

It's not important to know the translations of words used in Aikido, but these are provided for anybody who is interested.

## Basic Terms

<b>Ai</b> - <i>harmony</i>	<b>Ki</b> (= Ch'i*) - <i>energy</i>	<b>Do</b> (= Tao*) - <i>way</i>	* Chinese
<b>Irimi</b> - <i>entering</i>	<b>Tori</b> - <i>person attacked</i>	<b>Uke</b> - <i>attacker</i>	
<b>Tenkan</b> - <i>turning</i>		<b>Nage</b> - <i>throw/person thrown</i>	

## Attacks

<b>Kata-te-tori</b>	<i>Kata - form, manner, way</i>	<b>Te</b> - <i>hand</i>	<b>Tori</b> - <i>person attacked</i>
<b>Katate-kosadori</b>	<i>Kosa - across</i>		<b>Dori</b> - ( <i>see Tori</i> )
<b>Shomen-uchi</b>	<i>Shomen - crown of head</i>	<b>Uchi</b> - <i>hit</i>	
<b>Yokamen-uchi</b>	<i>Yokamen - side of neck</i>	<b>Yoko</b> - <i>side</i>	
<b>Mune-tsuki</b>	<i>Mune - chest</i>	<b>Tsuki</b> - <i>punch</i>	
<b>Ryote-tori</b>	<i>Ryo - both</i>		
<b>Ushiro</b>	<i>Ushiro - behind</i>		
<b>Kubi-shimi</b>	<i>Kubi - throat</i>	<b>Shimi</b> - <i>strangle, throttle</i>	

## Throws and Immobilisations

<b>Shiho-nage</b>	<i>Shiho - four directions</i>	
<b>Kote-gaeshi</b>	<i>Kote - forearm</i>	<b>Gaeshi</b> - <i>reverse</i>
<b>Kokyu-nage</b>	<i>Kokyu - timing, breathing</i>	
<b>Tenchi-nage</b>	<i>Tenshin - Japanese God who held up the Heaven and the Earth.</i>	
<b>Kaiten-nage</b>	<i>Kaite - twist</i>	
<b>Koshi-waza</b>	<i>Koshi - hips</i>	
<b>Ikkyo</b>	<i>Ich - one</i>	<b>Kyo</b> - <i>number</i>
<b>Nikyo</b>	<i>Ni - two</i>	
<b>Sankyo</b>	<i>San - three</i>	
<b>Yonkyo</b>	<i>Yo - four</i>	

## Ki Development Exercises

(Always left side first)

<b>Funekogi undo</b> - <i>rowing</i>	<i>Funne - boat</i>	<b>Kogi</b> - <i>to row</i>
<b>Shomen-uchi ikkyo undo</b>	<i>Ikkyo - first, one way</i>	
<b>Zengo undo</b> - <i>two ways</i>	<i>Zen - front</i>	<b>Go</b> - <i>back</i>
<b>Happo undo</b> - <i>eight ways</i>	<i>Happo - eight times</i>	
<b>Tekubi kosa undo</b> - <i>cross wrists</i>	<i>Te-kube - wrist</i>	
<b>Sayu undo</b> - <i>sideways exercise</i>	<i>Sa - left</i>	<b>Yu</b> - <i>right</i>
<b>Udefuri undo</b> - <i>swing arms</i>	<i>Ude - arm</i>	<b>Furi</b> - <i>touch, contact</i>
<b>Udefuri choyaku undo</b> - <i>swing arms + Tenkan 2</i>	<i>Cho - head, centre</i>	<b>Yaku</b> - <i>about, around</i>
<b>Ushiro-tori undo</b> - <i>shrugging off exercise</i>	<i>Ushiro - behind</i>	
<b>Ushiro tekubi-tori undo</b> - <i>"bunny rabbits"</i> ( <i>forwards, then backwards</i> )		
<b>Tenkan undo</b> - <i>Tenkan 1, then Tenkan 2</i>		
<b>Koho tento undo</b> - <i>rolling</i>		

