

Term	Description
Aikido	Way of harmonizing energy.
Reigi	Etiquette or manners. All Aikido training should start and end with mindful respect of Aikido, the physical dojo, the people you are training with, and the instructor.
Nage	“Throw.” The person executing a technique.
Uke	“Receive.” The person receiving a technique.
Ukemi	The art of receiving techniques. Ukemi requires developing an acute awareness of your partner’s movement, and an ability to blend with and absorb their force. Taking ukemi from Sensei and your Sempai is a tremendously important part of learning aikido. Better ukemi = better aikido.
Dojo	“School.” The place where you learn aikido.
Sensei	“Teacher.” The person primarily responsible for teaching at the dojo.
Sempai	Persons more senior to you. Sempai are responsible for being good models of aikido training, and for assisting in the process of learning aikido.
Kohai	Persons more junior to you. You are responsible for modeling good aikido training and for assisting in your Kohai’s learning process.
Kyu	Rank before black belt. The lowest rank is 5th kyu (Gokyu) and the highest is 1st kyu (ikkyu). Preparing for rank examinations is an important tool in improving your aikido and fine tuning specific techniques as you progress in your understanding of aikido.

Term	Description
Ichi	One.
Ni	Two.
San	Three.
Shi	Four.
Go	Five.
Roku	Six.
Shichi	Seven.
Hachi	Eight.
Ku	Nine.
Ju	Ten.

Attack	Description
Katate Dori 	Single hand grab; Uke grabs Nage's left wrist with his right hand, for example
Gyakute Dori (also called Kosa Dori) 	Single hand grab; Uke grabs Nage's left wrist with his left hand, for example
Ryote Dori 	Two hand grab; Uke grabs Nage's left wrist with his right hand and Nage's right wrist with his left hand simultaneously
Morote Dori 	Two hand grab; Uke grabs Nage's wrist with both of his hands simultaneously, as if holding a baseball bat.
Kata Dori 	Single hand grab, Uke grabs Nage's shoulder.
Mune Dori 	Single hand grab; Uke grabs Nage's lapel in the middle of Nage's chest
Ushiro Ryote Dori 	Two hand grab from behind. Uke grabs Nage's right wrist with his right hand and Nage's left wrist with his left hand simultaneously.
Ushiro Ryo Kata Dori 	Two hand grab from behind. Uke grabs Nage's right shoulder with his right hand and Nage's left shoulder with his left hand simultaneously.
Ushiro Eri Dori 	One hand grab. Uke grabs the middle of Nage's collar from behind with one hand.
Kata Dori Menuchi 	One hand grab and strike. Uke grabs Nage's shoulder with one hand, and executes a strike to Nage's forehead with the other hand.

Attack	Description
Shomen Uchi 	Overhead strike to the forehead.
Yokomen Uchi 	Side strike to the temple.
Mune Tsuki 	Punch to the mid-section.

Attack	Description
Ikkyo 	<p>“First teaching.” Arm control using Uke’s wrist and elbow to draw them away from their center in a turning/spiraling motion. Ikkyo ends by pinning Uke’s arm to the ground at a 90 degree angle to their body.</p>
Nikkyo 	<p>“Second teaching.” Wrist lock executed by first compressing Uke’s wrist in its natural direction of movement, and then rotating Uke’s pinky finger toward their center. Nikkyo ends by pinning Uke’s shoulder to the ground and tightening the shoulder joint.</p>
Sankyo 	<p>“Third teaching.” Joint lock executed by rotating Uke’s wrist toward their center with their wrist straight. Sankyo is typically executed with Uke’s elbow raised up. Sankyo ends by pinning Uke’s shoulder to the ground and rotating their arm to tighten their shoulder joint.</p>
Yonkyo 	<p>“Fourth teaching.” Joint lock executed by cutting Uke’s elbow forward and down away from their center. Yonkyo also employs a pain response by using the ball of the index finger to excite either the median or radial nerve.</p>
Kotegaeshi 	<p>“Wrist turn.” Throw executed by turning Uke’s hand out, compressing their fingers, and leading them away, usually, from their center.</p>
Shihonage 	<p>“Four direction throw.” Throw executed by bending Uke’s elbow so that their wrist is over their shoulder and behind their center. The actual throw is performed by cutting their wrist back and down behind them as if cutting with a sword.</p>
Kaitennage 	<p>“Revolution throw.” Throw executed by turning Uke’s fully extended arm in a large circular motion, causing their center to extend forward and then down. The actual throw is performed by holding their head down and extending their arm forward above the shoulder.</p>
Jujinage 	<p>“Ten shape throw.” Throw executed by locking Uke’s arms together at the elbows and applying pressure. The shape of the arms crossed against each other resembles the Japanese character for ten or “ju.” - 十</p>
Iriminage 	<p>“Enter throw.” Throw executed by drawing a large circle over Uke’s head while they are connected closely to your shoulder and stepping, or entering, behind them. There are several other variations of Iriminage, but this is the simplest and most basic variation.</p>
Kokyunage 	<p>“Breath throw.” It can be said that all aikido techniques are kokyu. Any technique without a specific name is generalized as kokyunage. There are, however, several different throws that are lumped together under the specific classification of kokyunage.</p>