

Aikido (Japanese) Phrase Sheet

onegai shimasu (o ne gai shi ma su): ‘I request a favor’ - said when bowing to instructor/partner at beginning of class/technique

domo arigato gozaimashita (dou mo ari ga tou go zai ma shi ta): ‘Thank you’ - said when bowing to instructor/partner at end of class/technique

(1) ichi (2) ni (3) san (4) shi (5) go (6) roku (7) shichi (8) hachi (9) ku (10) ju

Attack	Throw	Technique
Katate tori (One hand holding one hand)	Irimi nage (Entering throw)	Ikkyo (irimi & tenkan)
Morote tori (Two hands holding one hand)	Juji nage (Arm entwining throw)	Nikyo (irimi & tenkan)
Kata tori (Shoulder hold)	Kaiten nage (Rotary throw - uchi & soto, irimi & tenkan)	Sankyo (irimi & tenkan)
Ryokata tori (Grabbing both shoulders)	Kokyu nage (Breath throw)	Yonkyo (irimi & tenkan)
Ryote mochi (Two hands holding two hands)	Koshi nage (Hip throw)	Gokyo (irimi & tenkan)
Mune dori (One or two hand lapel hold)	Kote gaeshi (Wrist turn-out)	
Hiji tori (Elbow grab)	Shiho nage (‘Four direction’ throw)	
Ushiro tekubi tori (Wrist grab from behind)	Sumiotoshi (‘Corner drop’ - irimi & tenkan)	
Ushiro ryote tori (Two hands holding two hands from behind)	Tenchi nage (‘Heaven and earth’ throw - irimi & tenkan)	
Ushiro ryokata tori (Grabbing both shoulders from behind)		
Ushiro kubi shime (Rear choke)		
Shomen uchi (Overhead strike to head)		
Yokomen uchi (Diagonal strike to side of head)		
Tsuki (Straight thrust)		

E.g. Hanmi handachi (no) Yokomen uchi (no) Irimi nage (no) Sankyo (no) Omote (irimi)

Maai: Combative engagement distance

Kamae: A posture or stance

Hanmi: Triangular stance

Ai hanmi: Mutual stance (right foot to right foot)

Gyaku hanmi: Opposing stance (right foot to left foot)

Tachi waza: Standing techniques

Hanmi handachi: Nage sitting, uke standing

Suwari waza: Nage and uke seated

Henka waza: Changing techniques in mid-execution

Atemi: Strike to attacker

Ukemi: Graceful falling

Irimi: Entering movement

Tenkan: Turning movement

Omote: Nage enters in front of uke

Ura: Nage moves behind uke

Tenshin: Nage retreats 45 degrees away from uke

Soto: Movements done outside uke’s arm(s)

Uchi: Movement where nage moves inside (under) uke’s arm(s)

Technique	Kyu						Dan	
	6th	5th	4th	3rd	2nd	1st	1st	2nd
Kokyu tanden ho	*	*	*	*	*	*	*	*
Katate Dori: Tenkan	*	*	*	*	*	*	*	*
shihonage	*	*	*	*	*	*	*	*
ryote mochi kokyu tanden ho			*	*	*	*	*	*
Shomen Uchi: iriminage	*	*	*	*	*	*	*	*
ikkyo	*	*	*	*	*	*	*	*
nikyo		*	*	*	*	*	*	*
sankyo			*	*	*	*	*	*
yonkyo			*	*	*	*	*	*
Mune Tsuki: kotogaeshi	*	*	*	*	*	*	*	*
kaitenage		*	*	*	*	*	*	*
Kata Dori: ikkyo		*	*	*	*	*	*	*
nikyo		*	*	*	*	*	*	*
Yokomen Uchi: shihonage	*	*	*	*	*	*	*	*
kotegaeshi			*	*	*	*	*	*
iriminage			*	*	*	*	*	*
ikkyo			*	*	*	*	*	*
nikyo					*	*	*	*
sankyo					*	*	*	*
yonkyo					*	*	*	*
Ryote Dori: tenchinage			*	*	*	*	*	*
shihonage			*	*	*	*	*	*
Ushiro: ryokata dori ikkyo				*	*	*	*	*
ryote dori shihonage				*	*	*	*	*
kubi shime kotegaeshi				*	*	*	*	*
waza kokyunage				*	*	*	*	*
Koshinage (Shomenuchi, Yokomenuchi, Katate dori, Menetsuki)					*	*	*	*
Hanmi handachi (Katate Dori shihonage, Ryote Dori ikkyo)					*	*	*	*
Suwariwaza - ikkyo (Shomenuchi, Kata dori, Yokomenuchi)					*	*	*	*
Jiyu waza: one uche (Tashiwaza, Hanmi handachi, Suwariwaza)					+	*	*	*
Tanto Dori (Munetsuki, Shomenuchi, Yokomenuchi, Ushiro)					+	*	*	*
Tachi Dori: Bokken				+	+	+	*	*
Jo				+	+	+	*	*
Randorie: # uche	(1)	(2)	(3)	(4)	(4)	(4)	2	3
Kumi Tachi kata 1-5		(1-5)	(1-5)	(1-5)	(1-5)	(1-5)	1-5	1-12
Kumi Jo kata 1-6			(1-6)	(1-6)	(1-6)	(1-6)	(1-6)	1-6

* ASU standard testing requirement.

+ or () Dojo standard imposed to better prepare students for their dan tests.