage:	Neck throw
Gokyo:	Fifth Teaching	Udegarami:	Entwining arm
Iriminage:	Entering throw	Sudori:	Disappearing
Shihonage:	Four-direction throw	Sumi otoshi:	Corner drop
Kokyunage:	Timing throw (literally "breath throw")	Aiki otoshi:	Aiki drop
Kotegaeshi:	Wrist turning	Ganseki otoshi:	Boulder drop

Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo, Kotegaeshi, Shihonage and others also have specific pinning techniques associated with them. Most techniques have pinning or throwing variations.

**Note: Omote / Ura – Irimi/Tenkan**

Many, but not all, Aikido techniques have variations that you will be required to know. The words Omote, Ura, Irimi, and Tenkan are used to designate these variations. Omote means "front", and Ura means "back"; thus, these two terms are primarily spatial designations. Irimi means "to enter", and Tenkan means "spinning change" or "to turn"; thus, these two terms designate body movement. While these two pairs of terms are sometimes nearly interchangeable, AWA usage is to refer to pinning technique (katame-waza) as omote and ura, and throwing techniques (nage-waza) as irimi and tenkan.

**Note: A Word on Aikido Technique Nomenclature**

The full names of applied Aikido techniques, as you can see on your Minimum Promotion Test Requirements sheet, are composed of two parts. The first half of the name will generally indicate the attack, for example katatekosadori, cross-hand grab. The second half of the name will be the actual technique of defense used against this attack, for example kotegaeshi. The full name of the applied technique would thus be Katatekosadori Kotegaeshi: Cross-hand grab wrist turning technique, which in this case happens to be a throw followed by a pin. Certain techniques will also have added to their name certain specifications, such as omote and ura, or indications of the context of their application, such as suwari-waza. While beginners will find this Japanese terminology confusing at first, it generally takes little time to become accustomed to it.

Aikido nomenclature is an attempt to apply terminology to something that cannot always be compartmentalized and labeled. O-Sensei himself never formally established one proper way of naming our techniques. Various teachers may therefore have their own versions of nomenclature. It must be stressed that a thorough familiarity with technique



and its principles is our goal, and that names are simply a convenient and not always precise way of describing what we do.

**Kogeki:** Closely related to atemi, methods of striking in the performance of technique, are kogeki: methods of attacking. When you train with your partners you must have the ability and the skill to attack fully - otherwise, your partner will never gain the ability to defend against true attacks. Training methods of kogeki will involve the practice of strikes and kicks, as well as methods of grabbing and choking from the front and rear. Following is a list of the most commonly practiced attacks. Please note that these attacks may refer to both empty-hand and weapons applications, and that combination attacks are also practiced. Some attacks also have gyaku, or reverse, variations. Again, these are only guidelines; no list can show all possible attacks. The student must eventually be prepared for any attack, from any direction.

### Strikes

Munetsuki:	Punch or thrust to the torso.
Ganmenuchi:	Punch or thrust to the face.
Shomenuchi:	Downward strike to the head.
Yokomenuchi:	Hooking strike to the side of the head (temple).
Maegeri:	Front kick.
Yokogeri:	Side kick.
Mawashigeri:	"Roundhouse" kick.

### Grabbing/choking

Katatetori:	Same-side wrist grab.
Katatekosatori:	Cross-hand wrist grab.
Katategyotetori:	Both hands grasping one forearm.
Ryotetori:	Both hands grasping both wrists.
Katatori:	Grabbing the shoulder.
Ryokatatori:	Both hands grasping both shoulders.
Munedori:	Grabbing the lapel.*
Ryomunedori:	Both hands grasping both lapels.*
Kubishime:	Choking the neck.
Ushiro tekubitori:	Both wrists grabbed from behind.
Ushiro hijitori:	Both elbows grabbed from behind.
Ushiro katatori:	Both shoulders grabbed from behind.
Ushiro eridori:	Collar grabbed from behind.
Ushiro kubishime:	Choking the neck from behind.
Ushiro tekubitori kubishime:	Choking the neck and grabbing one wrist from behind.
Ushirotori:	"Bearhug" from behind; also refers to rear grabbing attacks in general.



\* The terms "Munedori" and "Katadori", while specifically referring to different attacks, are often used interchangeably.

**Randori:** Randori literally means "to seize chaos". This is the practice of defense against multiple attackers for which Aikido is famous. Randori is the ultimate test of your understanding of Aikido principle, and especially of your taisabaki. The strategies for randori will be imparted to you by your instructor. It must be stressed here that randori must be practiced safely: both uke and nage must "hold back" slightly to prevent injury. This means that nage will throw or move in such a way that the uke will be able to jump up to return and attack continuously. It also means that nage will tire at this "endless" supply of attackers, and must eventually fail: the uke must not take advantage of this to attack and injure nage carelessly. Both uke and nage must appreciate the kindness they are showing to one another, and take full advantage of this excellent training opportunity.

**Buki-waza:** Buki-waza is weapons technique, in this case using three traditional weapons: the jo, or 4-foot staff, the ken, or sword, and the tanto, or knife. The skills learned through weapons practice - timing and distance, dynamic movement, kime or focus, intensity and energy extension, etc. - are invaluable to empty-hand technique. As you train you will see the close relationship between weapons and empty-hand training. Do not neglect weapons practice because it seems difficult or outdated. Its benefits are beyond measure, and it is part of our Aikido tradition. Weapons training must always stress safety; a wooden training weapon can injure or kill as easily as a live blade. Always treat training weapons as if they were real, and take pains to observe proper etiquette of handling and use. This will also help you to develop, an attitude of seriousness and purpose in your training. Weapons training will include:

### **Jo**

Stances and methods of holding	--
Suburi:	Solo striking practice
Kata:	Prearranged forms
Kumijo:	Paired forms, jo against jo
Jo against Bokken:	Paired forms
Jo dori:	Unarmed defense against jo attacks
Jo nage:	Throwing with the jo

### **Ken (usually using Bokken, wooden training sword)**

Stances and methods of holding	
Suburi:	Solo striking practice.
Tanren uchi:	Solo striking practice against a target.
Kata:	Prearranged forms.
Kumitachi:	Paired forms, bokken against bokken.
Bokken against Jo:	Paired forms
Bokken dori:	Unarmed defense against the sword.

### **Tanto**



Methods of holding	--
Suburi:	Solo striking practice.
Tanto dori:	Unarmed defense against the knife.

**Internal Training:** "Internal training" refers to the practice of Ki Tests, breathing exercises (kokyu-ho) and meditation (meiso-ho), as well as the practice called kokyu-dosa. These training methods are meant to cultivate the psycho-physical attributes necessary for the practice of Aikido as a budo, a martial way. Although listed last here, the practice of these internal training methods is of the utmost importance in Aikido training.

**Ki Tests** are methods of testing your postural and mental stability, degree of tension and relaxation, and understanding of basic Aikido technical principles. These tests may be given at any time; during a promotion test, they are generally administered during the performance of Aikitaiso exercises and the demonstration of basic Aikido postures; you will find these listed in the Minimum Promotion Test Requirements under the heading "Ki Tests and Exercises".

**Kokyu-ho** includes the following:

**Okinaga:** The breathing practice which involves deep, prolonged exhalations from the hara (abdomen) through the mouth, and controlled inhalations through the nose.

**Kiai:** The practice which involves explosive exhalations from the hara with vocalization, usually using the syllables "Ei!" and "Toh!".

**Ibuki:** The practice which involves explosive exhalations from the hara without vocalization.

**Meiso-ho** is a practice of meditation through which the student develops kiai (energy) and joriki, the power of focused concentration, through the cultivation of samadhi, a state of relaxed concentration transcending subject/object dualism. This method may initially involve the counting of breaths, or mindfulness techniques for developing a deeper awareness of mental processes. There are many types of meditation, but in order to have an application to budo, the method you use must stress wakeful awareness of yourself and your surroundings, rather than the development of trances or sleep-like states. The type of meditation stressed by Toyoda Shihan, and described here, is that of the Zen school, in keeping with his training history.

**Kokyu-dosa** is an exercise in which you will sit seiza facing your partner, and extend your arms. Your partner will grasp them, and attempt to resist your efforts to unbalance him or her. This exercise calls for the proper use of the hara and breathing, and will also help develop this proper use of the body, breath and energy. Another variation of this is renzoku kokyu-dosa, which involves continuous movement.

### **Injuries and Illness in Training**



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Should you have any doubt as to your ability to train due to any physical condition, consult with your physician and with your sensei before practicing. Do not train when ill. Should you become sick, notify your sensei of your illness.

Aikido students often will train before an injury is fully healed because they are eager to return to the dojo. While this spirit is commendable, it is actually detrimental to the training. Your body is your tool in Aikido training; if you abuse the tool, the training cannot continue. Be sure to train hard and often, but also learn your limitations and allow your body to adapt and recover.

Should you find yourself absent from the dojo due to illness or injury, ask your sensei what you can do to continue your training while gone. The stretching and wrist-stretching exercises, Aikitaiso, internal training methods, kogeki, weapons training and other subjects may still be suitable for you depending on your condition. If not, treat your injury or illness itself as training; with the spirit of shugyo, every act or situation in our lives can become practice.

### **Etiquette in Training**

The following are rules of etiquette to be observed when practicing:

- Remove all jewelry before practice; it can be hazardous to yourself and others.
- Keep your toe- and fingernails trimmed properly.
- Observe strict rules of personal hygiene; keep your gi (uniform) clean at all times.
- If you are early for training, use that time to clean the dojo and to practice.
- Five minutes before the scheduled start of class, line up and sit quietly practicing internal training.
- When your sempai calls out "Shomen ni rei!" (bow to the front), bow. When your sempai calls out "Sensei ni rei!" (bow to the teacher), bow and say "Onegaishimasu!" (please be so kind [as to teach]).
- If you are late to class, change quickly, bow upon entering the practice area, and then sit quietly off to the side until your sensei gives you permission to join class.
- Bow to your sensei when called upon to assist in demonstrating a technique; bow again and sit down when done.
- Bow when the instructor has finished demonstrating and directs the class to practice.
- When your sensei claps at any time during training, sit down in straight lines.
- Should your sensei advise you on a technique during practice, thank him or her and bow.
- Do not talk when your sensei is instructing or lecturing.
- If you need to leave the training area during class for any reason, bow and thank your partner, and then ask your instructor's permission to be excused.
- Bow to your partner when beginning or ending practice with that person.
- At the end of class, your sempai will again call out "Shomen ni rei!" and "Sensei ni rei!". As you bow to your sensei, say "Arigato gozaimashita" (thank you very much). Your sempai will then call out "Hotagai



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ni rei!" (bow to your fellow students). At this point, you should bow to everyone with whom you practiced during that class.

- When practicing, tap loudly with your hand should you feel excessive pain; this is a signal for your partner to stop, and is faster than saying "ouch" or "stop".
- Never practice any technique you have not been taught. Observe rules of safety at all times.
- Report any injuries to your sensei immediately.
- Do not teach Aikido techniques to non-students without permission. This is to prevent misuse and injury.

## **RANK AND PROMOTION TESTING - Progress in Training**

Rank in Aikido is awarded to indicate to you your progress in the art. This is a very subjective matter; progress for one student may denote something entirely different from what progress is to another student. In order to insure that a high standard is maintained throughout the AWA, we have established its Minimum Promotion Test Requirements as a guideline to the awarding of rank.

As a student, do not forget that these requirements are a minimum. This means that simply learning these techniques does not complete your knowledge of Aikido. Actually, the techniques listed as requirements are far from comprehensive. What they are is a collection of techniques that require the student to master a wide range of body movements and skills, which can then be applied to the whole body of Aikido technique. While we encourage you to use this list of requirements to structure your training, you must not make it the sole guide of your practice.

Rank is not something for you as a student to focus on too heavily. It is important, since we need some indication of competence and eventually of instructional ability. Still, the student that focuses too heavily on simply learning "the stuff I need to know for my next test" will miss the point of Aikido training, both technically and internally.

### **The Promotion Test**

A physical promotion test is required by the AWA for all kyu rank awards and dan ranks up to yondan. This is for several reasons. First, it is to prevent the abuse of rank. Without testing, the awarding of rank becomes subject to personal whim and favoritism. The promotion test system requires the student to display his or her knowledge in front of a test committee of qualified instructors, who then vote on the test results.

Secondly, the promotion test is a part of training. It is a barrier. The test for most students is a nerve-racking affair, since it requires a public performance. You may feel tense or frightened when you test. The confidence you have gained in your



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training, however, should carry you through. The test is an excellent opportunity to bring the principles of the martial arts - courage, concentration, relaxation, intensity - to use. Promotion tests show you your true state and level.

Finally, the public display of the promotion test is necessary for the survival of Aikido. If we cannot display our technique, we cannot teach, and we cannot continue to gain respect and appreciation for the martial arts from the general public. The promotion test is proof that you can show your technique at any time. It is your statement of your status as an Aikido practitioner, and your public demonstration of the skill you have gained through your own hard training.

When you take a promotion test, you should remember that you are a martial artist. Even if it is your first test and you have only been practicing for a few months, you will be treated like a martial artist, and should act like one. This means throwing your whole self into the test, with concentration and dynamic energy. If you were to approach your test as if it were the last thing you were to do in your life, you would have the proper attitude. At all times maintain your posture and bearing. If you make a mistake, let it go by - do not be disturbed. Everyone makes mistakes, but it is your reaction to that mistake which will show the level of your training. Above all, do not give up. When your test is finished, do not think you are done once you have made your final bow. Stand up and walk strongly to your seat. Sit down, and maintain your posture - you are still being watched.

*Actually, your test is never done - for your whole life. Take this attitude, and you will be ready any time.*

## **Dan Rank**

The test for a dan, or black belt, rank is one of the most difficult yet positive experiences you will have as an Aikido student. It has become the custom in some organizations and dojo to award black belt rank without requiring the student to test. The AWA is strict in its policy requiring black belt candidates to undergo the testing process. An AWA black belt test is grueling, but will give you the opportunity to display what you have learned through your own hard work.

The black belt has come to be seen, largely through movies and the media, as a mark of mastery or deadly skill. Actually, the word for a first-degree black belt, shodan, means "beginner" The black belt is simply a mark of your recognition as an Aikido student. In other words, you are no longer a guest in the dojo, but a legitimate practitioner. Be proud of your black belt achievement, but keep in mind what it truly represents. The Founder said, "Do not be in a hurry. It takes at least ten years to reach the first rung!" The path to mastery of Aikido, as in any martial art, is lifelong training.

## **The Test Committee**



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The test committee, or shinsa in kai, is the entity that conducts promotion testing. Consisting of sandan or higher ranked practitioners and headed by a Teaching Committee member in your area, the purpose of the test committee is to insure that your promotion test is conducted properly, in accordance with AWA policy. When the test committee convenes to administer your test, it is possible that its members may have widely different views on technical standards; however, as long as your technique is sound and exhibits a strong grasp of principle, it need not adhere exactly to any particular committee member's interpretation. There are many ways of doing Aikido, and AWA testing policy respects this. In some situations where a committee is not able to meet, your sensei may conduct your promotion test directly. All dan tests, unless arranged otherwise with AWA headquarters, must take place in front of a committee headed personally by Andy Sato Sensei, who is the ultimate head of all test committees.

### **The Technical Committee**

As part of the AWA efforts to make quality training available to everyone, the Technical Committee has been established. Technical Committee members are senior students, ranked yondan and above, who have been selected to assist the AWA instructional efforts. A Technical Committee member may head the test committee at your promotion test. Committee members also regularly offer sanctioned instructional seminars dealing with our Minimum Promotion Test Requirements and other topics, which you should make every effort to attend.

### **Etiquette in Promotion Testing**

The following are rules of etiquette to be followed when you take a promotion test:

1. Be certain that you are familiar with the techniques and exercises for which you are responsible. Remember that all tests are cumulative.
2. Be certain that you have fulfilled all other requirements for your test, such as minimum time and training hours required, and seminar attendance.
3. Be certain that you have filled out all appropriate applications and have paid your test fee and AWA annual dues. If you are behind in your dojo dues, settle your account before applying to test.
4. When others are testing, offer to take ukemi for them. Be ready to be called upon to help in administering the test in any way.
5. When your name is called to test, answer "Hai!" clearly and move to the proper place. Sit down, bow to shomen, and wait calmly.
6. Follow the directions of the test committee without hesitation.
7. When your uke is called to assist in your test, bow in unison with him or her to shomen. Bow to your uke, and stand up. When your uke is dismissed, sit seiza and bow, then face shomen and await further instructions or the next uke.
8. When demonstrating technique, do not hesitate or pause. If you make a mistake, finish the technique if possible or at least move away and take a defensive stance.
9. Do not stop or give up. Move cleanly and quickly.
10. If the test committee stops your test to advise you, sit seiza and listen carefully.



11. Bow when they are finished.
12. At the conclusion of your test, after you have bowed to your last uke and then to shomen, turn toward the test committee and bow.
13. Maintain your composure and bearing as you walk to your seat. Do not bend over or lie down, even if you are very tired. Should you feel ill, you may leave the mat. Otherwise, sit calmly and regain your breath.

## INSTRUCTOR CERTIFICATION

As part of its commitment to insuring the transmission of Aikido to the next generation, the AWA s established an Instructor Certification program. Teaching methodology is instructed at the AWA Instructors' Seminars, and documented in the Instructors' Manual.

As specified by AWA policy, the following are instructor levels with which you should be familiar. You also may one day be eligible for such certification. Please note that instructor certification, while involving certain rank requirements, is not tied to rank. In other words, one does not receive such certification automatically upon attaining a certain rank. With the exception of Shihan, all certifications are awarded at one of the Yudanshakai seminars. Valid for a period of two years, at which time they must be renewed by attendance at further such seminars.

**Shihan:** Literally "Teacher of Teachers", Shihan is the highest instructor rank in AWA. The title of Shihan is awarded by the Aikido World Headquarters in Tokyo.

**Shihandai:** "Assistant Shihan". These are high-level practitioners, ranked godan and above, directly appointed by Sato Sensei as his assistants in the coordination of organizational activities. These are also persons who, it is intended, may be eligible in the future to receive the title of Shihan.

**Shidojin:** "Instructor". Shidojin are fully recognized Aikido teachers. To receive this certification, an instructor must be ranked sandan or above, and have had responsibility for the management of a dojo for at least three years. Shidojin are expected to be familiar with all of the AWA technical requirements.

**Fukushidojin:** "Assistant Instructor". Fukushidojin must be ranked shodan or above. They are qualified to assist in the instruction of Aikido programs, and may be recognized to lead such programs with the approval of Sato Sensei.

**Jyoshu:** "Assistant". Jyoshu must be ranked 2nd kyu or above. They are qualified to assist a qualified instructor in daily Aikido class.



## Dojo Etiquette

Proper observance of etiquette is as much a part of your training as is learning techniques. Please take the following guidelines seriously.

1. When entering or leaving the dojo, it is proper to bow in the direction of [O Sensei](#)'s picture, the kamiza, or the front of the dojo. You should also bow when entering or leaving the mat.
2. No shoes on the mat.
3. Be on time for class. If you do happen to arrive late, sit quietly in seiza on the edge of the mat until the instructor grants permission to join practice.
4. If you should have to leave the mat or dojo for any reason during class, approach the instructor and ask permission.
5. Avoid sitting on the mat with your back to the picture of [O Sensei](#) or the kamiza. Also, do not lean against the walls or sit with your legs stretched out. (Either sit in seiza or cross- legged.)
6. Remove watches, rings and other jewelry before practice.
7. Do not bring food, gum, or beverages with you onto the mat.
8. Please keep your finger and toe nails cut short.
9. Please keep talking during class to a minimum. What conversation there is should be restricted to one topic -- Aikido.
10. Carry out the directives of the instructor **PROMPTLY**. Do not keep the rest of the class waiting for you!
11. Do not engage in rough housing or needless contests of strength during class.
12. Keep your training uniform clean, in good shape, and free of offensive odors.
13. Please pay your membership dues promptly. If, for any reason, you are unable to pay your dues on time, talk with the person in charge of dues collection. Sometimes special rates are available for those experiencing financial hardship.
14. Do not change your clothes on the mat.
15. Remember that you are here to learn, and not to gratify your ego. An attitude of receptivity and humility is therefore advised.

Preserve common-sense standards of decency and respect at all times. The practice of Aikido ultimately must become the practice of our daily lives, moment to moment. Every moment of life involves some sort of conflict - with others, with our



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environments, with our bodies, with ourselves. And yet, it is our choice to see this conflict as something to be avoided and struggled with, or as the creative force of change, which makes true growth and learning possible.



## JAPANESE TERMS USED IN AIKIDO

This is an informal guide. Please be aware that many of these words express subtle ideas not fully contained in these English translations. Included here are primarily technical terms; words having profound philosophical meaning are not dealt with extensively.

- Ai** - meeting, joining, harmony
- Aikido** - the way of being one with energy
- Ai hanmi** - mutually agreeing stance (both uke and nage lead with same foot)
- Aikidoka** - person who practices Aikido Aikitaiso -mind-body coordination exercises
- Atemi** - strikes, used as a part of Aikido technique
- Awase** - meeting or coming together
- Ayumi ashi** - normal stepping, as in walking
- Bo** - wooden staff, usually 72"
- Bokken** - wooden sword
- Bokken dori** - sword-taking technique; also called tachitori
- Bokuto** - wooden sword
- Bu** - martial
- Budo** - martial way
- Budoka** - a practitioner of budo
- Bushi** - warrior class
- Bushido** - way of the warrior
- Butsudan** - "Buddha shelf," a Buddhist shrine, often placed at the front of a dojo influenced by Buddhist tradition
- Cho** - chief or head, as in dojo-cho
- Chudan** - middle position
- Dame** - incorrect, bad
- Dan** - black belt ranks
- Do** - way or path, same word as the Chinese Tao
- Dogi** - training uniform
- Dojo** - place of enlightenment; training hall
- Doshu** - master of the way; currently Moriteru Ueshiba
- Eri** - collar
- Fudo** - immovable; e.g. fudoshin, immovable mind; fudo no shisei, immovable posture
- Gaeshi** - reversal
- Ganmenuchi** - thrust to the face
- Gedan** - low position
- Gi** - training uniform
- Giri** - obligation to another
- Gokyo** - fifth teaching; an elbow-locking technique
- Gyaku** - reverse or opposite
- Gyaku hanmi** - mutually opposite stance (nage and uke lead with different feet)
- Hakama** - divided skirt
- Hanmi** - half-body stance



**Hantachi** - half-standing (kneeling position)  
**Hanmi hantachi waza** - techniques performed by a kneeling nage against standing uke  
**Hantai** - opposite or reverse  
**Hara** - the lower abdomen; the seat of correct breathing and of internal power  
**Hasso** - a stance with the bokken or jo held to one side of the head, extending up from the shoulder  
**Heiho** - strategy, martial science  
**Henka waza** - "changing technique;" changing from one technique to another  
**Hidari** - left  
**Hiji** - elbow  
**Hitai** - forehead  
**Hito e mi** - one layer of the body; a description of distance relative to an opponent  
**Hiza** - knee  
**Ho** - method  
**Hoho** - cheek  
**Hombu** - headquarters  
**Ii** - good  
**Iie** - no  
**Ikkyo** - first teaching; an arm-controlling technique  
**Irimi** - entering  
**Iriminage** - entering throw  
**Isshin den shin** - from mind to mind; the way in which knowledge is said to be transmitted from teacher to pupil  
**Jiyu** - free (as in free technique)  
**Jo** - short wooden staff (usually 50")  
**Jodan** - upper position  
**Jo dori** - jo-taking technique  
**Jo nage** - throwing with the jo  
**Joseki** - upper (senior) side of mat area; facing shomen, joseki is the right side  
**Joza** - upper seat, where the instructor sits  
**Jiujinage** - crossed-arms throw; literally "number ten" throw, referencing the cruciform shape of that character in Chinese writing  
**Kaeshi waza** - counter technique; applying a technique against the person attempting to apply one to you.  
**Kaiso** - founder  
**Kaitenage** - rotary throw  
**Kakari geiko** - group practice  
**Kamae** - stance or position  
**Kami** - deity, spirit, divine being; a Shinto term  
**Kamiza** - "god seat;" shrine or front of the dojo, if Shinto-influenced  
**Kan** - house or hall; also Romanized this way is a different word meaning intuition  
**Kata** - shoulder; also, a different word meaning a form used in training; e.g. bokken kata  
**Katatori** - grasping the shoulder or lapel  
**Katate** - forearm area  
**Katate ryotetori** - one wrist grasped by both hands



**Katame waza** - pinning technique  
**Katana** - a type of long sword, worm edge upwards  
**Ken** - sword  
**Kenshusei** - "student who strives for mastery through polishing;" in the Association, students committed to a more intense study of Aikido  
**Ki** - spirit, vital force, energy  
**Kiai** - explosive projection of energy in the form of a shout or yell; also refers to the general energy level of a person or thing  
**Kihon** - basic technique  
**Ki musubi** - linking one's energy with that of the opponent  
**Kiri** - cut  
**Kirigaeshi** - a suburi exercise of continuous *yokomen* and *gyaku yokomen* strikes  
**Kohai** - junior  
**Kotai** - movement to the rear  
**Kote** - forearm or wrist  
**Kotegaeshi** - "wrist-turning;" a throwing technique  
**Kokyu** - animating breath; also used to imply timing  
**Kokyudosa** - breath or timing exercise  
**Koshi** - hip  
**Koshinage** - hip throw  
**Kuden** - oral instruction  
**Kubi** - neck  
**Kubishime** - choking the neck  
**Kumitachi** - sword against sword  
**Kumijo** - jo against jo  
**Kyu** - ranks below dan grade  
**Ma-ai** - distance  
**Mae** - front or forward  
**Meiso ho** - meditation exercise  
**Men** - head  
**Migi** - right  
**Misogi** - purification practices; often refers specifically to a breathing technique  
**Morote tori** - see *Katate ryotetori*  
**Mane** - chest  
**Mane tsuki** - thrust to the chest  
**Mushin** - "no-mind;" a state of mind free from obstruction or attachment to thoughts or happenings  
**Nage** - throw; also, the person executing the throw  
**Nikyo** - second teaching  
**No** - an article indicating possession or connection; e.g. *chudan no kamae*: "stance of middle position"  
**Ni** - a directional indicator; e.g. *shomen ni rei*: "bow to the front"  
**Obi** - belt  
**Omote** - front  
**Orenaite** - unbendable arm  
**Osae** - pin; e.g. *ude osae*: arm pin



**O'Sensei** - "venerable teacher;" refers in Aikido to Morihei Ueshiba  
**Oyo waza** - advanced or applied technique  
**Randori** - multiple person attack (lit. "seizing chaos")  
**Rei** - bow  
**Ritsurei** - standing bow  
**Ryote** - both hands  
**Ryotetori** - grasping both hands  
**San** - suffix, expression of respect  
**Sankakutai** - triangular stance  
**Sankyo** - third teaching  
**Sayu** - side  
**Seika no itten** - the "one point;" see *tanden*  
**Seiza** - formal kneeling position  
**Sempai** - senior  
**Sensei** - instructor (lit. "born before")  
**Shikko** - walking on the knees  
**Shihan** - teacher of teachers  
**Shihonage** - four corner throw  
**Shime** - choking or strangling  
**Shimoza** - lower seat; place where students sit; the wall opposite from kamiza or shomen  
**Shimoseki** - junior area of mat; facing shomen, the left side  
**Shinken** - a live, steel sword; figuratively, implies seriousness and commitment  
**Shinken shobu** - a fight to the death; figuratively, implies a situation requiring total abandon and concentration. The spirit of good practice should be shinken shobu.  
**Shinto** - the native Japanese religion  
**Shisei** - posture, body alignment  
**Shomen** - front; the wall towards which students bow  
**Shomenuchi** - overhead strike to the front of the head  
**Shugyo** - intense physical/ internal training to perfect character and realize one's true nature  
**Shuto** - cutting strike with the edge of the hand  
**Sokumen iriminage** - side of the head entering throw  
**Suburi** - "empty swing;" individual striking practice with a weapon  
**Suburito** - a heavy bokken used for suburi, and sometimes for kumitachi  
**Sumi otoshi** - corner drop, a throwing technique  
**Suki** - opening or weakness, mental or physical, in an opponent's defenses  
**Suriashi** - sliding foot  
**Suwari waza** - technique with both uke and nage in kneeling position  
**Tachi** - a type of long sword; technically refers to swords worn edge downward  
**Tachitori** - see Bokken dori  
**Taijutsu** - unarmed body arts  
**Tai sabaki** - body movement; e.g. irimi, tenkan  
**Tanden** - (Chinese: *tan tien*); the "one point," the center of the body's gravity and source of spiritual power, located two inches below the navel in the center of the hara  
**Tanto** - knife



**Tanto dori** - knife-taking techniques

**Tatami** - mat

**Tegatana** - "hand sword;" the manner in which the arm and hands are used in Aikido to move and strike

**Tekubi** - wrist (lit. "throat of the hand")

**Tekubitori** - wrist grab

**Tenkan** - "spinning change;" a turning body movement

**Tenchinage** - "heaven-and-earth throw"

**To** - sword; also, the article "and"

**Tori** - to grab or seize; also, the nage or defender

**Toshu** - without a weapon

**Tsuba** - sword hilt

**Tsuki** - thrusting attack, with fist or weapon

**Uchi** - strike

**Uchideshi** - "inner disciple;" students living in a dojo and committed to full-time training, 24 hours a day

**Ude** - arm

**Ude garami** - arm-entwining technique

**Uke** - one who is thrown (lit. "One who receives")

**Ukemi** - "receiving body;" the art of falling and receiving techniques without injury

**Undo** - exercise

**Ura** - behind

**Ushiro** - from behind or rear

**Ushirotori** - any rear attack; often refers specifically to bearhug. Other rear attacks include ushiroeridori, ushirotekubitori, ushirokubishime, ushirohijitori, ushirokatatori, etc.

**Waza** - technique

**Yame** - stop (a command)

**Yoko** - side

**Yokomenuchi** - a strike to the side of the head or temple

**Yonkyo** - fourth teaching

**Yubi** - fingers

**Zanshin** - "remaining mind;" a continued extension of concentration, energy and awareness at the conclusion of a technique and immediately afterward; the "follow through" of the technique

**Zen** - (Sanskrit: "*Dhyana*"; Chinese "*Ch'an*"); literally "meditation;" a school of Buddhism emphasizing personal, intuitive experience of reality, and having a strong influence on Japanese thought and the martial arts

**Zori** - sandals

# Aikido Attack Terminology



Katatori- Shoulder grab



Katatekosatori- Cross hand wrist grab



Katatetori- Same side wrist grab



Katateryotetori- Two hands grabbing one



Ryokatatori- Grabbing both shoulders



Ryotetori- Both hands being grabbed



Ushiroryokatatori- Grabbing both shoulders from behind



Ushirotekubitōri- Grabbing both wrists from behind



Ushirotori- Bearhug from behind

## Attacks (cont.)



**Katatori Menuchi** -  
Shoulder grab and either  
shomenuchi or yokomenuchi



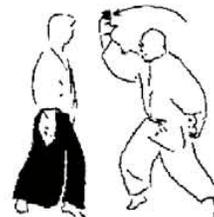
**Yokomenuchi** - Strike to  
the side of the head.



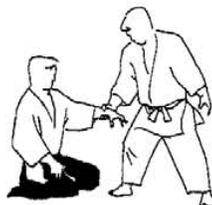
**Katatori Ganmenuchi** - Shoulder  
grab and punch to the chest.



**Munetsuki** - Punch to the chest.



**Shomenuchi** - Strike to  
the top of the head.

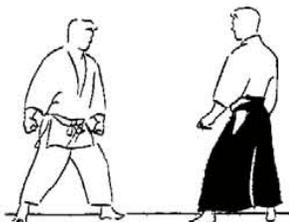


**Hanmi Hantachi Waza** -  
Kneeling nage, standing uke.

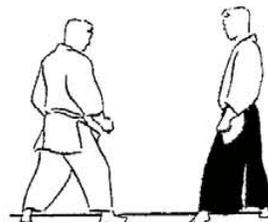


**Suwari Waza** - Nage and  
uke are both kneeling.

## Stances



**Ai Hanmi** - Same stance



**Gyaku Hanmi** - Opposite stance