

Platte City Aikikai Terminology

Level 1

Counting

Japanese	Pronunciation	Number
Ichi	Ee-ch	One
Ni	Knee	Two
San	Saa-n	Three
Shi	She	Four
Go	Goh	Five
Roku	Roh-k	Six
Shichi	She-chee	Seven
Hachi	Hah-chee	Eight
Kyu	Coo	Nine
Jyu	Jew	Ten

Japanese	Pronunciation	Number
Jyu Ichi	Jew Ee-ch	Eleven
Jyu Ni	Jew Knee	Twelve
Jyu San	Jew Saa-n	Thirteen
Jyu Shi	Jew She	Fourteen
Jyu Go	Jew Goh	Fifteen
Jyu Roku	Jew Roh-k	Sixteen
Jyu Shichi	Jew She-chee	Seventeen
Jyu Hachi	Jew Hah-chee	Eighteen
Jyu Kyu	Jew Coo	Nineteen
Ni Jyu	Knee Jew	Twenty

Wrist Grabs

Japanese	Pronunciation	Meaning
Katate Tori	Kah-tah-teh Tor-ree	Wrist Grabbed with Same-side Hand
Kosa Tori	Koh-sah Tor-ree	Wrist Grabbed with Opposite-side Hand
Ryote Tori	Rye-oh -teh Tor-ree	Each Wrist Grabbed with Same-side Hand
Morote Tori	More-roe-teh Tor-ree	Wrist Grabbed with both Hands

Strikes

Japanese	Pronunciation	Meaning
Mune Tsuki	Moo-ne-skee	Stomach Punch
Shomen Uchi	Show-mehn Oo-chhi	Top of the Head Strike
Yokomen Uchi	Yo-co-mehn Oo-chhi	Side of the Head Strike

General Phrases

Japanese	Pronunciation	Meaning
O Sensei	Oh-sen-say	Great teacher: Morehei Ueshiba
Sensei	Sen-say	Teacher, master (literally: “born before”).
Sempai	Sem-pie	Senior student
Nage	Nah-gay	Throw, a person who performs a technique, or the person who throws
Uke	Oo-kay	A person who receives a technique; the person being thrown
Obi	Oh-bee	Belt
Seiza	Say-zah	Formal sitting posture
Tachi waza	Ta-chee Wah-zah	Standing Technique
Suwari waza	Swa-wah-ree Wah-zah	Kneeling technique
Shikko	She-coe	Knee-foot walking
Keiko	Kay-coe	Practice; training
Irimi	Ee-ree-mee	Entering movement with a step or slide
Tenkan	Tehn-kahn	Entering movement by turning
Arigato Gozaimasu	Ah-ree-gah-toe Go-zah-ee-mahss	Thank you (formal)
Domo Arigato Gozaimashita	Doe-moe Ah-ree gah-toe Go-zah-ee-mahsh-tah	Thank you very much for what you have done
Onegai Shimasu	Oh-nay-guy She-mahss	I make a request. (spoken when one wishes to practice with a fellow student or teacher)