

SHIN SHIN TOITSU AIKIDO

GLOSSARY

ATTACKS

shomenuchi	strike to center of head
yokomenuchi	strike to side of head
munetsuki	blow to chest
katatori	shoulder grab
katatetori	single hand grab, same side
katatekosatori	cross-hand grab
keri	kick
kubijime	choke
ryotetori	two hands grab two wrists
ryotemochi	two hands grab one wrist
ushiotori	grab chest (around arms) from behind
ushiro tekubitori	grab wrists from behind
ushiro katatori	grab shoulders from behind
ushiro kubijime	grab one wrist from behind, other side choke hold
ushiro hijidori	grab elbows from behind
ushiro ryokatatori	grab both shoulders from behind (grab gi)
zagi handachi	attack on kneeling nage

BASIC TECHNIQUES

kokyunage	breath or momentum throw
shihonage	4 direction throw
koteoroshi	wrist down, back of hand technique (formerly kotegaeshi)
ikkyo	1 st technique
nikkyo	2 nd technique
sankyo	3 rd technique
yonkyo	4 th technique
gokyo	5 th technique
enundo	throw in which the uke falls backward
hantai	opposite or reverse
irimi	moving to the inside, moving into
irimi nage	entering throw
jujinage	arm entwining throw
kaitennage	wheel throw
kirikaeshi	cut-back
makikaeshi	recovery, rollback

sudori	passing through without stopping
tenchinage	heaven & earth throw
tenkan	turning outside or away
zenponage	forward throw

PARTS OF THE BODY

ashi	leg
atama	head
do	torso, trunk
hiji	elbow
kata	shoulder
katate	one hand
koshi	hips
kote	hand, back side of palm
kubi	neck
men	face
mune	chest
ryote	both hands (ryo: both)
shomen	forehead (also front of dojo)
te	hand
tekubi	wrist
ude	arm
yokomen	side of head

OTHER TERMS

agura	sitting cross-legged
bokken	wooden sword
choyaku	leap forward
dosa	movement, action
funekogi	rowing a boat
handachi	sitting on knees
hanmi	triangle stance, one foot forward; showing one-half of body to opponent
happo	eight directions
irimi	move into opponent
jo	wooden stick
joho	upper
kaho	lower
kaiten	circular fall, rotation
ken	sword
koho	rear, back
kohotento	rolling back from agura

kokyu	breath
kosa	cross
koshin	move backward
ma'ai	proper distance between partners
mochi	grab, just holding, no motion (see tori)
sayu	indicates left/right direction
seiza	sit upright
shiho	four directions
shikko	knee walking
shin shin toitsu	unification of mind and body
tanto	dagger
tenchi	heaven and earth. top and bottom
tento	tumbling fall
tori	motion to grab (see also mochi)
tsuki	thrust, stab
uchi	strike
udefuri	swing arms
udemawashi	turn arms
ukemi	passive or defensive movement
undo	exercise
ushiro	rear, behind
waza	technique
yoko	side
zengo	indicates forward/backward direction
zenpo	forward, ahead
zenshin	move forward