

# Ryusui-Ryu Martial Art Schools

## Glossary of Terms

### A

|            |                                   |
|------------|-----------------------------------|
| Age        | Rising                            |
| Ai         | Harmony                           |
| Aikido     | The way of Harmony                |
| Ai-Hanmi   | Mutual Stance (same foot forward) |
| Ashi-Barai | Foot Sweep                        |
| Atemi      | Strike                            |

### B

|        |  |
|--------|--|
| Bari   | Sweeping Action  |
| Batto  | Draw Sword for Action<br>(Also another name for iaido) |
| Bokken | Wooden Training Sword                                  |
| Budo   | Martial Way  |
| Bunkai | Application of Form                                    |

### C

|        |                     |
|--------|---------------------|
| Chudan | Middle Body (Chest) |
|--------|---------------------|

### D

|              |                     |
|--------------|---------------------|
| Dachi        | Stance              |
| Daki-Shimema | Hug                 |
| Do           | The Way or Path     |
| Dojo         | Training Hall       |
| Dori         | Take, Grab or Grasp |

### E

|      |                   |
|------|-------------------|
| Empi | Elbow (also Hiji) |
| Eri  | Collar            |

### G

|            |                         |
|------------|-------------------------|
| Gatame     | Hold                    |
| Gedan      | Lower Body              |
| Gedan-Bari | Lower Sweeping Block    |
| Gi         | Training Suit           |
| Gokyo      | 5th Principle of Aikido |
| Gyaku      | Reverse                 |

### H

|                |                               |
|----------------|-------------------------------|
| Haisoku-Dachi  | Instep Stance (Feet Together) |
| Hajime         | Begin                         |
| Hara           | Centre or Stomach             |
| Hanmi-Handachi | 1 Sitting & 1 Standing        |
| Heiko          | Parallel                      |
| Hidari         | Left                          |
| Hiji           | Elbow                         |
| Hiji-Ate       | Elbow Strike                  |
| 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    |
| Iremi           | To Enter                |

## J

|           |                                      |
|-----------|--------------------------------------|
| Jime      | Strangle                             |
| Jo        | Wooden Staff                         |
| Jodan     | Upper Body (Head)                    |
| Juji Nage | Cross Arm Throw                      |
| Ju-uji-te | Engaging, Pushing or Following Hands |

## K

|                   |                     |
|-------------------|---------------------|
| Kari Zuki         | Hook Punch          |
| Katie Nage        | Rotary Throw        |
| Kame Shiho Gatame | Upper Quarter Hold  |
| Kansetsu Keri     | Join Kick           |
| Kata              | Form, also Shoulder |
| Katate            | Single Hand         |
| Karate            | Art of Empty Hand   |
| Keri              | Kick                |
| Keza Gatame       | Scarf Hold          |
| Kihon Dosa        | Basic Movement      |
| Kiai              | Shout               |
| Kokyu Ho          | Breathing Method    |
| Koshi Nage        | Hip Throw           |
| Kote Gaeshi       | Wrist Turn          |
| Kubi              | Neck                |
| Kumitai           | Sparring with Body  |
| Kuzushi           | Breaking Balance    |

## M

|              |                      |
|--------------|----------------------|
| Maai         | Fighting Distance    |
| Mae          | Front                |
| Mawashi Keri | Roundhouse Kick      |
| Men          | Head                 |
| Migi         | Right Side           |
| Morote       | Both Hands           |
| Mudansha     | Student below Shodan |
| Mune Dori    | Chest Hold           |

## N

|                |                         |
|----------------|-------------------------|
| Nage           | Throw                   |
| Naname Dachi   | Short Stance            |
| Ne             | Lie Down                |
| 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 Uke | Pressing Block |
| Otoshi   | Drop           |

## P

|       |       |
|-------|-------|
| Pinan | Peace |
|-------|-------|

## R

|            |                         |
|------------|-------------------------|
| Randori    | Free Practice           |
| Rei        | Bow                     |
| Ren Keri   | Double Kick             |
| Renzoku    | Continuous              |
| Riken Uchi | Back Fist Strike        |
| Rokyo      | 6th Principle of Aikido |
| Ryo        | Both                    |
| Ryo-te     | Both Hands              |
| Ryu        | School                  |

## S

|               |                         |
|---------------|-------------------------|
| Sanbon Kumite | 3 Step Sparring         |
| Sanchin       | Three Battles           |
| Sankaku       | Triangle                |
| Sankyo        | 3rd Principle of Aikido |
| Seiza         | Sitting Position        |
| Sensei        | Teacher                 |
| Shiho         | 4 Directions            |
| Shikko        | Knee Walking            |
| Shiko Dachi   | Horse Riding Stance     |
| Shinai        | Bamboo Sword            |
| Shizen Dachi  | Natural Stance          |
| Shomen        | Top of Head             |
| Sode          | Sleeve                  |
| Shuto         | Knife Hand              |
| Suburi        | Single Move             |
| Sukui         | Scoop Up                |
| Sumi          | Corner                  |
| Suwari Waza   | Sitting Technique       |

## T

|              |                              |
|--------------|------------------------------|
| Tachi        | Standing or Sword            |
| Tai          | Body                         |
| Tanto        | Dagger                       |
| Tatami       | Mats                         |
| Tai No Henko | Change the Body to Blend     |
| Tai-Sabaki   | Body Movement                |
| Tate         | Vertical                     |
| Te           | Hand                         |
| Teisho       | Heel of Palm                 |
| Tenchi Nage  | Heaven & Earth               |
|              | Throw                        |
| Tenkan       | Turn                         |
| Tettsui      | Hammer Fist                  |
| Tori         | One Who Performs a Technique |
| Tsuba        | Sword Guard                  |
| Tsuki        | Thrust                       |

## U

|           |  |
|-----------|--|
| Ude       | Arm  |
| Uchi      | Strike                                     |
| Uchi Komi | Repetitive Attack or Application           |
| Uke       | Block; Also one who Receives the Technique |
| Ukemi     | Art of Falling                             |
| Ushiro    | Behind                                     |
| Ura       | Back                                       |
| 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                   |
| 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 |
| Ku           | Nine  |
| Ju           | Ten   |