



AikiWords

Japanese words every AikiKid needs to know

Training

Footwork	<i>Tai sabaki</i>	Thrower/receiver	<i>Nage/Uke</i>
Forward roll.....	<i>Mae ukemi</i>	Backward roll	<i>Ushiro ukemi</i>
Sitting on toes	<i>Kiza</i>	Knee walking.....	<i>Shikko</i>
Enter forwards	<i>Irimi mae</i>	Enter backwards	<i>Irimi ushiro</i>
Turn	<i>Tenkan</i>	Step and turn	<i>Irimi tenkan</i>
Turn on feet (pivot)	<i>Tenkai</i>	Seated technique	<i>Suwari waza</i>
Left stance	<i>Hidari hanmi</i>	Right stance	<i>Migi hanmi</i>
Same stance	<i>Ai hanmi</i>	Opposite stance	<i>Gyaku hanmi</i>
Walking step	<i>Ayumi-ashi</i>	Rowing exercise	<i>Funakogi undo</i>
Cutting exercise	<i>Kiriage-kirisage</i>	Grab same hand	<i>Katata-dori</i>
Grab opposite wrist	<i>Kosa-dori</i>	Grab both wrists	<i>Ryote-dori</i>

Etiquette

Formal sitting	<i>Seiza</i>	Stop	<i>Yame</i>
Teacher	<i>Sensei</i>	I am sorry	<i>Gomen nasai</i>
Yes	<i>Hai</i>	Please excuse me	<i>Sumimasen</i>
Thank you very much	<i>Domo arrigato gozaimashita</i>		
Please teach/show me	<i>Onegaishimasu</i>		

Counting

One	<i>Ichi</i>	Two	<i>Ni</i>
Three	<i>San</i>	Four	<i>Shi</i>
Five	<i>Go</i>	Six	<i>Roku</i>
Seven	<i>Shichi</i>	Eight	<i>Hachi</i>
Nine	<i>Ku</i>	Ten	<i>Ju</i>

