

Sanshinkai Aikido Glossary - draft version EN

June 29, 2010

| 竜 | ryū | type |
|----------|----------------------------------|---|
| 合気道 | ai·ki·dō | way to harmonise ki |
| 合気? | ai·ki·jutsu | body techniques that utilise aiki principle |
| 合気杖 | ai·ki·jō | jō techniques which utilise aiki principle |
| 合気剣 | ai·ki·ken | ken techniques which utilise aiki principle |
| 法定形 | ho-jo kata | first kata of specific sword style |
| 鹿島神傳直心影流 | Kashima Shinden Jikishinkage-ryū | sword style |
| 元氣会 | gen·ki·kai | group of health exercises |
| 整体 | sei-tai | properly ordered body |
| | | |
| 方 | ? | direction |
| 左 | hidari | left |
| 右 | migi | right |
| 入身 | iri-mi | entering |
| 回天 | kai-ten | turning |
| 前 | mae | from, to the front |
| 後ろ | ushi-ro | from, to the rear |
| 横 | yoko | sideways |
| 内 | uchi | inside, inwards |
| 外 | soto | outside, outwards |
| 斜め | nana-me | diagonal |
| 直立 | choku·ritsu | [vertical] |
| 水平 | sui-hei | [horizontal] |
| 立て | ta-te | standing |
| 反対 | han-tai | opposite, against |
| 八方 | hap-pō | all directions [eight directions] |
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| | | |
|-------|-----------------|--|
| 相手 | ai-te | partner |
| 多人数取り | ta-nin-zū to-ri | three or more uke which attack continuously, only do begin of technique |
| 掛り稽古 | ka-ka-ri gei-ko | two or more uke which attack in turns, end technique and directly go to next uke |

| | | |
|-----|-------------------|-------------------------------------|
| 武器 | bu-ki | weapon |
| 杖 | jō | stick or short wooden staff |
| 棒 | bō | long wooden staff |
| 木剣 | bok-ken, boku-tō | curved wooden sword |
| 短刀 | tan-tō | knife or dagger |
| 脇差 | waki-zashi, shoto | curved metal short sword |
| 刀 | (ken?,) katana | curved metal sword |
| 太刀 | ta-chi | metal long sword |
| 剣 | ken | short straight metal twosided sword |
| 日本刀 | ni-hon-tō | Japanese sword |
| 薙刀 | naginata | hellbeard |
| 槍 | yari | spear |
| 鐔 | tsuba | sword guard |
| 鞘 | saya | scabbard |
| ? | bugukake | rack of arms |

| | | |
|---------|----------------------------|--|
| 迫撃 | koku-kegi | attack |
| ?打ち | kia-wa-se shō-men u-chi | strike with open hand from hips to front of head |
| 片手取り相半身 | kata-te do-ri ai han-mi | grapple of one wrist on same side (identical) [one-side-hand grapple same side] |
| 片手取り逆半身 | kata-te do-ri gyaku han-mi | grapple of one wrist on reverse side (mirror) [one-side-hand grapple other side] |
| 両手取り | ryō-te do-ri | grapple of both wrists [both-wrists take] |
| 正面打ち | shō-men u-chi | strike to front of head [front-face hit] |
| 片手両手取り | kata-te ryō-te do-ri | grapple of one wrist with both hands [one-side hand both wrists grapple] |
| 肩取り | kata do-ri | grapple of one shoulder |
| 後ろ両手取り | ushi-ro ryō-te do-ri | grapple of both wrists from rear |
| 横面打ち | yoko-men u-chi | strike to side of head |
| 中段突き | chū-dan tsu-ki | punch or stab to middle part body |
| 肩取り面打ち | kata do-ri men u-chi | grapple of one shoulder and strike to front of head |
| 後ろ両肩取り | ushi-ro ryō-kata do-ri | grapple of both shoulders from rear |
| 上段突き | jō-dan tsu-ki | punch or stab to upper part body |
| 両襟取り | ryō-eri do-ri | ssh newsletter 3XXX |
| 蹴り | ke-ri | kick |
| 後ろ首絞め | ushi-ro kubi shime | strangulation from rear |

| | | |
|-----|------------------|---------------------|
| 内/外 | uchi/soto | inside/outside |
| 内捌き | uchi saba-ki | movement to inside |
| 外捌き | soto saba-ki | movement to outside |

体捌き

tai saba-ki

body movement

前足入身
後ろ足入身
前足転換
後ろ足転換
前足?
後ろ足?
前足入身転換
後ろ足入身転換
前足入身転換?
後ろ足入身転換?
前足転換?
後ろ足転換?
後ろ足入身?

mae ashi iri-mi
ushi-ro ashi iri-mi
mae ashi ten-kan
ushi-ro ashi ten-kan
mae ashi tenshin
ushi-ro ashi tenshin
mae ashi iri-mi ten-kan
ushi-ro ashi iri-mi ten-kan
mae ashi iri-mi ten-kan tenshin
ushi-ro ashi iri-mi ten-kan tenshin
mae ashi ten-kan tenshin
ushi-ro ashi ten-kan tenshin
ushi-ro ashi iri-mi tenkai

enter with front foot
enter with rear foot
turn on front foot
turn on rear foot
evade with front foot
evade with rear foot
enter with front foot and turn on it
enter with rear foot and turn on it
enter with front foot, turn on it and evade
enter with rear foot, turn on it and evade
turn on front foot and evade
turn on rear foot and evade
enter with front foot and then turn entire body on the spot

手捌き

te saba-ki

hand movements

上半円
下半円
手首返し
十字結び
受け流し

kami han-en
shimo han-en
te-kubi gae-shi
jyū-ji musu-bi
uke naga-shi

half circle along above
circle along bottom
underarms parallel
underarms crossed
?

の手

no-te

hand

打ちの手
肩の手

u-chi-no-te
kata-no-te

striking hand
hand at shoulder

段

dan

height

下段
中段
上段
脇構
下段の構え
中段の構え
上段の構え

ge-dan
chū-dan
jō-dan
waki gamae
ge-dan no kama-e
chū-dan no kama-e
jō-dan no kamae

low
middle
high
small stance
low stance
middle stance
high stance

| 技 | waza | technique |
|----------|---------------------------|--|
| 一教 | ik-kyō | [first teaching] |
| 二教 | ni-kyō | [second teaching] |
| 三教 | san-kyō | [third teaching] |
| 四教 | yon-kyō | [fourth teaching] |
| 隅落し | sumi-oto-shi | corner throw |
| 小手返し | ko-te-gae-shi | wrist twist |
| 入身投げ | iri-mi-na-ge | entering throw |
| 四方投げ | shi-hō-na-ge | four directional throw |
| 五教 | go-kyō | fifth teaching |
| 肘決め抑え | hiji ki-me osa-e | elbow controlling lock |
| 内回天三教 | uchi-kai-ten-san-kyō | inwards turn sankyo |
| 腕絡み | ude gara-mi | arm entanglement |
| 合気腰 | ai-ki-goshi | hip throw with head from inside to outside under gyaku hanmi |
| 合気落とし | ai-ki-oto-shi | [blending drop] |
| 回天投げ | kai-ten-na-ge | [rotary throw] |
| 腕決め投げ | ude ki-me na-ge | [arm break throw] |
| 前落とし | mae-oto-shi | [forward throw] |
| 引き落とし | hiki-oto-shi | [pulling throw] |
| 切り落とし | ki-ri oto-shi | [cutting throw] |
| 回天落とし | kai-ten-oto-shi | turn throw |
| 天地投げ | ten chi na-ge | heaven earth throw |
| 呼吸呼吸投げ | gen-kei-ko-kyū-na-ge | archetype breathing power throw |
| 内回天投げ | uchi-kai-ten-na-ge | inwards turn throw |
| 風突き呼吸投げ | furi-zu-ki ko-kyū na-ge | swinging thrust breathing power throw |
| 十字絡み | jyū-ji gara-mi | [cross knot entanglement] |
| 取り船呼吸投げ | to-ri fune ko-kyū-na-ge | [rowing exercise breathing power throw] |
| 四方蹴り呼吸投げ | shi-hō ge-ri ko-kyū-na-ge | [four directions kicking breathing power throw] |
| 教絡み三教投げ | ude gara-mi san-kyō na-ge | arm entanglement sankyo throw |
| 教絡み四教投げ | ude gara-mi yon-kyō na-ge | arm entanglement yonkyo throw |
| 腰投げ | koshi na-ge | hip throw |
| 外回天投げ | soto kai-ten-na-ge | outwards turn throw |
| 竄匿呼吸投げ | zan-to ko-kyū na-ge | ? |
| 教絡み抑え | ude gara-mi osa-e | arm entanglement control |
| 手車 | te guruma | hand wheel |
| 背負い車 | se-o-i guruma | to carry over shoulder wheel |
| 腰車 | koshi guruma | hip wheel |
| 沈真腰車 | chin shin koshi guruma | seriously sinking hip wheel |

| 表/裏 | omote/ura | front/back |
|-----|-----------|---------------------|
| 表 | omote | in front of partner |
| 裏 | ura | behind partner |

| ?/? | yin/yang | yin/yang |
|-----|----------|----------|
| ? | yin | yin |
| ? | yang | yang |

| | | |
|-------|-----------------|-------------------------------|
| 理 | ri | principle |
| 水 | su, mizu | water, up-down, east |
| 土 | do, tsu | earth, left-right, south |
| 風 | hu | wind, front-behind, west |
| 火 | ka, hi | fire, spiral, north |
| ? | complete? | human |
| 春 | haru | spring |
| 夏 | natsu | summer |
| 秋 | aki | autumn, fall |
| 冬 | fuyu | winter |
| 攻防の原理 | kō-bō no gen-ri | theory of offense and defense |
| 打ちの理 | u-chi no ri | hitting principle |
| 抑えの理 | osa-e no ri | control principle |
| 投げの理 | na-ge no ri | throw principle |
| ?の理 | zan no ri | cutting principle |

| | | |
|-------|------------------|---------------|
| 投げ/抑え | nage/osae | nage/osae |
| 投げ | na-ge | throw |
| 抑え | osa-e | control |
| 投げ抑え | na-ge osa-e | throw control |

| | | |
|------|---------------------|-----------------------|
| 受身 | u-ke-mi | receive with the body |
| 前受身 | boven onder u-ke-mi | ? |
| 後ろ受身 | mae u-ke-mi | ? |
| 横受身 | ushi-ro u-ke-mi | ? |
| | yoko u-ke-mi | ? |
| | chokuto | ? |
| 飛び受身 | to-bi u-ke-mi | free fall |

| | | |
|----|-------------|-----------------------------------|
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| 回天 | kai-ten | turning |
| 前 | mae | from, to the front |
| 後ろ | ushi-ro | from, to the rear |
| 横 | yoko | sideways |
| 内 | uchi | inside, inwards |
| 外 | soto | outside, outwards |
| 斜め | nana-me | diagonal |
| 直立 | choku-ritsu | [vertical] |
| 水平 | sui-hei | [horizontal] |
| 立て | ta-te | standing |
| 反対 | han-tai | opposite, against |
| 八方 | hap-pō | all directions [eight directions] |

数える**kazu·e·ru****counting**

| | | |
|-----|--------------|---------------|
| 〇 | zero | zero, empty |
| 一 | ichi | one |
| 二 | ni | two |
| 三 | san | three |
| 四 | shi, yon | four |
| 五 | go | five |
| 六 | roku | six |
| 七 | shichi, nana | seven |
| 八 | hachi | eight |
| 九 | ku, kyū | nine |
| 十 | jū | ten |
| 十一 | jū ichi | eleven |
| 二十 | ni jū | twenty |
| 二十一 | ni jū ichi | twenty one |
| 百 | hyaku | hunderd |
| 千 | sen | thousand |
| 万 | man | ten thousand |
| 一本目 | ip-pon-me | first stage |
| 二本目 | ni-hon-me | second stage |
| 三本目 | san-bon-me | third stage |
| 四本目 | yon-hon-me | fourth stage |
| 五本目 | go-hon-me | fifth stage |
| 六本目 | roku-hon-me | sixth stage |
| 七本目 | nana-hon-me | seventh stage |
| 八本目 | hachi-hon-me | eight stage |

段階**dan·kai****grades**

| | | |
|-----|------------|--|
| 段 | dan | dan grade |
| 級 | kyū | kyū grade (? rank/rang=dan, level/graad=kyu) |
| 無級 | mu-kyū | without kyū |
| 六級 | rok-kyū | sixth kyū |
| 五級 | go-kyū | fifth kyū |
| 四級 | yon-kyū | fourth kyū |
| 參級 | san-kyū | third kyū |
| 弍級 | ni-kyū | second kyū |
| 壹級 | ik-kyū | first kyū, beginner kyū |
| 有段者 | yū-dan-sha | with dan |
| 無段者 | mu-dan-sha | without dan |
| 初段 | sho-dan | first, beginner dan (starting rank?) |
| 弍段 | ni-dan | second dan |
| 參段 | san-dan | third dan |
| 四段 | yon-dan | fourth dan |
| 五段 | go-dan | fifth dan |
| 六段 | roku-dan | sixth dan |
| 七段 | nana-dan | seventh dan |
| 八段 | hachi-dan | eighth dan |
| 九段 | ku-dan | ninth dan |
| 十段 | jyū-dan | tenth dan |

| | | |
|----|-------------|-----------------------------------|
| 方 | ? | direction |
| 左 | hidari | left |
| 右 | migi | right |
| 入身 | iri-mi | entering |
| 回天 | kai-ten | turning |
| 前 | mae | from, to the front |
| 後ろ | ushi-ro | from, to the rear |
| 横 | yoko | sideways |
| 内 | uchi | inside, inwards |
| 外 | soto | outside, outwards |
| 斜め | nana-me | diagonal |
| 直立 | choku-ritsu | [vertical] |
| 水平 | sui-hei | [horizontal] |
| 立て | ta-te | standing |
| 反対 | han-tai | opposite, against |
| 八方 | hap-pō | all directions [eight directions] |

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| | | |
|-----|---------------|-------------------------------------|
| 衣服 | i-fuku | clothes |
| 稽古着 | kei-ko-gi | training suite |
| 帯 | obi | belt |
| 白帯 | shiro-obi | white belt |
| 黒帯 | kuro-obi | black belt |
| 足袋 | tabi | kind of socks with separate big toe |
| 草履 | zori | flip-flops |
| 袴 | hakama | traditional Japanese trousers |

| | | |
|-----|---------------------|------------------|
| 解剖学 | kako-bō-gaku | anatomy |
| 腹 | hara | center, belly |
| 体 | tai | body |
| 正面 | shō-men | front of head |
| 横面 | yoko-men | side of head |
| 膝 | hiza | knee |
| 首 | kubi | neck |
| 胸 | mune | chest |
| 肩 | kata | shoulder |
| 肘 | hiji | elbow |
| 腕 | ude | arm |
| 手首 | te-kubi | wrist |
| 手 | te | hand |
| 手刀 | te-gatana | hand sword |
| 足 | ashi | leg, foot |
| 足首 | asho kubi | ankle |
| 腰 | koshi | hips, lower back |
| 襟 | eri | collar |
| 身 | mi | body |
| 袖 | sode | sleeve |

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| 運動 | un-dō | exercise |
|--------------|-------------------------------|------------------------------------|
| 一教運動 体の変更 | ik·kyo undo tai no hen-kou | ikkyō exercise basic body blend |

法定之形

春の太刀
夏の太刀
秋の太刀
冬の太刀
八相発破
一刀両断
右転左転
長短一身
受ける
体剣
目礼
抜剣
合?
促進
仁王太刀
?
合上段
?
打ち込み
両腕
押し込み
一文字
?
体当り
?
霞
一重み
?
切り
止め
裏打ち
曙光
大
退けん

hō-jō no kata

haru no ta-chi
natsu no ta-chi
aki no ta-chi
fuyu no ta-chi
hassō happa
itto ryō-dan
u·ten sa·ten
cho·tan ichi·mi
u·ke·ru
tai·ken
moku·rei
bak·ken
ai seigan
soku·shin
ni·ō da·chi
kazashi
ai jō·dan
tsume
u·chi ko·mi
morō·de
o·shi ko·mi
ichi·mon·ji
so tai
tai ata·ri
hi tachi
kasumi
hi·toe·mi
muki
ki·ri
to·me
ura u·chi
sho·kō
dai
no·ke·n

fundamental principles

[spring sword]
[summer sword]
[autumn sword]
[winter sword]
eight directions
cutting your ego
times of change
long and short are one
[to receive]
[body sword]
nodding bow without breaking eye contact or speaking
[drawing one's sword]
harmoniously pointing at the eye
[to quicken, to urge]
[temple-guardian sword]
[shade]
[harmonious jōdan]
[?]
repetitive practise [inside uncountable]
both arms
push practise
straight line
[block body]
bodycheck [body hit]
not hitting
temple [mist]
body turned sideways to opponent
[to face, to turn head]
[to cut]
[to stop]
[back hitting]
[dawn, daybreak]
[big]
[to put away]

元気会

大円呼吸法
守有の呼吸
陽の手呼吸

陰の手呼吸
気結びの手呼吸

阿吽の呼吸

元の呼吸
寝運動
揺動法
毛管運動
合掌合蹠運動
金魚運動
馬運動

gen-ki-kai

dai en ko-kyū hō
su·u no ko·kyū
yo no te ko·kyū

in no te ko·kyū
ki·musu·bi no te ko·kyū

a·un no ko·kyū

gen no ko·kyū
ne un·dō
yō dō·hō
mō·kan un·dō
gas·shō gas·seki un·dō
kin·gyo un·dō
uma un·dō

group of health exercises

respiration in big circles [big circle breathing exercises]
[?]
respiration with hands in yang [yang of hands breathing]
respiration with hands in ying [yin of hands breathing]
respiration of the energy of hands drawing a cross [energy mixing with hands breathing]
respiration 'to become one with universe' [aum breathing]
[?]
[lying exercises]
[oscillation method]
[?]
[?]
[goldfish exercise]
[horse exercise]