

# First Vocabulary List

1. Onegaishimas	<b>Please join me</b> Request: "Will you please join me?" Informal: "Let's do it!" or "shall we" Note: can be used call and response where in english one person would say "can I join you" and the other would say "yes please let's get started" two japanese people would just say onegaishimas.
2. Domo Arigato Gozaimashita	<b>Thank you very much</b> Arigato is "thank you" Domo and gozaimashita make it more formal and decorative; in English we could say "thanks" or we could say "Many gracious thanks to you honorable one"
3. Kamiza	<b>The focal point of attention at the front of the room</b> Noun: Best seat in the house Noun: Spirit shelf
4. Uke	<b>The one who receives the technique</b> Ukemi - Noun: methods for receiving the throw In Aikido, Uke: <ol style="list-style-type: none"><li>1. Initiates the attack</li><li>2. Follows Nage in the technique</li><li>3. Takes the fall or pin</li></ol>
5. Nage	<b>Person who throws</b> In Aikido, Nage: <ol style="list-style-type: none"><li>1. Responds to the attack</li><li>2. Takes balance</li><li>3. Leads uke into the fall or pin</li></ol>
6. Hanmi	<b>Aikido Stance</b> Literally half-stance. Because one foot is behind the other, only half the body is presented.
7. Shikko	<b>Aikido Knee Walking</b> Verb: to walk on the knees Noun: The activity of knee walking

## Second Vocabulary List

8. Gyaku (hanmi)	<p><b>Opposite stance</b>          Gyaku - Adjective: opposite, reverse, converse          Hanmi - Noun: Aikido Stance (see first vocab list)          The left foot and hand of one partner matches the right of the other... as if in a mirror.</p>
9. Ai (hanmi)	<p><b>“Same” stance</b>          Ai - Adjective: Harmony          Both partners would have the same foot forward and same hand forward, with both right or both left... as you would when shaking hands.</p>
10. Kata (dori)	<p><b>Shoulder</b>          Kata - Noun: Shoulder          Dori: grab          Kata Dori: For this attack we actually grab the gi at the shoulder not the shoulder itself.</p>
11. Katate (dori)	<p><b>Wrist</b>          Katate - Noun: Wrist          Katate Dori: This attack is a wrist grab with a firm grip.</p>
12. Omote	<p><b>To the front</b></p>
13. Ura	<p><b>To the rear</b></p>
14. Uchi	<p><b>Inside, under</b></p>
15. Soto	<p><b>Outside</b></p>
16. Jodan	<p><b>High Level/Head Level</b>          Highest of the three levels at which parts of a technique can occur. (Jodan chudan and gedan)</p>

## Third Vocabulary List

17. Tai no henko	<b>Turn the body (exercise)</b>
18. Sumi otoshi	<p><b>Corner Drop Throw</b>  Sumi - Noun: Corner  Otoshi - Noun: Drop  This throw involves applying a gentle but substantial “heaviness” and dropping of the weight, applied to the natural bend of the elbow, in the direction of the point of least balance behind uke.</p>
19. Kokyu (Nage)	<p><b>Breath Throw</b>  Kokyu - Noun: breath  Kokyu - Adjective: related to breath  Kokyu Nage: A general name used for a number of different throws. They are united by the fact that they don’t involve directive force applied as joint locks, and that they often work to project the ukes momentum, resulting in a roll.</p>
20. Kokyu Ho	<b>A specific, very common seated two handed throw</b>
21. Irimi (Nage)	<p><b>Entering</b>  Irimi - Noun: the act of entering  Irimi - Adjective: a way of describing a movement as an entering movement  Irimi Nage: a general class of throws that involve a direct entering motion, connecting uke’s head to nage’s shoulder, and taking uke’s balance by turning.</p>
22. Kaiten Nage	<p><b>Wheel throw, windmill throw</b>  Kaiten - General: round or turning, turn like a wheel, revolve, windmill, renew, change  Kaiten Nage: A throw that creates a circular motion that uke must follow, then returns the rotation by moving uke’s arm in a way similar to the arm of a windmill, crossing the direction of their balance</p>