

Terms Used

<i>Kamae</i>	Posture
<i>Hidari (Migi)</i>	Left (Right)
<i>Tori (Nage)</i>	Defender (Thrower)
<i>Uke</i>	Attacker
<i>Dori/Tori/Mochi</i>	Hold or to have (as in Mune Dori/Tori/Mochi)
<i>Irimi</i>	Enter
<i>Tenkan</i>	Turn
<i>Ushiro</i>	Behind
<i>Waza</i>	Techniques
<i>Nage</i>	Throw
<i>Osaewaza</i>	Pinning techniques on the ground
<i>Jime</i>	Lock
<i>Shimi</i>	Lock (usually applied just to strangles/chokes)
<i>Hiji</i>	Elbow
<i>Happo Undo</i>	8 Direction exercise
<i>Happo Giri</i>	8 Direction cutting

Names of main attacks used in Aikido training

<i>Katate tori</i>	One-handed grip on one wrist
<i>Ryote tori</i>	One-handed grip on each wrist
<i>Morote tori</i>	Two-handed grip on one wrist
<i>Mune tori</i>	One-handed grip on lapel
<i>Sode tori</i>	One-handed grip on one sleeve
<i>Kata tori</i>	One-handed grip on shoulder
<i>Ryokata tori</i>	One-handed grip on each shoulder
<i>Eri-tori</i>	Collar grasp at the back of the neck
<i>Ushiro ryotekubi tori</i>	Ryote-tori grip from behind (also: ushiro ryote tori)
<i>Ushiro ryokata tori</i>	Ryokata grip from behind
<i>Ushiro katate tori kubishime</i>	One-handed grip on wrist and choke from behind
<i>Tsuki</i>	straight punch
<i>Shomen uchi</i>	Vertical strike to the head
<i>Yokomen uchi</i>	Diagonal strike to the head
<i>Kata tori men uchi</i>	One-handed grip on shoulder with shomen-uchi strike
<i>Kata tori yokomen uchi</i>	One-handed grip on the shoulder with yokomen-uchi strike

Types of Aikido Training

<i>Hanmi Handachi waza</i>	Techniques executed with an attacker in a standing position and receiver in a kneeling position
<i>Henka waza</i>	Modify, vary or change technique(s) during execution
<i>Jiyu waza</i>	Multiple attacks
<i>Kaeshi waza</i>	Counter techniques
<i>Kata renshu</i>	Forms training
<i>Ki-no-nagare</i>	Flowing/continuous practice
<i>Kihon waza</i>	Basic/static training
<i>Randori</i>	Continuous practice with locks applied
<i>Suware waza</i>	Techniques executed both kneeling
<i>Sukashi waza</i>	Techniques that are used before an attack is initiated.
<i>Tachi waza</i>	Techniques executed both standing

Ukemi

<i>Mae</i>	Front straight breakfall
<i>Ushiro</i>	Rear straight breakfall
<i>Yoko</i>	Side straight breakfall
<i>Mae (or Ushiro, or Yoko) Kaiten</i>	Front (or rear, or side) roll breakfall
<i>Mae (or Ushiro)Tobu</i>	Front (or rear) fling or spring breakfall