



Aikido Technique Terminology

The terminology for Aikido techniques are usually given as: POSITION + ATTACK + TECHNIQUE + DIRECTION
e.g. AIHANMI KATATE DORI IKKYO URA

POSITION 位置

AIHANMI	相半身	MATCHED STANCE. <i>uke</i> and <i>nage</i> have the same foot forward. 順半身
GYAKUHANMI	逆半身	OPPOSITE STANCE. Mirror-image, <i>uke</i> and <i>nage</i> have the opposite foot forward. 逆半身
HANMI HANDACHI	半身半立	STAND-SIT STANCE TECHNIQUE. Techniques with <i>nage</i> sitting, <i>uke</i> standing 半立坐姿
SUWARIWAZA	座り技	SITTING TECHNIQUE 坐姿
TACHIWAZA	立ち技	STANDING TECHNIQUE 立姿

ATTACK 攻撃

KATATE DORI	片手取り	WRIST GRAB 單手抓
KOSA DORI	交差取り	CROSS HAND GRAB 順半身單手抓
KATA DORI	肩取り	SHOULDER GRAB 肩抓
MUNE DORI	胸取り	COLLAR GRAB 領抓
SHOMENUCHI	正面打ち	STRIKE 正面打
YOKOMENUCHI	横面打ち	SIDE STRIKE 斜打
TSUKI	突き	PUNCH 前打
MOROTE DORI	諸手取り	BOTH HANDS GRAB ONE WRIST 雙手抓單手
RYOTE DORI	両手取り	BOTH HANDS GRAB BOTH WRISTS 雙手抓雙手
USHIRO RYO KATATE DORI	後ろ両手片手取り	BOTH WRISTS GRAB FROM BEHIND WITH WRIST GRAB 後方雙手抓
USHIRO RYO KATA DORI	後ろ両手肩取り	BOTH SHOULDER GRAB FROM BEHIND 後方雙肩抓
USHIRO KUBI SHIME	後ろ首絞め	NECK CHOKE FROM BEHIND WITH WRIST GRAB 後方掐脖子
TANTO DORI	短刀取り	DISARMING TECHNIQUES AGAINST KNIFE(DAGGER) ATTACK 奪短刀
KEN DORI	劍取り	DISARMING TECHNIQUES AGAINST SWORD ATTACK 奪劍
JO DORI	杖取り	DISARMING TECHNIQUES AGAINST STICK ATTACK 奪杖

TECHNIQUE 招式

IKKYO 一教 (腕抑え/ <i>Ude Osae</i>)	FIRST TEACHING (PRINCIPLE), elbow control (arm bar), 一教 (控制手臂)
NIKYO 二教 (小手回し/ <i>Kote Mawashi</i>)	SECOND TEACHING (PRINCIPLE), wrist turn in, 二教 (扭转手腕)
SANKYO 三教 (小手捻り/ <i>Kote Hineri</i>)	THIRD TEACHING (PRINCIPLE), wrist twist in, 三教 (捻转手腕)
YONKYO 四教 (手首抑え/ <i>Tekubi Osae</i>)	FOURTH TEACHING (PRINCIPLE), wrist/finger press, 四教 (控制手腕、肘、肩)
GOKYO 五教 (腕伸ばし/ <i>Ude Nobashi</i>)	FIFTH TEACHING (PRINCIPLE), elbow control technique (arm like a bridge – knife defense), 五教 (伸展手臂、控制肘和腕)
ROKKYO 六教 (肘極め抑え/ <i>Hiji Kime Osae</i>)	SIX TEACHING (PRINCIPLE), arm control technique (elbow lock), 六教 (控制手肘)
SHIHO NAGE 四方投げ	FOUR-DIRECTION THROW 四方摔
IRIMI NAGE 入身投げ	ENTERING THROW 入身摔
KOTEGAESHI 小手返し	WRIST TURN 反手摔
TENCHI NAGE 天地投げ	HEAVEN AND EARTH THROW 天地摔
KAITENAGE-UCHI & SOTO 回転投げ (内/外)	WHEEL(ROTARY) THROW (INNER/OUTER) 迴轉摔 (内/外)
KOKYU NAGE 呼吸投げ	BREATH THROW 呼吸摔
SUWARIWAZA KOKYU HO 座り技呼吸法	BREATH THROW IN KNEELING POSITION 坐姿呼吸法
KOSHI NAGE 腰投げ	HIP THROW 腰摔
JUJI NAGE 十字投げ	ARMS CROSS THROW 十字摔
SUMI OTOSHI 隅落とし	CORNER DROP 空氣摔
UDEKIME NAGE 腕極め投げ	ARM EXTENSION THROW 手臂摔
JIYUWAZA 自由技	FREESTYLE ATTACKS AND DEFENCES 自由技法
RANDORI 乱取り	MULTIPLE PERSONS ATTACK 多人攻撃

DIRECTION 方向

OMOTE 表	FORWARD 往前方 (陽)
URA 裏	BACKWARD 往後方 (陰)

OTHERS

SHIKKO 膝行	KNEE WALKING 膝行
UKEMI (MAE & USHIRO) 受け身 (前/後ろ)	FORWARD & BACKWARD ROLL 前面護身/ 後面護身
HIDARI & MIGI HANMI 左/右半身	LEFT & RIGHT STANCE 左半身/右半身
IRIMI TENKAN 入身、轉換	ENTER, TURN 入身、轉換
MA AI 間合い	DISTANCE 距離
TAI NO HENKO 体の変更	BODY BLENDING 轉換(身体)
KEN SUBURI 劍素振り	BASIC BOKKEN TECHNIQUES 基本劍
KUMITACHI 組太刀	PARTNERED BOKKEN TECHNIQUES 組劍
JO SUBURI 杖素振り	BASIC JO TECHNIQUES 基本杖
JO AWASE 杖合わせ	JO MATCHING 合杖
KUMI JO 組杖	PARTNERED JO TECHNIQUES 組杖
FUNAKOGI UNDO 船漕ぎ運動	ROWING EXERCISE 划船運動