

DOJO ETIQUETTE



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Dojo etiquette is an important part of aikido training. It indicates respect for the art, its founder, the training hall and the people you train with.

CLOTHING

Normal clothing is a white karate or judo suit called a **gi**. New students can train in any comfortable, loose and clean clothes, though it is recommended that you get a gi if you are going to continue training.

REI

- The bow is a sign of courtesy, gratitude and thankfulness.
- Make a standing bow at the inner doorway of the dojo on entering and leaving.
- Make a standing bow before stepping onto or off the mat.
- The class makes a sitting bow together at the beginning and end of each session.
- Bow to each partner you train with when you start and to all your partners at the end of training.

BODY HYGIENE

- Shower or wash feet and hands before training, especially in the summer when sandals are worn.
- Keep finger and toe nails clean and clipped short.
- If not wearing a gi, train in clean clothes.
- Wash your gi (uniform) frequently. Keep it clean and fresh. Do not leave it lying around the dojo between training sessions.
- Jewelry (rings, earrings, bracelets etc.) should be removed as these could cause an injury to yourself or others or may be damaged.

DOJO HYGIENE

As many Aikido techniques involve total body contact with the mat surface, it is important for health reasons that it be kept clean.

Keep the dojo - walls, floors, mats, changing rooms, etc. - neat and clean at all times. Do this without being asked.

All members are expected to participate in cleaning the dojo.

Remember, the state of the dojo reflects on those that train.

ACCIDENTS.

These will occur from time to time but are usually the result of carelessness or inattention.

An injured person should leave the mat to attend to the injury. Tell the instructor you have been hurt and bow off the mat.

Wash any stains or blood that may have got onto the mat.

LATENESS

This cannot always be avoided but should be kept to a minimum.

If you arrive late, wait at the edge of the mat until the teacher invites you to join in the training. Bow onto the mat.

DURING TRAINING

- There should be no unnecessary conversation. One learns best by doing, not by asking questions; similarly, one teaches best by example, not by explaining.
- Be courteous to your training partner.
- Keep your mind focused on what you are doing
- Make all your attacks positive and directed to the centre of your opponent.
- When you are thrown, get up off the mat quickly.
- No alcohol or food should be consumed prior to training that will affect your training.
- If you must leave a training session before it finishes, let the instructor know you are leaving. Where possible do this before the class starts. Bow off the mat.

JAPANESE EXPRESSIONS

BEFORE AND DURING TRAINING

ONEGAI SHIMASU (O-NE-GAI-SHI-MAS) Will you please teach me

AT THE END OF THE CLASS

DOOMO ARIGATOO GOZAIMASHITA Thank you very much

(DO-MO-A-RI-FA-TO-GO-ZAI-MASH-TA)

NUMBERS

1	ICHI	8	HACHI	20	NI JU
2	NI	9	KU	21	NI JU ICHI
3	SAN	10	JU	22	NI JU NI
4	SHI or YON	11	JU ICHI		
5	GO	12	JU NI	30	SAN JU
6	ROKU			31	SAN JU ICHI
7	SHICHI				

STANCES

HIDARI HAMNI	Left foot stance
MIGI HAMNI	Right foot stance
AI HAMNI	both people each with right or left foot forward
GAKU HAMNI	One person right foot forward, one left forward

APPLICATIONS

TACHI WAZA	Standing techniques
SUWARI WAZA	Kneeling techniques
USHIRO WAZA	Techniques for use with attacks from behind
HAMNI HANTACHI WAZA	Techniques in which thrower is kneeling and opponent attacks from a standing position
KAESHI WAZA	Counter attacks
TACHI DORI	Techniques of taking an opponent's sword
TAI NO HENKO	Basic blending practice

ATTACKS AND GRIPS

SHOMEN UCHI	Blow to the head from above
YOKOMEN UCHI	Circular blow to the head from the side
TSUKI	Punch or blow to the body
KATATE TORI	One hand gripping the wrist, also cross hand
RYOTE TORI	Gripping both wrists
MOROTE TORI	Gripping one wrist with both hands
USHIRO RYOTE TORI	Gripping both wrists from behind
MUNE TORI	Gripping the lapels
KATA TORI	Gripping the shoulder
RYOKATA TORI	Gripping both shoulders
USHIRO RYO TORI	Gripping both shoulders from behind
HIJI TORI	Gripping the elbow
USHIRO TYO HIJI TORI	Gripping both elbows from behind
ERI TORI	Gripping the neck
USHIRO ERI TORI	Gripping the neck from behind
JIYUWAZA	Freestyle attack

TECHNIQUES

IKKYO (1 st principle)	Pinning the arm
NIKKYO (2 nd principle)	Twisting wrist towards the attacker
SANKYO (3 rd principle)	Twisting wrist with a screwing motion
YONKO (4 th principle)	Pressure on the forearm
GOKYO (5 th principle)	Gripping the inner side of the wrist
	Entering throw
IRIMI NAGE	
KOTE GAESHI	Throw by twisting uke's wrist to the outside
SHIHO NAGE	'Four Corner' throw involving change of direction
JUJI NAGE	Throw using the undersurface of uke's arm
KAITEN NAGE	rotary or circular throw
TENCHI NAGE	'Heaven and earth' throw using extended arms
JUJI GARAME	Throw using opponents crossed arms
KOSHI NAGE	Hip throw
KOKYO NAGE	'Breathing' throw
KAITEN	To revolve or rotate
KATA	Shoulder
KATA	A formal exercise consisting of a series of show and preset uniform movements
KATATE	One hand (left or right)

COMMON WORDS

AIKIDO	AI = Harmony, KI = Spirit, DO = the way or path
AIKI TAISO	Aikido exercises
ATEMI	Blow delivered to vulnerable part of the body
BOKKEN	Wooden practice sword
BUSHIDO	Warrior's code, the way of the warrior
CHUDAN	Central hand position
DAN	Aikido grade holder, black belt rank
DESHI	Student, pupil, disciple
DOJO	Training hall
DOSHI	Comrade, friend

GAESHI	To reverse
GASHUKU	School; intensive workshop
GEDAN	Low hand position
GI	Training costume
HAKAMA	A divided pant-like skirt worn over gi
HANMI	A posture in which one foot is advanced one step and the body weight is distributed equally on both feet; triangular stance
HANTAI	In reverse order
HIDARI	Left (direction)
MIGI	Right (direction)
IRIME	To enter; entering
JIYU	Free style
JO	Wooden short staff
JODAN	High
HIJI	Elbow
KEIDO	Practice session, training
KEN	Japanese sword
KI	Spirit; the vital force of the body; a stream or flow of positive energy
KIAI	A piercing scream or cry with practical and psychological value; 'meeting of the spirits'
KOKYU	Breath power; the co-ordination of ki flow with breathing
KOSHI	Hips, waist
KOTAE	Change
KYU	Aikido rank, undergraduate
MA-AI	Distance between Uke and tori; 'Harmony of space'
MEN	Face, head
MIGI	Right (direction)
NAGE	Throw; the person who throws
OBI	Belt
O'SENSEI	The great teacher; Master Moriei Uyeshiba, the founder of Aikido
REI	Salutation, bow
RYOTE	Both hands
SEIZA	A formal sitting position in which the knees are folded up under the body
SEMPAI	Senior student
SENSEI	Teacher, instructor
SHIKKO	A knee walking exercise
SHODAN	Holder of the first grade black belt
SHOMEN	Front, top of the head
SUBURI	A single movement using the ken or jo done as a solo practice
SUTEMI	A hard fall
TACHI	Japanese sword
TAI JUTSU	Body arts; techniques of Aikido without weapons
TANTO	Wooden knife
TATAMI	A mat on which Aikido is practiced
TE	Hand
TORI	The one who applies the technique
UCHI	To strike
UKE	The person who makes an attack
UKEMI	Breakfall; the art of falling away from harm
USHIRO	Back, behind, rear
WAZA	Techniques
YAME	Stop!
YOKOMEN	Side of the head
YUDANSHA	Black belt grade holder(s)