

# AIKIDO, THE WAY OF HARMONY

## GLOSSARY OF TERMS

### The Basics

**Nage** (n.) - partner who executes technique  
**Uke** (u.) - partner who attacks & receives technique  
**Ukemi** - the art of attacking and receiving techniques  
**Omote** - directed to the front side of u.  
**Ura** - directed to the backside of u.  
**Tachiwaza** - techniques from the standing position  
**Suwariwaza** - techniques from sitting position  
**Hanmi-handachi** - n. sitting, u. standing  
**Irimi** - entering movement  
**Tenkan** - pivoting movement

### Attacks

**Katatetori** - single-handed grab to wrist  
    **Aihanmi** - n. & u. have opposite side feet forward  
    **Gyakuhanmi** - n. & u. have same side feet forward  
**Morotetori** - two-handed grab of forearm  
**Ryotetori** - both wrists grabbed from the front  
**Katatori** - single-handed grab to shoulder  
**Shomenuchi** - frontal strike to forehead  
**Yokomenuchi** - diagonal strike to side of head  
**Tsuki** - thrust or punch  
**Ushiro-ryotetori** - both wrists grabbed from behind  
**Ushiro-katatori** - both shoulders grabbed from behind  
**Ushiro-kubishime** - wrist grab from behind + neck lock  
**Ushiro-eridori** - collar grabbed from behind

### Techniques

**Ikkyo** - First principle/technique  
**Shihonage** - Four directions throw  
**Kotegaeshi** - Wrist turn  
**Iriminage** - Entering throw  
**Kokyūho** - Breath projection  
**Kokyōnage** - Breath throw