

South Manchester Aikido Club

British Birankai

Glossary – Useful phrases & pronunciation



Japanese phrase	Description (see note below)	Broad pronunciation
In the dojo		
Onegai shimasu	Please teach me /let us begin	<i>on-neh-gay-she-mass</i>
Domo arigato gozaimashita	Thankyou very much (for teaching me)	<i>do-mow ah-ree-ga-toe go-zai-mash-t-a</i>
Rei	Bow	<i>ray</i>
Shomen	The front of the dojo	<i>show-men</i>
Sensei	Teacher/instructor	<i>sen-say</i>
Shomen ni rei	Bow to the Kamiza at the front of the dojo	<i>show-men knee ray</i>
Sensei ni rei	Bow to the teacher	<i>sen-say knee ray</i>
Otagai ni rei	Bow to your partner	<i>oh-ta-gay knee ray</i>
Hajime	Begin	<i>ha-jee-may</i>
Yame	Stop	<i>ya-may</i>
Matte	Wait	<i>ma-tay</i>
Seiza	Kneeling position	<i>say-zar</i>
Sempai	A student senior to oneself	<i>sem-pie</i>
Zori	Sandels worn off the mat	<i>zo-ree</i>

Body positioning and movement

Migi hanmi	Right posture	<i>mig-ee han-me</i>
Hidari hanmi	Left posture	<i>hid-are-ree han-me</i>
Jodan	Shoulder to head	<i>joe-dan</i>
Chudan	Waist to shoulders	<i>chew-dan</i>
Gedan	Below the waist	<i>gay-dan</i>
Atemi	Strike	<i>a-te-me</i>
Ayumiashi	As Irimiashi but with wider movement	<i>i-oo-me-ash</i>
Iremi	Entering movement	<i>i-ri-me</i>
Irimiashi	Step forward realigning posture on a narrow line	<i>i-ri-me-ash</i>
Shikko	Knee-walking	<i>she-ko</i>
Soto	Outside (outside work)	<i>so-toe</i>
Tenkan	Turning movement	<i>ten-can</i>
Tsugiashi	Slide forward movement	<i>Sue-key-ash</i>
Uchi	Under the arm	<i>oo-chee</i>
Ukemi	The "art of falling" - receiving a technique	<i>oo-ke-mi</i>
Ura	To the rear	<i>oo-ra</i>
Ushiro	Backwards or behind	<i>you-she-row</i>
Uke	Person receiving the technique	<i>u-key</i>
Tori	Person performing the technique	<i>torry</i>

Counting

1 = Ichi	7 = Shichi (Nana)
2 = Ni	8 = Hachi
3 = San	9 = Kyu (Ku)
4 = Shi (Yon)	10 = Ju
5 = Go	11 = jyu-ichi
6 = Roku	12 = jyu-ni
20 = ni-jyu,	30 = san-jyu
21 = ni-jyu-ichi	40 = yon-jyu
22 = ni-jyu-ni	100 = hyaku

Weapons

Bokken	Wooden sword	<i>bow-ken</i>
Jo	Wooden staff	<i>joe</i>
Tanto	Wooden knife	<i>tan-toe</i>

Note: The english meaning will not always be a literal translation but an attempt to describe what is meant by the Japanese phrase