

Ryusui-Ryu Martial Art Schools

Glossary of Terms

A

Age	Rising
Ai	Harmony
Ai Uchi	Mutual Killing (simultaneous strikes)
Ai-Hanmi	Mutual Stance (same foot)
Aikido	The way of Harmony
Ashi	Foot
Ashi-Barai	Foot Sweep
Ate	Blow or strike
Atemi	Strike the body

B

Bari	Sweeping Action
Batto	Draw Sword for Action (Also another name for iaido)
Bokken	Wooden Training Sword
Bu	Section
Budo	Martial Way
Bunkai	Dismantle, take apart

C

Chin	Combat
Choku	Direct
Chudan	Middle Body (Chest)

D

Dachi	Stance
Daki-Shimema	Hug
Dai	Major or Large
Deshi	Pupil or Student
Do	The Way or Path
Dojo	Training Hall
Dori	Take, Grab or Grasp

E

Empi	Elbow (also Hiji)
Eri	Collar

F

Furitama	Soul Shaking; Shinto Spiritual Exercise (see Torifune)
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G

Gaeshi	Circular Movement
Garami	Linkage, Entanglement
Gatame	Hold
Gedan	Lower Body
Gedan-Bari	Lower Sweeping Block
Gi	Training Suit
Goju-ryu	Hard-Soft School
Gokyo	5th Principle of Aikido
Goshi	Hips
Gyaku	Reverse

H

Hachi	Eight
Haisoku-Dachi	Instep Stance (Feet Together)
Han	Half or Semi
Hanmi	Type of Stance
Hara	Centre or Stomach
Harai	Sweeping, Clear Away
Hajime	Begin
Hanmi-Handachi	1 Sitting & 1 Standing
Heiku	Parallel
Henka	Change
Henko	Turn
Hidari	Left
Hiji	Elbow
Hiji-Ate	Elbow Strike
Hitori	Alone, One Person
Hiza	Knee
Honbu	Headquarters

I

Iai-do	Way of the Sword
Ichi	One or First
Ikkyo	1st Principle of Aikido
Ippon Kumite	1 Step Sparring
Ippon Ju Kumite	1 Step Free Sparring
Iri	Enter
Irimi	To Enter with body

J

Jime	Strangle
Jo	Wooden Staff
Jodan	Upper Body (Head)
Ju	Softness, Gentle
Juujji	Crossed
Juujji Nage	Cross Arm Throw
Junjo	Order, Sequence
Juujji-te	Engaging, Pushing Hands

K

Kaeshi	Reversal or Return
Kagi	Hooked
Kagi Zuki	Hook Punch
Kaiten	Rotate, Turn, Spin
Kame Shiho Gatame	Upper Quarter Hold
Kamae	Ready Posture
Kamae-te	Stand Ready
Kansetsu Keri	Joint Kick
Karate	Art of Empty Hand
Katame Waza	Pinning Technique
Katie Nage	Rotary Throw
Kata	Form, also Shoulder
Katate	Single Hand
Kaze	Wind
Keiko	Study or Training
Kekomi	Thrust
Keri	Kick
Keza Gatame	Scarf Hold
Kiba	Horse Riding
Kihon Dosa	Basic Movement
Kiai	Shout
Kime	Focus
Kokyu Ho	Breathing Method
Kokyu Ryoku	Breath Power
Koshi Nage	Hip Throw
Kote	Forearm
Kote Gaeshi	Wrist Turn
Kubi	Neck
Kumi	Matching or Pairing
Kumitai	Sparring with Body
Kuzushi	Breaking Balance
Kyusho	Vital Points

M

Maai	Fighting Distance
Mae	Front
Makiwara	Striking Post
Matsu	Pine Tree
Mawashi Keri	Roundhouse Kick
Mawatte	Turn Around
Men	Head
Menkyo	Licence
Mi	Body, place or position
Migi	Right Side
Mikazuki	Crescent Moon
Mochi	Hold
Mokuso	Meditation
Morote	Both Hands
Mudansha	Student below Shodan
Mune Dori	Chest Hold

N

Nagare	Flow (like gas or fluid)
Nage	Throw
Naname Dachi	Short Stance
Ne	Lie Down
Neko	Cat
Nekoashi Dachi	Cat Stance
Ne Waza	Ground Technique
Nikyo	2nd Principle of Aikido
Nuki-te	Spear Hand

O

Obi	Belt
Omote	In Front
Oi-zuki	Lunge Punch
Orenaite	Unbendable Arm
Oroshi	Descending
Osae	Pinning
Osae Uke	Pressing Block
Otoshi	Drop

P

Pinan	Peace
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R

Randori	Free Practice
Rei	Respect (Bow)
Ren Keri	Double Kick
Renzoku	Continuous
Rokyo	6th Principle of Aikido
Ryo	Both
Ryo-te	Both Hands
Ru	Flow
Ryu	School
Ryusui	Flowing Water

S

Sabaki	Motion, Movement
Sagi	Heron
San	Three
Sanbon	Three Of
Sanbon Kumite	3 Step Sparring
Sanchin	Three Battles
Sankaku	Triangle
Sankyo	3rd Principle of Aikido
Seiken	Forefist
Seiza	Sitting Position
Sensei	Teacher
Shiho	4 Directions
Shikko	Knee Walking
Shiko Dachi	Horse Riding Stance
Shinai	Bamboo Sword
Shizen Dachi	Natural Stance
Sho	Minor or Small
Shomen	Top of Head
Sode	Sleeve
Soto	Outside, Exteria
Shuto	Knife Hand
Suburi	Single Move
Suki	Opening to Strike
Suigetsu	Solar Plexus
Sukui	Scoop Up
Sumi	Corner
Suwari Waza	Sitting Technique

T

Tachi	Standing or Sword
Tai	Body
Tanto	Dagger
Tatami	Mats
Tai No Henko/Henka	Change Body to Blend
Tai Sabaki	Body Movement
Tate	Vertical
Te	Hand
Te-gatana	Hand Blade
Teisho	Heel of Palm
Tekubi	Wrist
Tenchi Nage	Heaven & Earth Throw
Tenkan	Switch, Divert, Convert (180 deg Turn to the rear, on lead foot)
Tenshin	Shift, Change Direction
Tettsui	Hammer Fist
Toma	Long or Far
Tori	Active Partner (One Who Performs the Technique)
Torifune	Bird/Boat Rowing (See Furitama)
Tsuba	Sword Guard
Tsuki	Thrust
Tsuru	Crane

U

Ude	Arm
Uchi	Strike
Uchi	Inside, within
Uchi Deshi	Private Pupil, Apprentice
Uchi Komi	Repetitive Attack or Application
Uchi Mata	Inner Thigh
Uchiwani	Pigeon Toed
Uke	To Receive
Ukemi	Art of Falling
Ushiro	Behind
Ura	Back, rear or Behind
Uraken	Back Fist

W

Wakizashi	Short Sword
Waza	Technique

Y

Yama	Mountain
Yame	Stop
Yoko	Side
Yoko-men	Side of Head
Yoko Shiho Gatame	Side Quarter Hold
Yoi	Ready or Prepared
Yonkyo	4th Principle of Aikido
Yudansha	Black Belt Holders

Z

Zazen	Sitting Meditation
Zanshin	Awareness
Zenkutsu Dachi	Long Stance
Zori	Sandals
Zuki	Punch

Counting

Ichi	One
Ni	Two
San	Three
Shi (or Yon)	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Kyuu	Nine
Juu	Ten

Three Levels of Training

Go No Keiko	Hard or Static
Ryu No Keiko	Flowing
Ju No Keiko	Soft/Gentle