

## *North Country Aikido*

A starting list of Aikido words to know and how to say them:

<u>word</u>	<u>how to say it</u>	<u>what it means</u>
<b>aikido</b>	eye-key-doe	the path of joining energy
<b>o-negai-shimasu</b>	oh-neh-guy-she-mahs	please do me the favor (of practicing with me).
<b>domo-arigato-gozaimasu</b>	doe-moe-ah-ree-gah-toe-goe-zahee-mahs	thank you very much (extra politely). ‘domo’ alone also means ‘thank you;’ ‘domo-arigato’ is one level more polite; full phrase is most polite.
<b>Dozo</b>	Doe-zoe	Please, kindly (often said to a new partner)
<b>dojo</b>	doe-joe	a place to practice a martial art
<b>gi</b>	gee (hard “g”)	martial arts training uniform
<b>hanmi</b>	hahn-mee	basic standing position, one hand & foot forward
<b>re</b>	ray	bow
<b>seiza</b>	say-zah	kneeling, sitting on heels
<b>sempai</b>	sem-pie	senior student who can mentor junior students
<b>sensei</b>	sen-say	teacher
<b>shikko</b>	sheek-koe	knee walking
<b>shomen</b>	show-men	the front of the dojo (also a strike to the head)
<b>uke</b>	oo-kay	attacker, or person who ‘receives’ technique
<b>ukemi</b>	oo-keh-mee	rolling and falling (‘receiving’ energy safely)
<b>yame</b>	yah-may	stop
<b>bokken</b>	bōk-kenn	wooden practice sword
<b>kata</b>	kah-tah	pre-arranged form or sequence of movements
<b>uke</b>	oo-kay	the person who receives the technique; attacker
<b>nage</b>	nah-gay	the person who does the technique; the “winner”
<b>shomen</b>	show-men	cut or strike to the top/front of the head
<b>uchi</b>	oo-chee	
<b>yokomen</b>	yoe-koe-men	cut or strike to the side of the neck or head
<b>uchi</b>	oo-chi	
<b>katate-dori</b>	kah-tah-teh-doe-ree	same side wrist grab
<b>kosa-dori</b>	koe-suh-doe-ree	opposite (crossed) wrist grab
<b>tsuki</b>	tss-key	thrust (or punch) to the chest or throat