



Kokikai Aikido Glossary

Ki Exercises for Stability	
nikyo undo (二教運動)	wrist exercise for the second throw
sankyo undo (三教運動)	wrist exercise for the third throw
kote gaeshi (小手返し)	wrist turn exercise
funakogi undo (船漕ぎ運動)	rowing exercise
shomen uchi undo (正面打運動)	blocking
zengo undo (前後運動)	two-direction blocking
happo undo (八方運動)	eight-direction blocking
sayu undo (左右運動)	side motion exercise
tekubi fori undo (手首振り運動)	shake out hands
tenkan (轉換)	pivoting exercise around a vertical axis
ukemi (受身)	backward or forward rolls
agura (胡座)	sitting cross-legged being pushed from behind

Attack Terms	
mune tsuki (面突き)	punch to stomach or face
shomen uchi (正面打ち)	strike downward to top of head
yokomen uchi (横面打ち)	diagonal strike to temple or neck
katate tori (片手取り)	wrist grab with one hand
kata tori (肩取り)	shoulder or label grab with one hand
ryote tori (両手取り)	grab both wrists
ryo kata tori (両肩取り)	grab both shoulders or labels
katate ryote tori (片手両手取り)	grab one wrist with two hands
ushiro (後ろ)	attacks from behind
ushiro kata tori (後ろ肩取り)	grab both shoulders from behind
ushiro hiji tori (後ろ肘取り)	grab both elbows from behind
ushiro tekubi tori (後ろ手首取り)	grab both wrists from behind
ushiro kubi shime (後ろ首締め)	wrist grab and choke from behind
keri (蹴り)	kick

Throws	
ikkyo (一教)	first arm pin
nikkyo (二教)	second arm pin with wrist twist
sankyo (三教)	third arm pin with wrist twist
yonko (四教)	fourth arm pin with nerve pressure
irimi nage (入身投げ)	any entering throw
kaiten nage (回転投げ)	rotary throw
kokyo nage (呼吸投げ)	any technique using ONLY timing or balance
koshi nage (腰投げ)	hip throw
kote gaeshi (小手返し)	wrist turning throw
shiho nage (四方投)	four direction throw (under the arm)
tenkan (転換)	turning version of a throw
tenchi nage (天地投)	heaven and earth throw (from ryote tori)
juji nage (十字投げ)	elbow lock

Weapons	
jo (杖)	wooden Staff about 50 inches long
bokken (木剣)	wooden practice sword
tanto (短刀)	wooden knife