

GLOSSARY

Ai Hanmi	- Mutual stance.
Aikido	- The way of aiki, harmony spirit way.
Arigato	- Thank you.
Ate	- Strike.
Atemi	- Strike, hit, blow.
Bokken	- Wooden practice sword.
Dojo	- A training hall.
Hajime	- Begin.
Hanmi	- Half stance, ready position with one foot forward.
Irimi	- Entering.
Irimi Issoku	- Enter with a single step.
Irimi Nage	- Entering throw.
JiyuWaza	- Free style.
Jo	- 4 foot staff.
Kaiten Nage	- Wheel throw.
Katate	- Single hand grab.
Kihon dosa	- Foundation movements.
Kokyu Nage	- Breath throw.
Ma Ai	- Combative distance.
Matte	- Wait.
Nage	- Throw.
Nanami giri	- Oblique strike.
Rei	- Bow.
Ryote	- Both hands.
Ryote Dori	- Grap with both hands.
Saya No Uchi No Kachi	- Victory in the saya.
Sayabanare	- The sword leaving the saya.
Sayabiki	- Pulling the scabbard back.
Sayaguchi	- Mouth of the scabbard (koi guchi).
Seichushin	- Through the centre.

Seiretsu	- Stand in line.
Seitei Kata	- Established series of forms ZNKR
Seiza	- Kneeling down.
Sen Sen No Waza	- Attacking before the opponent strikes.
Sensei	- Teacher.
Shiho Nage	- Four direction throw.
Shikko	- Walking on the knees.
Shisei	- Posture
Shomen	- Front.
Shomen uchi	- Striking the opponents head.
Suwari	- sitting.
Suwari Waza	- Techniques with tori and uke sitting.
Tabi	- Split toe socks, Formal soft footwear for inside the dojo.
Tachi	- Standing
Tachiwaza	- Standing techniques.
Tanto	- Knife with blade less than 12 inches (usually wooden in the dojo).
Tate hiza	- Sitting with one knee drawn up.
Tenchi Nage	- Heaven and earth throw.
Tenkan	- Pivot turn.
Tori	- The person applying the technique.
Tsuki	- Thrust.
Uchi	- Strike..
Udegarami	- Figure four arm entanglement.
Uke	- The person receiving the technique.
Ukemi	- Breakfalls.
Ushiro	- Behind, rear.
Yokomen uchi	- Strike to the side of the head.
Zanshin	- Remaining spirit, awareness.