Eight Principles
of Aikidō and Aiki-Jūjutsu

礼法	reihō	respect
目付	metsuke	watching
間合	maai	distancing
構え	kamae	structure
合気	aiki	blending
呼吸	kokyū	timing
崩し	kuzushi	unbalancing
残心	zanshin	awareness

Counting
kata: kumite, aiki-ken

一本目	ippon me	1st
二本目	nihon me	2nd
三本目	sanbon me	3rd
四本目	yonhon me	4th
五本目	gohon me	5th
六本目	roppon me	6th
七本目	nanahon me	7th
八本目	happon me	8th
九本目	kyūhon me	9th
十本目	juppon me	10th

Attacks

正面打ち	shōmen-uchi	front-strike
横面打ち	yokomen-uchi	side-strike
正面突き	shōmen-tsuki	front-thrust
片手持ち	katate-mochi	1-hand hold
両手持ち	ryōte-mochi	2-hand hold
片手持ち	katate-aya-mochi	cross-hand hold
肩持ち	kata-mochi	shoulder hold
胸持ち	mune-mochi	chest hold
肘持ち	hiji-mochi	elbow hold
後ろ両手持ち	ushiro-ryōte-mochi	rear 2-hand hold
後ろ片手襟持ち	ushiro-katate-eri-mochi	rear 1-hand, neck hold
後ろ両肘持ち	ushiro-ryōhiji-mochi	rear 2-elbow hold
後ろ両肩持ち	ushiro-ryōkata-mochi	rear 2-shoulder hold
後ろ襟持ち	ushiro-eri-mochi	rear neck hold

Techniques

四方投げ	shihō-nage	four direction throw
一ケ条押え	ikkajō-osae	1st control pin
二ケ条押え	nikajō-osae	2nd control pin
三ケ条押え	sankajō-osae	3rd control pin
四ケ条押え	yonkajō-osae	4th control pin
側面入身投げ	sokumen irimi-nage	side entering-throw
正面入身投げ	shōmen irimi-nage	front entering-throw
肘締め	hiji-shime	elbow-tighten
肘当て呼吸投げ	hiji-ate kokyū-nage	elbow-strike breath-throw
小手返し	kote-gaeshi	forearm reversal
天地投げ	tenchi-nage	heaven-and-earth throw
呼吸投げ	kokyū-nage	breath-throw
呼吸法	kokyū-hō	breath-technique

Vocabulary (1)

合気道	Aikidō	joining energy way
修道館	Shūdōkan	hall to learn the way
先生	sensei	teacher
道場	dōjō	place for the way
道着	dōgi	uniform for the way
右	migi	right
左	hidari	left
半身の構え	hanmi no kamae	half-body stance
正座方	seiza hō	kneeling
礼法	rei hō	bowing
膝行法	shikkō hō	knee-walking
仕手	shite	doer
受け	uke	receiver
受身	ukemi	falls
基本動作	kihon dōsa	basic movements
基本技	kihon waza	basic techniques

Vocabulary (2)

武道	budō	martial way
養神館	Yōshinkan	hall to cultivate spirit
柔術	jūjutsu	gentle art
大東流	Daitō-ryū	Daitō-style
相半身	ai-hanmi	same stance
逆半身	gyaku-hanmi	opposite stance
立ち技	tachi-waza	standing technique
座り技	suwari-waza	sitting technique
半身半立ち	hanmi-handachi	1-sitting-1-standing
五技	go-waza	five-techniques
組手	kumite	grappling hands
自由技	jiyū-waza	free-techniques
護身術	goshin-jutsu	self-defense art
当て身	atemi	strike
短刀	tantō	knife
木剣	bokken	wooden sword

基本動作
Kihon Dōsa
Basic Movements

体の変更（一） tai no henkō (1) body change (1)	体の変更（二） tai no henkō (2) body change (2)
臂力の養成（一） hiriki no yōsei (1) elbow power training (1)	臂力の養成（二） hiriki no yōsei (2) elbow power training (2)
終末動作（一） shūmatsu dōsa (1) finishing movement (1)	終末動作（二） shūmatsu dōsa (2) finishing movement (2)

基本技
Kihon Waza
Basic Techniques
(3rd kyu - 1st kyu)

	shihō-nage	ikkajō	nikajō	sankajō	yonkajō	sokumen	irimi-nage	hiji-shime	hiji-ate	kote-gaeshi	tenchi-nage	kokyū-hō
shōmen		1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2		1 2 1 2	1 2 1 2		1 2 1 2		
yokomen	1 2	1 2 1 2		1 2 1 2	1 2 1 2		1 2 1 2	1 2 1 2		1 2 1 2		
katate	1 2		1 2 1 2			1 2 1 2						
ryōte	1 2										1 1	12
kata		1 2 1 2	1 2 1 2			1 2 1 2		1 2 1 2				
mune								1 2 1 2				
u.-ryōte		1 2		1 2								

基本技
Kihon Waza
Basic Techniques
(shodan, new waza)

	shihō-nage	ikkajō	nikajō	sankajō	yonkajō	hiji-ate	kote-gaeshi	tenchi-nage	kokyū-hō
shōmen	*					1 2 1 2			
yokomen			1 2 1 2						
tsuki							1 2 1 2		
katate	1 2	1 2 1 2			1 2 1 2	1 2 1 2			
ryōte	*							2 2	3
kata				1 2 1 2					
u.-katate-eri		1 2		1 2					

基本技
Kihon Waza
Basic Techniques
(shodan)

	shihō-nage	ikkajō	nikajō	sankajō	yonkajō	sokumen	irimi-nage	hiji-shime	hiji-ate	kote-gaeshi	tenchi-nage	kokyū-hō
shōmen	*	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2		1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2		
yokomen	1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2		1 2 1 2	1 2 1 2		1 2 1 2		
tsuki										1 2 1 2		
katate	1 2 1 2	1 2 1 2	1 2 1 2		1 2 1 2	1 2 1 2			1 2 1 2			
ryōte	1 2 *										1 2 1 2	123
kata		1 2 1 2	1 2 1 2	1 2 1 2		1 2 1 2		1 2 1 2				
mune								1 2 1 2				
u.-ryōte		1 2		1 2								
u.-katate-eri		1 2		1 2								