

GLOSSARY FOR KIDS

Attacks:

Japanese Word	Approximate Pronunciation	Approximate Meaning
Katate Dori	Kah-tah-teh Doe-ree	Wrist Grabbed with Same-side Hand
Katate Ryote Mochi	Kah-tah-teh Roo-oh the Moc-chee	Wrist Grabbed with both Hands
Kosa Dori	Koh-sah Doe-ree	Wrist Grabbed with Opposite-side Hand
Mune Tsuki	Moo-net-skee	Chest/Stomach Punch
Ryo	Ree-oh	Both (eg., Ryote Dori: each wrist grabbed)
Shomen Uchi	Show-mehn Oo-chhi	Top of the Head Strike
Yokomen Uchi	Yo-co-mehn Oo-chhi	Side of the Head Strike

Responses:

Japanese Word	Approximate Pronunciation	Approximate Meaning
Ikkyo	Ee-kyoh	First form
Irimi Nage	Ee-ree-mee Nah-geh	Entering Throw
Kaiten Nage	Kigh-ten Nah-geh	Rotary Throw
Kokyu Nage	Co-kew Nah-geh	Literally: Breath throw; not one of the other throws
Kote Gaeshi	Co-teh Gah-eh-she	Wrist Twist/Return
Shiho Nage	Shee-ho Nah-geh	Four Direction Throw
Tenchi Nage	Tehn-chee Nah-geh	Heaven and Earth Throw

Body Part (Targets):

Japanese Word	Approximate Pronunciation	Approximate Meaning
-men	Men	Front of Head, Face
Shomen	Show-men	Top of Head
Yokomen	Yo-koe-men	Side of Head (including temple, side of face, side of neck)
Kubi	Koo-bee	Neck, Throat
Kata	Kah-tah	Shoulder
Hiji	Hee-jee	Elbow
Kote	Koe-Teh	Forearm
Te	Teh	Hand
Tekubi	The-koo-bee	Wrist ("neck of hand")
Mune	Moo-neh	Lower Chest, practiced on the Abdomen in Kids' class
Hara	Hah-rah	Center, Lower Abdomen
Ashi	Ah-shee	Knee

Common Words Used in Aikido:

Japanese Word	Approximate Pronunciation	Approximate Meaning
Aikido	Eye-key-doe	Ai=harmony, Ki=spirit, Do=The Way or Path
Atemi	Ah-tem-ee	Strike(s)
Bokken	Boh-ken	Wooden Sword
Dan	Dahn	Black belt level
Deshi	Day-she	Student
Do	Doh	Way, Path, Truth. Also Body
Dojo	Doe-joe	"Place of the Way"; Training Hall
Dori	Doe-ree	Grab
Kaeshi or Gaeshi	Gah-ee-she	Reverse or turn back
Gi	Ghee	Training Costume
Hakama	Ha-kah-ma	A Divided, Pant-skirt that goes over the gi
Hanmi	Han-me	Triangular stance
Irimi	Ee-ree-me	Entering movement
Jo	Joe	Short (4 foot) Staff
Kata	Kah-tah	Practice form or shoulder
Katate	Kah-tah-teh	Matching hand
Ki	Key	Spirit, the vital force of the body; Universal Energy; A flow of positive energy
Kiai	Key-eye	Energy emerging from hara and focused to a point; often accompanied by a piercing yell.
Kokyu Tanden Ho	Co-kyuh than-den ho	Center Breath Power method
Kyu	Cue	Rank before black belt
Maai	Mah-eye	Distance between uke and nage, meaning "harmony of space"

Japanese Word	Approximate Pronunciation	Approximate Meaning
Musubi	Moo-sue-bee	Connection (literally: the steam that connects the grains of cooking rice)
Nage	Nah-gay	Throw, or the person who throws
Obi	Oh-bee	Belt
O Sensei	Oh-sen-say	Great teacher: Morehei Ueshiba
Sempai	Sem-pie	Senior student
Sensei	Sen-say	Teacher, master (literally: "born before").
Seiza	Say-zah	Formal sitting posture
Shikko	She-coe	Knee-foot walking
Suwari waza	Sue-wah-ree Wah-zah	Kneeling technique
Tenkan	Tehn-kahn	Turning
Uchi	Oo-chee	Inside
-uchi	Oo-chee	Strike, Cut
Uke	Oo-kay	A person who receives a technique; the person being thrown
Ukemi	Oo-ke-me	The art of receiving technique while staying connected; flowing away from harm
Waza	Wah-zah	Technique
Zanshin	Zahn-shin	Continuous awareness

Numbers:

Japanese Word	Approximate Pronunciation	Approximate Meaning
Ichi	Ee-chee	One
Ni	Knee	Two
San	Sahn	Three
Shi/Yon	She/Yawn	Four
Go	Goh	Five
Roku	Roh-ku	Six
Shichi/Nana	She-chee/Nah-nah	Seven
Hachi	Hah-chee	Eight
Ku	Coo	Nine
Ju	Jyu	Ten
Ju-ichi, Ju-ni etc.		Eleven, Twelve etc.
Ni-ju, Ni-ju-ichi etc.		Twenty, Twenty one etc.
Hyaku, Sen, Man, Oku, Tyu		Hundred, Thousand, Ten thousand, One hundred million, Billion

Helpful Phrases:

Japanese Word	Approximate Pronunciation	Approximate Meaning
Sayonara	Sah-yoh-nah-rah	Good-bye
Arigato Gozaimasu	Ah-ree-gah-toe Go-zah-ee-mahss	Thank you
Sensei, Domo Arigato Gozaimashita	Sen-say, Doe-moe Ah-ree gah-toe Go-zah-ee-mahsh-tah	Sensei, thank you very much for what you have done (spoken by students at the end of aikido class)
Onegai Shimasu	Oh-nay-guy She-mahss	I make a request. (spoken when one wishes to practice with a fellow student or teacher)
Gomen Nasai	Go-men Nah-sigh	I'm sorry, excuse me
Do Itashimashite	Doe Ee-tah-she-mahsh-tay	Don't mention it. You're welcome
Ogenki Desu Ka	Oh-ghen-key Des-kah	How are you?
Okagesama De	Oh-kah-ghe-sama Day	Fine, thank you
Hajimemashite	Haji-may-mahsh-tay	Nice to meet you