

## VOCABULARY LIST FOR KYU & DAN TESTS

Aidori	cross hand wrist grab
Bo	wooden staff; the longer of the two staffs used in weapon's training
Bo dori	staff taking
Bo ikkyo	movements with the bo, the first bo form
Bo nage	throwing with the bo, uke grabs end of bo
Bokan	wooden practice sword
<b>Bo nikyo</b>	<b>second bo form</b>
Gokyo	fifth technique/teaching, arm stretch; often used in tanto take away
Hanmi	the triangular stance of aikido
Hanmi handachi	nage is seated, uke is standing
Ikkyo	first teaching, movement, principle
Irimi	entering
Iriminage	entering throw
Jo	wooden staff; the shorter of the two staffs used in weapon's training
Jo dori	staff taking
Jo nage	throwing with the jo, uke grabs end of jo
Jujinage	ten throw; the way in which uke's arms are crossed in the throw resemble the kanji for 10 in Japanese
Juyuwaza	freestyle practice, (e.g. any attack, any technique or any technique from a given attack)
Kaitenage	rotary throw or spinning throw
Katadori	shoulder grab, same side
Katadori menuchi	shoulder grab and strike
Katatedori	same side wrist grab
Kokyu ho	breath power; an exercise of blending your energies with those of your partner. Performed from seiza or seated position, where the partner grabs both wrists. Also called kokyu tanden ho.
Kokyunage	breath throw; partner can be thrown forwards or backwards
Koshinage	hip throw
Kotegaishi	wrist turn throw
Kyu	grade or rank
Morotedori	two hands on one, same side
Nage	a throw, one who throws
Nikyo	second technique/teaching, a technique that uses wrist torque to control the partner's center
Omote	to the front
Rondori	multiple attack practice
Ryotedori	two hands grabbing two hands in front
Sankyo	third technique/teaching, control of the partner through the wrist and elbow
Shihonage	four-corner throw
Shikko	walking on one's knees
Shomenuchi	open hand strike to the front of the head with the hand blade, also a raise or extension of one's arm, as in raising a sword, to partner's front
Suwaruwaza	technique(s) performed in seiza and shikko
Tachidori	sword take away
Tachiwaza	technique(s) performed standing
Tanto	wooden knife
Tanto dori	knife take away
Tenchinage	heaven and earth throw
Tenkan	blending, turning movement used to dissipate the force of an attack
Tsuki	thrust or punch
Ushiro	behind
Ushirowaza	technique(s) in which one is attacked from behind
Ushiro ryote dori	hands grabbed from behind
Ushiro ryokata dori	shoulders grabbed from behind
Ushiro higi dori	elbows grabbed from behind
Uke	the person who receives the force, the person who is thrown
Ukemi	the art of falling, the art of being uke
Ura	to the rear
Yokomenuchi	an empty hand strike to the side of the head or neck with the hand blade
Yonkyo	fourth technique/teaching, control of the partner's center through wrist, elbow and shoulder