



SHINJINKAI

The Japanese Martial Arts Society

Aikido Student Study Guide

A: Taijutsu (Body Art) Fundamentals

I. Kamae (stances)

Shizentai - natural stance, standing naturally with feet shoulder width

Hanmi no kamae - “half-body’ stance

Migi hanmi - right hanmi stance

Hidari hanmi - left hanmi stance

Ai hanmi - both persons assume an identical stance (i.e. both lead with the same foot)

Gyaku hanmi - both persons assume differing stances

Seiza - seated position, kneeling

Agura no shisei - seated position, legs crossed

II. Ukemi (techniques of receiving and falling safely)

Mae ukemi - falling forward to slap

Ushiro ukemi - falling backwards 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

III. The Eight Tai Sabaki Ho (body movement exercises)

Irimi - entering

1. Omote- front

2. Ura - rear

Tenkan - turning

3. Tai no henko - body turning

4. Ushiro tenkan - rearward turning

Kaiten - rotary movements

5. Uchi - inside

6. Soto - outside

Irimi Tenkan - entering and turning

7. Omote - front

8. Ura - rear

IV. Kogeki (attacks) commonly encountered in Aikido training

Note that these may be done in combination, giving rise to such names as “katadori ganmentsuki”: “grasping a shoulder and thrusting to the face.”

Grasping Attacks

Eridori - grasping the collar

Hijitori - grasping the elbow

Kamidori - grasping the hair

Katatedori - grasping a wrist or hand

Katadori - grasping a shoulder

Kubishime - choking the neck

Maetori - front tackle or bearhug

Morotedori - grasping a forearm with two hands

Munadori - grasping the chest (note: katadori and munadori are often used interchangeably)

Ryohijitori - grasping both elbows

Ryokatadori - grasping both shoulders (or lapels)

Ryotedori - grasping both wrists or hands

Sodedori - grasping a sleeve

Grasping Attacks (rear)

By adding the word “Ushiro”, “rear”, to any of the above, an attack from behind is denoted. For example, “ushiro kubishime”:
choke from the rear; or “ushiro katatedori kubishime”, a combined grasp of one wrist and choke from the rear.

Striking

Ate - to hit or strike (general term)

Atemi - to hit or strike the body (general term)

Ganmentsuki - thrust or jab to the face

Hiji-ate - elbow strike

Hiza-ate - knee strike

Keri - kick (general term)

Maegeri - front kick

Mawashigeri - roundhouse kick

Munetsuki - thrust to the chest or torso

Nukite - spear-hand thrust

Shomenuchi - downward strike to the head

Tai-atari - to strike with one's body

Tegatana - “hand-sword” (general term for open hand chopping strikes)

Tsuki - thrust (general term)

Uchi - strike (general term)

Ura-ken - striking with the back of the fist

Ushirogeri - back kick

Yokogeri - side kick

Yokomenuchi - strike to the side of the head or face

Multiple Attackers

Futaridori - two attackers

Sannindori - three attackers

Taningeiko - another word specifying multiple attackers

Randori - Freestyle training against multiple attackers

V. Regarding Kata and Waza

“Kata” refers to forms handed down which impart certain principles of body/mind usage, as well as specific martial techniques. These techniques themselves are called “waza”.

Much of Aikido practice consists of kata practice, generally involving two persons, one of whom applies the techniques (the “tori” or “nage”), and one who receives the techniques (the “uke”). Kata names are generally arrived at by specifying an attack, and the waza applied in response to that attack, 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).

Please be careful not to confuse kata and waza. Kata are pre-set, and very exacting. Kata practice requires cooperation and mutual communication to be successful. It leads ultimately to spontaneously applied free technique (jiyu-waza), which is less formalized and restricted, and to randori (literally, “seizing chaos”), in which attacker(s) and defender are completely free to apply any attack or technique they wish.

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. To attempt to perfect only specific techniques pulled from the kata, using gross physical power and speed, is a misunderstanding: this will result ultimately in the complete loss of all martial skill once power and speed decrease with age.

Categories of Aikido Waza

Aikido techniques (“waza”), the actual techniques contained within the kata, may at times be categorized using the following terms:

Atemi-Waza - striking techniques

Hanmi-Handachi Waza - seated techniques, attacker is standing

Henka-Waza - changing freely from one technique to another

Jiyu-Waza - freestyle techniques

Kaeshi-Waza - counter techniques

Kansetsu-Waza - joint locking techniques

Katame-Waza - general grappling/Immobilization technique (includes kansetsu-waza, shime-waza and osae-waza)

Kihon-Waza - basic or fundamental technique

Nage-Waza - throwing techniques

Osae-Waza - pinning techniques

Oyo-Waza - advanced technique

Renzoku-Waza - continuous techniques

Shime-Waza - choking techniques

Suwari-Waza - seated techniques

Terms Used When Weapons Are Involved

Buki-Waza - general term for weapons technique

Jo-dori - seizing away the staff

Kumijo - crossing staves

Kumitachi - crossing swords

Tachi-Waza - standing techniques

Tanto-dori - seizing away the knife

Ushiro-Waza - rear techniques

Names of Some Specific Aikido Waza

While this list is by no means comprehensive, it represents the fundamental waza most commonly practiced at Shinjinkai.

Aikiotoshi - Harmonized-energy drop

Ganseki Otoshi - Boulder drop

Gokyo - fifth teaching

Hijijime - elbow lock, may also be called “rokkyo”, or sixth teaching

Hiza Osae - Pinning the knee

Ikkyo - first teaching

Iriminage- entering throw

Jujinage - “character ten” throw

Kabutogaeshi - Helmet-turning

Kabuto Otoshi - Helmet-dropping

Kaiten Nage - rotary or wheel throw

Katagatame - shoulder immobilizing

Kokyunage - timing throw (literally, “breath” throw)

Koshinage - throwing uke over the koshi: lower back and hip

Kotegaeshi - wrist-turning

Mae Otoshi - Forward drop
Nikkyo - second teaching
Sankyo - third teaching
Shihonage - four-directions throw
Shomenate - strike to the front of the head or face
Sokumen Iriminage - side of the head-entering throw
Sudori- Disappearing
Sumiotoshi - Corner drop
Tenchinage - Heaven-earth throw
Udegaeshi - Arm turning
Udegarami - arm-entangling
Ushiro Otoshi - Rearward drop
Yonkyo - fourth teaching
Yubijime - finger lock

VI. Miscellaneous Training Glossary

The following are other Japanese terms that all Shinjinkai Aikido students should know:

Dojo Fundamentals

Budo/Bujutsu/Bugei - Martial way, martial technique or method, martial art
Dojo - training hall; origin is from the Sanskrit “bodhimandala”: circle/place of enlightenment
Joseki - upper seat: facing the shomen, this is the right side of the dojo
Kamiza - literally, “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 wall of the dojo
Shugyo - denotes very deep physical and spiritual training, beyond the study of technique alone

General Terms and Things

Bokken - wooden sword (also, “bokuto”)
Buki - general term for weapons
Chudan - middle
Dogi - (commonly, “gi”): training uniform
Gedan - lower
Hakama - baggy trousers, a traditional Japanese garment
Hanmi no Kamae - “half-body” stance
Happo/Hasso - eight directions

Hidari - left
Irimi - to enter
Jo - approx. four foot staff
Jodan - upper
Kamae - stance
Kata - a training “form” designed to impart specific techniques and principles
Keiko - general word for practice, implies “grasping the essence” of old things or situations
Ken - sword
Kogeki - attack training
Mae - forward
Migi - right
Nage - to throw (also, another name for “tori”)
Obi - belt
Omote - front
Seigan - a stance in which the point of one’s sword is extended toward the opponent’s eyes
Shiho - four directions
Shizentai - natural stance
Soto - outside
Suburi - practice of individual strikes with a weapon
Tai no henko - body turning exercise
Taisabaki - body movement
Taiso - warmup and conditioning exercises
Tanto - knife
Tenkan - to turn or spin
Tori - person performing the waza within a kata
Uchi - inside
Uchi - to strike or hit
Uke - to receive, the person receiving a waza
Uke - to receive, a block (as of a strike)
Ukemi - techniques of receiving waza, falling, rolling, etc.
Ura - back, rear
Ushiro - to the rear
Waza - a specific technique
Yoko - side
Zengo - two directions
Zenpo - to the front, forward
Zori - sandals

Common Japanese 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

“Arigato Gozaimashita” - Thank you very much

Titles of People

Kaiso - Founder: in Aikido, generally refers to Morihei Ueshiba Sensei

Kaicho/Kancho - head of an organization (kai) or hall/house (kan)

Dojo-cho - overall head of a dojo (often, but not always, the chief instructor)

Sensei - teacher (chief instructor of a dojo, or persons designated by him/her as instructors)

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

Shihan - “model teacher”, an honorary title

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

Aikidoka - person who practices Aikido

Shugyosho - someone undertaking shugyo

Budoka, Bujutsuka - someone training in martial disciplines

Additional Terms/Notes:

B: Ken (Sword) Fundamentals

The Five Basic Kamae (stances)

Jodan no kamae - upper stance

Chudan no Kamae - middle stance

Gedan no kamae - lower stance

Waki gamae - side stance, in which the length of one's sword is hidden

Hasso no kamae - stance in which the sword is held to the side of one's head

Basic Suburi (solo cutting exercises)

Kiriotoshi - straight dropping cut, from head to hips

Kesagiri - diagonal cut from shoulder to hip

Kiriage - rising cut from hip to shoulder, or upwards to wrists/face

Yokogiri - side/horizontal cut

Tsuki - thrust, generally to solar plexus, neck or face

Shomenuchi - downward cut to forehead

Yokomenuchi - diagonal cut to temple

The Three "Eights":

Eight Attacks Exercise

Performing the following cuts in succession, for a total of eight attacks: Kesagiri, Kiriage and Yokogeri both right and left, Kiriotoshi, and Tsuki. The order of the attacks may be varied.

Happogiri ("Eight Directions Cutting")

A practice form in which Kiriotoshi and Tsuki are performed in the four cardinal directions, followed by the four ordinals (diagonals).

Done two ways, using either a stepping motion or a sliding motion for each tsuki.

Eight Count Suburi

A longer practice form utilizing various cuts, which employs all the basic Aikido body movements

The Four Kirikaeshi ("Cut Returning") Exercises:

Nagashi Uchi

Suriotoshi

Makiuchi Otoshi

Suriage

The Three Kiriotoshi ("Dropping Cut") Exercises:

Jodan, Chudan, Gedan

C: Jo (short staff) Fundamentals

Basic Suburi (solo striking exercises)

Tsuki - thrust to solar plexus or neck

Shomenuchi - downward strike to forehead

Kesauchi or Yokomenuchi - diagonal strike to base of neck/shoulder, or to the temple

The 36 Jo Basics

Kesa

1. Kesauchi 1
2. Kesauchi 2
3. Makiotoshi 1 & 2
4. Kaete Uchiotoshi
5. Junte uchiotoshi
6. Kaeshi uchiotoshi 1 & 2
7. Kaiten uchiotoshi 1
8. Kaiten uchiotoshi 2
9. Otoshizuki 1
10. Otoshizuki 2
11. Otoshizuki 3
12. Otoshizuki 4

Tsuki

1. Chokuzuki
2. Kaeshizuki
3. Haraizuki
4. Makiotoshi
5. Kaeshi uchiotoshi 1
6. Kaeshi uchiotoshi 2
7. Maki uchiotoshi 1 & 2
8. Kesauchi (jodan, chudan, gedan)
9. Otoshizuki 1
10. Otoshizuki 2
11. Kaiten uchiotoshi 1 & 2
12. Katateuchi

Shomen

1. Nagashiuchi
2. Kaeshi Harai uchiotoshi
3. Kaeshizuki
4. Makiotoshi 1
5. Makiotoshi 2
6. Jumonji suriotoshi 1
7. Jumonji suriotoshi 2
8. Otoshizuki 1
9. Otoshizuki 2
10. Otoshizuki 3
11. Kaiten uchiotoshi 1 & 2
12. Kesauchi (jodan, chudan, gedan)