



AIKIDO

Basic Vocabulary

Roles

Nage

- The person defending by performing proper technique.

Uke

- The person that agrees to attack so Nage can practice technique.

Movements

Irimi

- Entering movement.

Tenkan

- Turning movement.

Tenshin

- Stepping back movement.

Ukemi

- Falling.

Stances

Ai-hanmi

- Uke and Nage have the same stance before the attack starts.

Gyaku-hanmi

- Uke and Nage have the opposite stance before the attack starts.

Attacks

Shomenuchi

- Uke performs a overhand strike to Nage's head.

Yokomenuchi

- Uke performs a diagonal strike to Nage's head

Tsuki

- Uke performs a punch to Nage's stomach.

Katatetori

- Uke grabs Nage's wrist with one hand.

Ryotetori

- Uke grabs Nage's hands.

Katatori

- Uke grabs Nage's shoulder with one hand.

Kubishime

- Uke chokes Nage.

Ushiro

- Uke attacks from behind

Techniques

Ikkyo

- First technique.

Nikkyo

- Second technique.

Iriminage

- Entering throw.

Kokyunage

- Breath throw.

Kotegaeshi

- Wrist outturn.

Shihonage

- Four directions throw.

Tenshinage

- Heaven & earth throw.

Directions

Omote

- Technique done to the front.

Ura

- Technique done to the rear.