# Eight Principles of Aikidō and Aiki-Jūjutsu

礼法 reihō respect 目付 watching metsuke 間合 distancing maai 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
ーケ条押え	ikkajō-osae
二ケ条押え	nikajō-osae
三ケ条押え	sankajō-osae
四ケ条押え	yonkajō-osae
側面入身投げ	sokumen irimi-nage
正面入身投げ	shōmen irimi-nage
肘締め	hiji-shime
肘当て呼吸投げ	hiji-ate kokyū-nage
小手返し	kote-gaeshi
天地投げ	tenchi-nage
呼吸投げ	kokyū-nage
呼吸法	kokyū-hō

1st control pin
2nd control pin
3rd control pin
4th control pin
4th control pin
side entering-throw
front entering-throw
elbow-tighten
elbow-strike breath-throw
forearm reversal
heaven-and-earth throw
breath-throw
breath-technique

four direction throw

#### Vocabulary (1)

Vocabulary (2)

#### 基本動作

Kihon Dōsa Basic Movements

### 基本技

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

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

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

体の変更(一)	体の変更(二)
tai no henkō (1)	tai no henkō (2)
hody change (1)	hody change (2)

臂力の養成(一)	臂力の養成(二)
hiriki no yōsei (1)	hiriki no yōsei (2)
elbow power training (1)	elbow power training (2)

終末動作(一)	終末動作(二)
shūmatsu dōsa (1)	shūmatsu dōsa (2)
finishing movement (1)	finishing movement (2)

	shihō-nage	17.0.17.1	INNAJO	Siedin	IIIKajo	Sign	Samajo	Signature	yourajo	nomingo	SORGINGII		IIIIII-IIage	hiii chimo	21111115-1 first	hiji-ate	1,040 000 0401	KULC-gaesiii	tenchi-nage	kokyū-hō
shōmen		1 1	2 2	1 1	2 2	1 1	2	1 1	2 2			1 1	2	1 1	2		1 1	2 2		
yokomen	1 2	1 1	2 2			1 1	2	1 1	2 2			1	2 2	1 1	2 2		1 1	2 2		
katate	1 2			1	2 2					1	2 2									
ryōte	1 2																		1	12
kata		1	2 2	1 1	2 2					1	2 2			1	2 2					
mune														1	2 2					
uryōte		1	2			1	2													

### 基本技

Kihon Waza Basic Techniques (shodan, new waza)

## 基本技

Kihon Waza Basic Techniques (shodan)

	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					
ukatate-eri		1 2		1 2					

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shōmen		*	1 1	2	1 1	2	1 1	2	1 1	2			1 1	2	1 1	2 2	1 1	2	1 1	2			
yokomen	1	2	1 1	2	1 1	2	1 1	2	1 1	2			1 1	2	1 1	2 2			1 1	2 2			
tsuki																			1	2 2			
katate	1	2 2	1	2 2	1	2 2			1	2 2	1	2 2					1	2 2					
ryōte	1	* 2																			1	2 2	123
kata			1 1	2	1 1	2	1 1	2			1 1	2 2			1 1	2 2							
mune															1	2							
uryōte			1	2			1	2															
ukatate-eri			1	2			1	2															