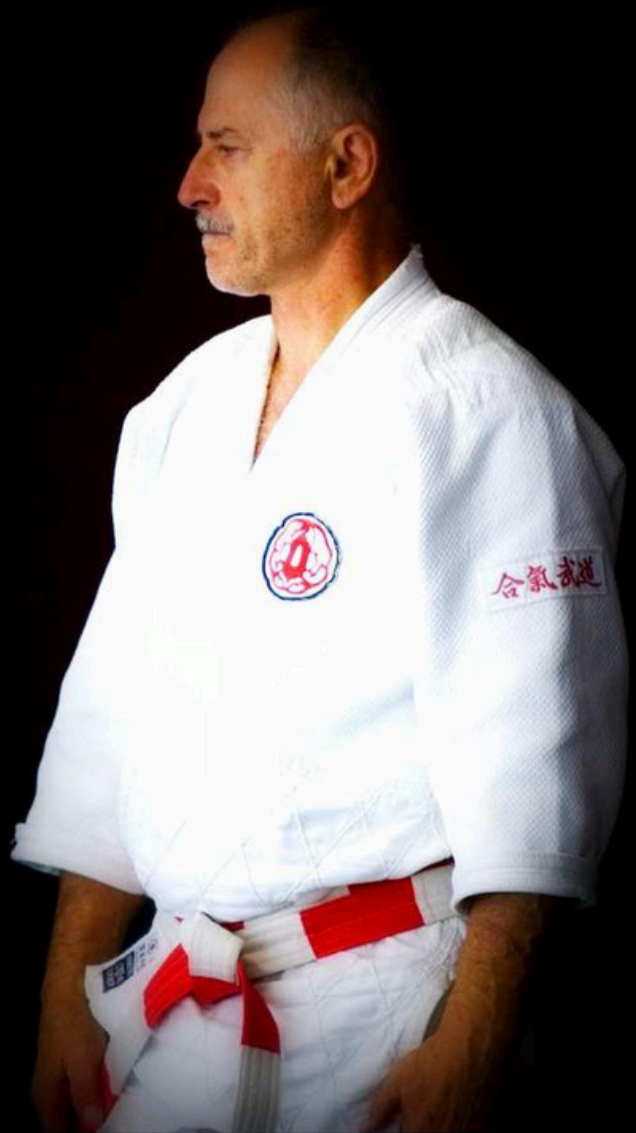


AïKIBUDO

TECHNICAL GLOSSARY



THE PATH OF **HARMONY** THROUGH MARTIAL PRACTICE

www.aikibudo.com

Aikibudo is a martial art created by Master Alain Floquet. This art draws its sources from traditional Japanese martial arts. All technical terms are therefore in this language.

In addition to the techniques, the practitioner must gradually learn the names of the techniques he/she practices.

In addition to the techniques, you will find for your culture the translation of numbers, parts of the body...

Thank you to everyone who made this glossary possible.

<http://www.aikibudo.com>



FOUNDATIONS

KAMAE : the guard

Shisei = Stance :	chest straight and eyes directed towards the partner or opponent, the hands in a high (Jodan), medium (Chudan) or low (Gedan) or mixed position.
Migi Kamae :	Right side forward
Hidari Kamae :	Left side forward
Ai Hanmi No Kamae :	The partners are in the same guard position
Gyaku Hanmi No Kamae :	The partners are in the guard position

MA AI : The Distance

Chika-Ma :	Small distance (close contact)
Ma :	Medium distance (ca. 1 step)
To-Ma :	Big distance (several steps)

UKEMI : The Fall

Mae Ukemi :	Forward fall
Ushiro Ukemi :	Backwards fall
Yoko Ukemi :	Lateral fall

TAI SABAKI : The channeling movement, body manoeuvre

Irimi :	In penetration with a step of the front leg forward, in a slight external oblique, and rotation
O Irimi :	In penetration of a step of the rear leg towards the front and external rotation
Nagashi :	Pivot on the front foot or the back foot, without leaning from the straight position
Hiraki :	Lateral movement followed by a rotation of the pelvis, without crossing the legs.

HOJO UNDO : Specific Educational Movements

Nigiri Kaeshi :	Release and recapture of the opposing wrist, repetitive movement without break, in Chika Ma.
Neji Kaeshi :	Repetitive reversal of situation, on outstretched arm elbow lock (Robuse), in Chika ma.
Oshi Kaeshi :	On Ryote Dori seizure, returns the opponent's force by pushing both arms backwards.
Shinogi :	Channeling and repetitively returning a punch to the face with the inner edge of the wrist.
Tsuppari :	Game of control of the opposing force on opposing push at shoulder level.



TE HODOKI: release of seizure, response by atemi (preferred educational movements on reference seizures)

Mae : front :

Jyunte Dori :	grip of a wrist facing externally.
Gyakute Dori :	grip of a wrist facing internally.
Dosokute Dori :	grip of an internal oblique wrist.
Ryote Ippo Dori :	grasping a wrist with both hands.
Ryote Dori :	grip with both wrists.
Muna Dori (Mae Eri Dori) :	one-handed backhand grip
Sode Dori :	grasping a sleeve at arm height.
Ryo Sode Dori :	grab both sleeves at arm height.
Mae Kumi Tsuki :	before entering on front encirclement (stick-to-ground type)

Ushiro : back :

Ushiro Eri Dori :	seizure of the collar cuff at the nape of the neck.
Ushiro Ryote Dori :	grip with both wrists.
Ushiro Uwate Dori :	encircling with arms the body over the arms
Ushiro Shitate Dori :	encircling with arms the body under the arms
Ushiro Katate Dori Eri Shime :	seizure and constraint of one arm in armlock with strangulation
Ushiro Ryo Sode Dori :	seizure of both sleeves

TSUKI & UCHI WAZA : the attacks

Tsuki Jodan :	direct punch at face level
Tsuki Chudan :	direct punch at abdomen level
Choku tsuki :	direct punch with the advancement of the body
Koshi tsuki :	straight punch with the hips
Hiki tsuki :	direct punch back from the pelvis
Omote Yoko Men Uchi :	inner circular strike on the side of the head
Ura Yoko Men Uchi :	circular backhand strike to the side of the head
Shomen Uchi :	vertical strike on the top of the head (with weapon)
Mae-geri :	direct kick from the front
Yoko-geri :	side direct kick
Mawashi-geri :	straight forward circular kick
Ura-mawashi-geri :	backward circular kick
Ushiro-geri :	straight back kick

NAGE WAZA : the throw techniques

Tai Waza : body technique

Mukae Daoshi :	throw by moving towards the opponent
Ura Mukae Daoshi :	same but reversed
Koshi Nage :	hip throw
Ushiro kata otoshi :	throw backwards by action on the shoulders
Ushiro Hiki Otoshi :	throw backwards by pulling on one arm
Mae Hiki Otoshi :	throw forward by pulling on one arm
Te Uchi Mata Gaeshi :	throw by hitting with the hand from the inside of the crotch
Gyaku Te Uchi Mata Gaeshi :	same but reversed body position
Do Gaeshi :	direct throw with arms around the body



Gyaku Do Gaeshi : same but reverse body position

Tobu Waza : head techniques

Hachi Mawashi : rotate the top of the head (top of the helmet)
Mae tobu Nage : projection forward by grabbing the head
Ura tobu nage : same but reversed body position

Kote Waza : wrist techniques

Kote Gaeshi : wrist inversion (flexion form)
Neji Kote Gaeshi : wrist twisting (twisting form)
Gyaku Kote Gaeshi : same but hands reversed
Yuki Chigae : move crossing each other
Kote Kudaki : break the wrist into pieces

Ude Waza : arm techniques

Shiho Nage : in all directions
Tenbim Nage : the balance
Ura Ude Nage : arm back
Robuse : rowing (movement to bring to the ground)
Ude Garami : tangle arms (higher level action)
Juji Garami : arms crossed
Ura Kata Ha : folding the arm behind the back like a chicken wing
Kataha Otoshi : chicken wing and drop
Eri Tori Kata Ha : chicken wing with neck seizure
Mae Hiji Kudaki : break the elbow into pieces (forward)
Ushiro Hiji Kudaki : same (backwards)
Hiji Gaeshi : elbow reversal
Ude Kake Mae Hiki Otoshi : drop by hooking the arm and pulling forward

Ashi waza : leg techniques

Ashi Tori Oshi taoshi : leg hold and push
Ashi Tori Sukui Taoshi : same but with spoon pickup
Ashi Tori Neji Taoshi : same but with twist

Shime waza : strangulation techniques

Ude Jime (1st strangulation) : with the arm
Eri Jime (2nd strangulation) : with the collar
Kataha Jime (3rd strangulation) : chicken wing
Oyayobi Jime (4th strangulation) : with thumb
Genko Jime (5th strangulation) : with fist

Sutemi Waza : techniques of sacrificing the verticality of the body causing the partner to fall

Han Sutemi : sutemi finishing on knees
Kubi Otoshi Sutemi (1st sutemi) : push on the neck
Hazu Otoshi Sutemi (2nd sutemi) : push in the abdomen



Harite Sutemi (3rd sutemi) :	pushing the palm of the hand up to the face
Hiji Kake Sutemi (4th sutemi) :	hooking the elbow
Soto Waki tori Sutemi (5th sutemi) :	throw the opponent to the side
Ude Tomoe Sutemi (6th sutemi) :	wheel around the arm
Ude Kake Sutemi (7th sutemi) :	hooking the arm
Gyaku Ude Kake Sutemi (8th sutemi) :	idem but reversed position
Eri Tori Sutemi (9th sutemi) :	collar grab
Hiji Oshi Sutemi (10th sutemi) :	elbow push
Do Gaeshi Sutemi (11th sutemi) :	torso reversal
Tobi Nori Sutemi (12th sutemi) :	jump and make fly
Kan Nuki Otoshi Sutemi (13th sutemi):	with lock

Osae Waza : immobilization techniques

Hiji Kansetsu :	key on elbow
Kata Kabsetsu :	key on shoulder
Te Kubi Kansetsu :	key on wrist
Ude Kansetsu :	key on arm

Hikitate Waza : constraint techniques to pull

Kan Nuki Hikitate :	arm lock
Hiji Mage Hikitate :	crushing of the hand on the forearm, elbow bent
Kataha Jime Hikitate :	chicken wing and choke
Shiho Hikitate :	all directions

BUKI DORI : The weapons

Manual use

Tanto dori :	dagger
Tanbo dori :	short stick
Hambo dori :	medium stick
Tonfa Jutsu :	various defense techniques with side-handled stick

Historic School of KATORI SHINTO RYU (traditional practice)

Ken jutsu :	kata with Japanese sword
Bo jutsu :	kata with a long staff
Naginata jutsu :	kata with a polearm
Iai jutsu :	quick-draw sword technique (classic and Yoseikan)



AIKI JUJUTSU

Historic School of DAÏTO RYU AIKI-JUJUTSU :

(with 5 series of kata, from Ikkajo to Gokkajo)

Ikkajo et Nikkajo (1st and 2nd series)

- Idori (suwari waza) :** series of kneeling defense techniques
- Tachi Ai :** series of techniques in standing defense, frontal attacks
- Ushiro Dori :** series of techniques in standing defense, attacks from behind
- Hanmi han tachi waza :** series of kneeling defense against standing attacking opponent (called "Go Ten" defense in a fortress)

KATA : the Kata

- Kihon Nage waza :** fundamental kata of throw techniques
- Kihon Osae Waza :** fundamental kata of immobilization techniques
- Happoken Kata :** kata of striking in the eight directions
- Suwari Waza :** fundamental kata of kneeling techniques
- Tai No kata :** historical kata (armor)
- Tanto No kata :** dagger kata
- Tambo no kata :** short stick kata
- Gen Ryu No Kata :** kata of origins
- Iai jutsu :** art of drawing (ken) of the Yoseikan school and the Katori school

RANDORI: dynamic and realistic application

- Wa no seishin :** dynamic shape, flexible and in harmony of movements leading to the fall
- Ju No randori :** flexible shape
- Futari dori randori :** against two opponents (technical)
- Taninzu Dori Randori :** more than two opponents (dodges/channeling)
- Buki dori Randori :** against weapons (tanto, tambo, hambo)

ADDITIONAL GLOSSARY

The numbers

ICHI	One	1
NI	Two	2
SAN	Three	3
SHI (yon)	Four	4
GO	Five	5
ROKU	Six	6
HICHI	Seven	7
HACHI	Eight	8
KU (kyu)	Nine	9
JU	Ten	10
JUICHI	Ten / One	11
JUNI	Ten / Two	12
JUSAN	Ten / Three	13
JUSHI	Ten / Four	14
JUGO	Ten / five	15



JUROKU	Ten / Six	16
JUHICHI	Ten / Seven	17
JUHACHI	Ten / Eight	18
JUKU (jukyu)	Ten / Nine	19
NIJU	Two / Ten	20
NIJUICHI	Two / Ten / One	21
NIJUNI	Two / Ten / Two	22
SANJU	Three / Ten	30
YONJU (shiju)	Four / Ten	40
GOJU	Five / Ten	50
ROKUJU	Six / Ten	60
HICHIJU	Seven / Ten	70
HACHIJU	Eight / Ten	80
KYUJU	Nine / Ten	90
HYAKU	Hundred	100
SEN	Thousand	1000

THE ATTACKS

SEME (Uke)	Threatening gesture	Attacker
TORI (Shite)	Who defends himself	The one who executes the
ATEMI	Hit / Body	Body Strike technique
OMOTE YOKO MEN UCHI	Positive / Side / Face, head / Attack	Attack on one side of the head
URA YOKO MEN UCHI	Opposite / Side / Face, head / Attack	Backhand strike to the side of the head
MEN UCHI	Face, head / Strike	Strike to the face
SHOME UCHI	Top-Head Strike /	Direct strike to the head
TSUKI	Surface Punch Strike /	Direct punch
URAKEN	Hand Fist / Saber	Backhand strike to the fist
SHUTO		Strike with the ext. cutting edge of the hand
TEISHO	Palm	Strike of the palm of the hand
NUKITE	Strike / Hand	Strike of the tips of the 4 fingers
HITSUI / HIZA GERI (keri)	Knee / strike	Knee strike
KERI (geri)	Knee or foot strike	Direct kick
MAE KERI KEAGE	Forward / direct kick / fouette	direct kick forward fouette
MAE KERI KEKOMI	Forward / direct kick / profound	Smashing front kick
KOSHI	Tiger tooth	Kick with the sole of the foot
SOKUTO	Foot / Sword	Kick with the edge of the foot
YOKO KERI KEKOMI	Side / direct kick / profound	Smashing side kick
MAWASHI KERI	Turn / direct kick	Roundhouse kick



USHIRO KERI	Back / Kick	Back kick
JODAN	High level	High attack, to the face
CHUDAN	Mid / Level	Body attack
GEDAN	Low level	Low attack
SEME (Uke)	Threatening gesture	Attacker
TORI (Shite)	Who defends himself	The one who performs the technique

THE BODY PARTS

AGO	Chin
AKIRESUKEN	Achilles tendon
ASHI	Leg, foot
ATAMA	Head
DO	Trunk
DOSOKU	Same side (DO = same Soku = side)
EMPI	Elbow (modern) > Elbow
GENKO	Fist
HARA	Belly
HARITE	Sumo technique: strike or push with the palm on the side of the face
HAZU	Flank, rib
HIJI	Elbow
HIZA / HITSUI	Knee
HIZA-KANSETSU	Knee joint
JINCHU	Under the nose
KACHIKAKE	Throat
KAKATO	Heel
KANSETSU	Joint
KASUMI	Temple
KEN	Fist
KENTEKI	Testicles
KOSHI (goshi)	Hip
KOTE	Forearm
KUBI	Neck
MATA	Thigh
MEN	Face, face
MUNE (muna)	Chest
MYOJO	Center of the stomach
OYAYOBI	Thumb
SAKATE	Opposite, reverse = Gyaku
SHINZO	Heart
SHOMEN	Front
SOKU	Foot
SUIGETSU	Solar plexus
SUNE	Tibia
TEISOKU	Sole of the foot
TE	Hand
TEKUBI	Wrist



TENTO
TOBU
TSURIGANE
UDE
UTO
WAKI
YUBI

Top of head
Head
Genitals
Arm
Between eyes
Armpit
Finger



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