



YOSHINKAN

AIKIDO

GORYUKAN BELPER

TRANSLATIONS

Shite – Person doing the technique

Uke – Person receiving the technique

Migi hanmi kamae – Right stance

Hidari hanmi kamae – Left stance

Ai-hanmi kamae – Both shite & uke in right or left stance

Gyaku-hanmi kamae – Shite & uke are in opposite stance

Migi gyaku-hanmi kamae – Shite is in right stance & uke is in left stance

Hidari gyaku-hanmi kamae – Shite is in left stance & uke is in right stance

Hiriki No Yosei Ichi – Elbow power 1

Hiriki No Yosei Ni – Elbow power 2

Tai No Henko Ichi – Body change movement 1

Tai No Henko Ni – Body change movement 2

Shumatsu Dosa Ichi – After-class exercise 1

Shumatsu Dosa Ni – After-class exercise 2

Shikko-ho – Knee walking

Seiza-ho – Kneeling down

Reiho – Bowing

Koho ukemi – Back break fall

Koho kaiten ukemi – backward roll

Koho hiyaku ukemi – backward flip

Zenpo ukemi – Front break fall

Zenpo kaiten ukemi – Front roll

Zenpo hiyaku ukemi – Front flip

Shomen-tsuki – Front punch

Shomen-uchi – Front strike

Yokomen-uchi – Side strike

Shihonage – Four directional throw

Ikkajo osae – First control

Nikajo osae – Second control

Sankajo osae – Third control

Yonkajo oase – Forth control

Gokajo oase – Fifth control

Kotegaeshi – Return the wrist throw

Shomen iriminage – Front entering throw

Socumen iriminage – Side entering throw

Hijiate kokyunage – Hitting the elbow breath throw

Tenchinage – Heaven & earth throw

Hiji-shime – Elbow lock



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TRANSLATIONS CONTINUED

- Katate mochi** – Wrist grab
- Katate aya mochi** – Cross wrist grab
- Ryote mochi** – Double wrist grab
- Hiji mochi** – Elbow grab
- Kata mochi** – Shoulder grab
- Mune mochi** – Chest grab
- Eri mochi** – Collar grab
- Ryo** – Double grab
- Ushiro** – Grab from behind

- Kihon waza** – Basic techniques
- Goshin waza** – Self defence techniques
- Ogi** – Hidden techniques
- Bokken** – Wood sword
- Jo** – Wooden staff approx 50 inches long
- Tanto** – Wooden knife