



Aikido of Ventura County

Student Manual

Aikido of Ventura County
Pleasant Valley Parks & Recreation
1605 Burnley Street
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GETTING STARTED

I just signed up. What now?

Welcome to Aikido of Ventura County! We are glad to have you as part of our community. In this packet is the basic information you need to start training. If you are a returning aikidoka, welcome back to the mat! If you are new to Aikido, get ready for a ton of fun and some mind-blowing experiences. Enjoy the ride!

It's my first day. What do I do?

Don't worry about getting a uniform yet – for the first month you can train in a comfortable t-shirt and loose-fitting long pants (like sweat pants, please no jeans or shorts). When it is time to get a uniform, talk to Sensei and she can give you some websites to look at.

It is going to take you a little while to get used to life around the dojo, but that's ok. Don't be afraid to ask questions of any of your fellow students, and for the first few classes just watch the other students for how to bow in and out of class, how to help around the dojo, and even how to wear your uniform. Your fellow Aikido students can help you with the pronunciation of the Japanese words we use as well.

We have four colors of belts (in order of least to most experience): white, blue, brown, and black. During your first few weeks, the blue, brown, and black belts will want to train with you. All levels train together, so don't be shy if a higher ranking asks to be your partner. Since you are just starting out, we want you to make sure to train with people who have been doing Aikido for a little while. Higher ranking students like to practice with people of all ranks, ages, and body types as well. Feel free to seek out higher ranking students in class, too.

TRAINING

It is my first day, and this all feels weird...

Much of what you see in Aikido will be new to you. Even if you have previous experience in Aikido, the style of Aikido of Ventura County may be different to what you are used to. Try to let go of any preconceptions and go with the flow. Aikido may not seem natural at first, but with a little bit of time and practice your body will feel at home with the movements. Aikido is meant to work within your body, but sometimes we need to find a way to get in touch with that system first. For many people this does not happen on the first day; that is perfectly normal.

Always train with a beginner's mind

Aikido is an art that you can do for many years and still discover new things, both about the art and yourself. This can only be done if you train with a beginner's mind. What is

the point of training if approach the art thinking as if you are a master? When you step on the mat, no matter what level, allow yourself and others the opportunity to learn.

Relax – you are doing Aikido!

The biggest piece of advice? Relax! If you train while uptight, stiff, or closed off, mentally or physically, then you will not get much out of Aikido. If you need to, take a few minutes before class to take a deep breath. Aikido is not a competition, so there is no need to be worried about your performance. Everyone's Aikido will look a little different, because everyone's body is a little different. That is ok. The best way to start learning Aikido is to focus on receptive characteristics like feeling, listening, and observing. The active characteristics like throwing and power will come later.

Ukemi

Ukemi is the art of receiving. Uke, or “the one who receives,” is vital to Aikido. The uke-nage relationship (Nage translates to “the one who throws”) is part of what makes Aikido so unique. Where most other martial arts pit one person against another, Aikido celebrates the harmony that can be found in the partnership. There is no competition in Aikido. As uke, the one who receives, your main job is to give a clear attack and remain connected and alert throughout the technique. In Aikido we do not bail out after the initial attack, but instead remain connected during the technique to give our partner feedback. When on either side of the equation, keep in mind that you are an integral part of a technique that takes two people. If you are not sincere in your ukemi, then you are cheating both yourself and your nage out of a beneficial experience.

Weapons

We use three types of weapons at Aikido of Ventura County. The jo is a shoulder-length wooden staff. The bokken is a wooden sword. The tanto is a small wooden knife. Although the jo, bokken, and tanto are weapons, they can also be used as a means of understanding important principles in Aikido. When training with these weapons, use the same spirit and awareness of rules of safety that you would in open hand techniques. The goal of weapons practice is not to beat the other person to a pulp, but instead as another avenue of learning in Aikido.

The dojo has a few weapons you can borrow, but you also may want to buy your own at some point. Each jo and bokken are slightly different, so having your own weapons means that you use the same ones every time, and allows you to practice on your own outside of class. Talk to Sensei when you are ready about possible companies to buy your weapons from.

Safety

Yes, Aikido is a martial art. Your partner will grab your wrist, punch at you, chop at you, and may even use a wooden weapon. Rule #1 is *always* get out of the way. Aikido is also the art of harmony. Aikido is not about pain or domination, but about connection and flow. Respect the connection. Respect your body and that of your training partner. Impatience and lack of presence is an invitation to injury. Pay attention to the connection with your partner – it will inform you of your partner's needs. Do not

try to force any techniques, or do any techniques that are above your training level. Excessive pain is a red flag that you are doing something wrong. If you are bleeding, stop practice immediately and take care of the wound. Your training partner will help while someone else brings cleaning supplies.

AROUND THE DOJO

When in doubt, be courteous to your fellow students, teachers, and the dojo. Although this manual may answer many of your questions, please feel free to ask any of your fellow students for help.

Basic class etiquette

We use bowing in class as a way to show respect and thanks to fellow students, Sensei (the teacher), and to O'Sensei (the founder of Aikido), and the art. Bowing is a traditional, non-religious martial arts practice. The tradition of bowing is not simply the movement itself, but the spirit with which it is given. If bowing is not in alignment with your belief system, please use an appropriate phrase such as "please" and "thank you very much" to express your appreciation.

At the beginning of class, bow along with your teacher and repeat the word "onegaimasu," which means "please." In this way, you are asking your Sensei and students "Please do me the favor of training." This same word can be used to ask an individual to train with you. If you are late for class, kneel at the edge of the mat and wait for the Sensei to welcome you onto the mat. Bow towards the shomen as you would at the beginning of class. Feel free to ask a student to show you if it is your first time.

Bow to your partner before and after training with them. If you receive special instruction from a teacher or senior student, bowing is a polite way thanking them for their help.

At the end of class, the bow is the same as at the beginning, following the instructor, except this time you use the words "Domo-arigato-go-zai-masu," meaning "thank you very much."

Setting up and leaving

Although the Parks and Rec department does most of the set up for class, please try to show up a few minutes early to class to help set up the mats if they are not all out. The more people that set up the mats, the less time it takes. After class, please stay a few minutes to help clean up any dojo equipment.

The roster, fees, waivers, and emergencies

The roster is the only means Sensei has of tracking your training days for promotion. Make sure to sign in on the roster with an "X" for one class and a "2" for two classes. Although CAA requirements for testing are based on training days, not hours, Sensei will keep the number of days that two classes were attended in mind.

If you ever need to contact Sensei in an emergency, the number is 858-539-3880. To contact the Parks and Recreation office, call (805) 482-1996.

You will be asked to sign a waiver before you are allowed to step on the mat at Aikido of Ventura County every month. This is for the legal safety of the dojo, the Parks and Recreation Department, and your training partners. If you have any questions about the waiver, please ask Sensei.

Please do not leave anything at the dojo after training, including clothes, shoes, uniform, water bottles, glasses, etc. If you lost something, please contact Laura Sensei to see if it was picked up.

Membership fees are not refundable. Membership is a commitment. Membership fees are by month, not per training day. It is your responsibility to get the most out of your investment. Fees are due at the beginning of the month to the Parks and Rec Department. See the website for the link to sign up monthly.

Uniform and cleanliness

All students must wear a clean white training uniform (“dogi,” or “gi” for short) and appropriate color belt to class after their first month. Wash your gi in cold water, and air dry if possible, to avoid shrinking. If needed, use some heat in washing to shrink to the appropriate size. Please keep long hair tied back, and no jewelry of any kind. Hakama are worn by Dan ranks (blackbelts) only.

Please keep fingernails and toenails trimmed and not sharp. Train in bare, clean feet, and please keep shoes off while on the mat and walking around the dojo.

Expectations as a member

Aikido of Ventura County is a community of equals, and every member is expected to share in their dojo experience. The community exists so we can help each other grow and learn. If everyone does their part to keep the atmosphere light and fun, then the community will thrive and grow.

The dojo itself also needs your help to expand and stay functioning. Please make yourself available when needed, whether that is for mentoring a fellow student or helping with a few extra cleaning chores. If you enjoy Aikido and the community at Aikido of Ventura County, tell your friends and family.

TESTING AND RANKING EXPECTATIONS

Ranking

All students will test in a timely fashion if they have fulfilled all the requirements of the exam. Do not ask to take an exam. Aikido is about personal progress, not a cookie cutter definition of success. You should not be obsessed with or worried about rank, but rather

with your daily presence and participation. Testing does, however, provide time to work one-on-one with students of a higher rank in order to foster a deeper level of connection and individual growth. Your exam is an opportunity to share your progress with your fellow aikidoka, as well as an opportunity to reflect on your own progress. Aikido exams are not to be used as a way to brag about how quickly you have improved, or to compare to the speed with which others rank. Participation in the ranking system is voluntary. If you do not want to participate, simply offer an explanation when Sensei approaches you with the opportunity for promotion.

Mentoring

Keep in mind that being a higher rank also comes with more responsibility to the dojo. Higher ranking members are expected to help newer students and mentor others for exams. Mentoring is an important process for both the mentor and the mentee. Mentoring is simply another chance to improve on your aikido beyond daily practice in class. If you have any questions or hesitations about mentoring, feel free to talk to Sensei or seek out a senior student.

Preparing for an exam

Qualification to test for a rank is based on:

- 1.) Number of training days since receiving your previous rank.
- 2.) Participation in seminars and events at Aikido of Ventura County or Aikido of San Diego.
- 3.) Quality of practice and spirit, and congruence with dojo etiquette and policy.

All candidates for exams are expected to attend class frequently in the weeks preceding the exam. All candidates must also select a mentor at least a month in advance and approve the mentor with Sensei. Mentors should only work with one student per test period. It is the mentor and mentee's roles to notify Sensei if postponement is needed.

Guidelines for selecting a mentor:

Testing for 6 Kyu – ask 4 Kyu – 1 Dan

Testing for 5 Kyu – ask 3 Kyu – 1 Dan

Testing for 4-3 Kyu – ask 2 Kyu – 2 Dan

Testing for 2-1 Kyu – ask anyone 1 Dan or above

Testing for 1 Dan – ask anyone 1 Dan or above

If a mentor within the correct rank is not available, please consult Sensei for suggestions.

Exam Fees

There is a fee for each exam. Fees are due before the exam date.

6-5 Kyu: \$30, 4-3 Kyu: \$40, 2-1: \$50, Dan exams: \$50 plus association fees.

EXAM CONTENT

6th Kyu (White Belt) Minimum -- 20 practice days

Ukemi	Forward Roll
	Back Roll
Shomen-uchi	Tenkan
	Irimi
	Ikkyo (omote & ura)
Katate-dori	Tai-no-henko
	Sumio-toshi
	Shiho-nage (omote & ura)
Jiyuwaza	Grabs only
Suwariwaza	Kokyu dosa

5th Kyu (White Belt) Minimum -- 40 practice days after 6th kyu

Katate-dori	Koky-ho
Kata-dori	Nikkyo (omote & ura)
Munetsuki	Kote-gaeshi
Shomen-uchi	Ikkyo (omote & ura)
	Iriminage (basic)
Gyakute-dori	Kote-gaeshi
	Shiho-nage (omote & ura)
	Kokyu-nage
Jiyuwaza	Grabs only
Ukemi	Receiving Jiyuwaza (freestyle as uke)
Bokken	1 st Suburi
Jo	1 st Suburi

4th Kyu (Blue Belt) Minimum -- 60 practice days after 5th kyu

Suwariwaza	Shomen-uchi Ikkyo
Shomen-uchi	Ikkyo-Nikkyo (omote & ura)
	Iriminage
Mune-tsuki	Kote-gaeshi
Yokomen-uchi	Shiho-nage (omote & ura)
Gyakute-dori	Irimi-nage
	1 other
Ryote-dori	Tenshi-nage
Katate-dori	Kokyu-nage
	Kaiten-nage (soto & uchi)
Morote-dori	Kokyu-ho
	Kokyu-nage
Jiyuwaza	Any attack
Ukemi	Receiving Jiyuwaza (freestyle as uke)
Bokken	1-5 Suburi
Jo	1-5 Suburi

3rd Kyu (Blue Belt) Minimum -- 80 practice days after 4th kyu

Suwariwaza	Shomen-uchi Ikkyo-Sankyo (omote & ura)
Shomen-uchi	Ikkyo-Sankyo (omote & ura)
	Kote-gaeshi
Yokomen-uchi	Shiho-nage (omote & ura)
	1 variation
Katate-dori	Irimi-nage
	Kote-gaeshi
Ryote-dori	Shiho-nage (omote & ura)
	Kokyu-ho
Munetsuki	Irimi-nage
	Kokyu-ho
Morote-dori	Irimi-nage
	Kote-gaeshi

Jiyuwaza	Any Attack
Ukemi	Receiving Jiyuwaza (freestyle as uke)
Bokken	1-7 Suburi
Jo	1-10 Suburi

2nd Kyu (Brown Belt) Minimum -- 100 practice days after 3rd kyu

Suwariwaza	Shomen-uchi Ikkyo-Yonkyo (omote & ura)
Hamni handachi	Katate-dori Shihonage
	Ryote-dori Shihonage
Shomen-uchi	Ikkyo-Yonkyo (omote & ura)
	Kote-gaeshi
	Irimi-nage
	Kokyu-nage
	Kokyu-ho
Munetsuki	Kaiten-nage
	Kote-gaeshi
	Irimi-nage
	Kokyu-nage
Gyakute-dori	Kokyu-ho
	Kaiten-nage
Katate-dori	3 techniques
Hiji-dori	3 techniques
Ryote-dori	3 techniques
Morote-dori	3 techniques
Yokomen-uchi	3 techniques
Ushiroryote-dori	Shiho-nage
	Kote-gaeshi
	Kokyu-ho
	Kokyu-nage
Jiyuwaza	1 Attacker Any Attack
	2 Attackers Any Attack
Ukemi	Receiving Jiyuwaza (freestyle as uke)
Tanto-dori	Tsuki Kote-gaeshi
	Yokomen-uchi Gokyo
Bokken	3 Tachi-dori
	Right & Left Awase
Jo	3 Jo-dori
	31 Jo kata

1st Kyu (Brown Belt) Minimum -- 150 practice days after 2nd kyu

Suwariwaza	Variety of Attacks Ikkyo-Yonkyo (omote & ura)
Hanmi handachi	Katate-dori Shihonage
	Ryote-dori Shihonage
	Shomen-uchi Kotegaeshi
	Shomen-uchi Iriminage
	Shomen-uchi Kaiten nage
Ushiro waza (5)	
Shomen-uchi	Ikkyo-Yonkyo (omote & ura)
Yokomen-uchi	
Katate-dori	
Kata-dori	
Ushiro-ryote	
Shomen-uchi	Kote-gaeshi
	Irimi-nage
	Kokyu-nage
	Kokyu-ho
	Kaiten-nage
	Shiho-nage
Munetsuki	Kote-gaeshi
	Irimi-nage
	Kokyu-nage
	Kokyu-ho
	Kaiten-nage
Yokomen-uchi	Kote-gaeshi
	Irimi-nage
	Kokyu-nage
	Kokyu-ho
	Kaiten-nage
	Shiho-nage (omote & ura)
Gyakute-dori	3 techniques
Katate-dori	3 techniques
Morote-dori	3 techniques
Ryote-dori	3 techniques
Kata-dori-menuchi	3 techniques
Ushiro-ryote-dori	3 techniques
Ushiro-ryokata-dori	3 techniques
Koshi-nage	3 techniques
Jiyuwaza	1 attacker
	3 attackers
Ukemi	Receiving Jiyuwaza (freestyle as uke)
Tanto-dori	Tsuki
	Yokomen
	Slash

	Back/Throat
Bokken	Tachi-dori (5)
	5 th Awase
	7 th Awase
Jo	Jo-dori (5)
	20 Suburi

Sho-Dan (Black Belt) Minimum -- 200 practice days after 1st kyu

All candidates for Sho-Dan must complete a black belt project as well

Suwarewaza	Variety of Attacks Ikkyo-Gonkyo
Hanmi handachi	Katate-dori Shihonage
	Ryote-dori Shihonage
	Shomen-uchi Kotegaeshi
	Iriminage
	Kaiten-nage
	Ushiro waza (5)
Shomen-uchi	Ikkyo-Yonkyo
Yokomen-uchi	
Katate-dori	
Kata-dori	
Ushiro-ryote-dori	
Shomen-uchi	5 techniques from each attack. Must include variety of Koshi-nage.
Yokomen-uchi	
Mune-tsuki	
Katate-dori	
Gyakute-dori	
Morote-dori	
Ryote-dori	
Kata-dori-menuchi	
Ushiro-ryote-dori	
Ushiro-ryokata-dori	
Jiyuwaza	1 attacker
	3 attackers
Tanto-dori	Tsuki
	Shomen
	Yokomen
	Slash
	Back/Throat
Bokken	Tachi-dori (5)
	1 solo or partner practice
Jo	Jo-dori (5)
	1 solo or partner practice
Short Free Demo of Your Choice	

Road to Black Belt

“Sho-dan” in Japanese translates as “beginning rank.” Candidates for Sho-Dan should train with a thirst for knowledge and improvement. A black belt in Aikido does not mean that you are a martial arts master, but it does mean that you have a proficiency in some techniques and a strong foundation to build on. One of the beautiful aspects of Aikido is that, after many years, a black belt student can still grow and learn. A ShoDan student from Aikido of Ventura County acknowledges that their path, in many ways, has only just begun. That being said, receiving a ShoDan rank is a big accomplishment for any Aikido student. A ShoDan at Aikido of Ventura County not only displays martial harmony and personal growth on the mat, but off it as well.

Aikido of Ventura County is affiliated with Aikido of San Diego under Dave Goldberg Sensei, 5th Dan. Aikido of San Diego is a member of the California Aikido Association, which is an affiliate of the Aikikai (the Aikido world headquarters in Japan). The CAA’s minimum exam requirements towards black belt meet and exceed the Aikikai requirements. Aikido of Ventura County’s requirements both meets and exceeds the CAA requirements.

The road to black belt is self-paced. Sensei reserves the right to time your promotions according to your growth, but preparation for your black belt is an ongoing process. The more you train and participate at the dojo, the more you will grow.

Aikido of Ventura County requires participation in at least two Aikido of Ventura County or Aikido of San Diego seminars.

These can include any seminars with a senior guest instructor at Aikido of Ventura County, Aikido of San Diego, or the Aiki Summer Retreat in the Bay Area.

Aikido of Ventura County also requires attendance of at least two classes at Aikido of Ventura County or Aikido of San Diego taught by Dave Goldberg Sensei.

Aikido of Ventura County also requires the completion of a black belt project.

A black belt project is a special project that must be completed prior to the ShoDan exam. Black belt projects should be undertaken as a brown belt, and is an opportunity for students to express how the principles of Aikido are reflected in their own lives. The form of the project is flexible, but the message of the ultimate finished product should be clear.

Some possible options for a black belt project include an essay, a community service project, a media project, an artistic project, an academic piece, or even a work-related project. The limit of possibilities is only as confined as your imagination. The size of the project is less important as the spirit with which the project is undertaken. Remember that the project reflects your personal and individual connection with Aikido and its principles, so pick something that you will enjoy and benefit from.

A few extra notes

It is also polite to make or purchase a dojo gift in conjunction with your black belt project. These do not need to be big or expensive, but are a good way to show appreciation to the dojo community. If you need suggestions, ask another senior student or Sensei.

Training for ShoDan is time consuming for your mentors and ukes. It is polite to express thanks to your ukes, especially your mentor and those who worked closely with you before the exam, by presenting them with a token of your thanks. Do not feel the need to break the bank, but a small token or a thoughtful gesture goes a long way. Members of the Aikido of Ventura County community support and help one another, and ShoDan mentors are a big example of that support network.

GLOSSARY and REFERENCE

Since Aikido is a Japanese art, many of the terms used in class and on exams are in Japanese. Although you will not be tested on the specific translations of the words, knowing their meanings is helpful for understanding the nature of the techniques and attacks. Your fellow students, and the following guide, are available to help you understand the Japanese terms.

Understanding Technique Names

Aikido has a uniform naming system. Technique names follow a formula:
ATTACK + TECHNIQUE + DIRECTION (if needed) = Full Technique Name

Example: "Shomen-uchi Ikkyo Omote-waza"

"Shomen-uchi" is the *ATTACK*. It means "frontal strike," and is a basic chop to the head.

"Ikkyo" is the *TECHNIQUE*. "Ikkyo" is the first pinning technique.

"Omote-waza" is the *DIRECTION*. "Omote-waza" is the front side.

So Shomen-uchi + Ikkyo + Omote-waza means that, after your partner does a frontal strike, you do the 1st pinning technique to the front side.

Names of Basic Techniques

Gokkyo: 5th pinning technique.

Ikkyo: 1st pinning technique.

Iriminage: Entering throw.

Jujinage: Crossed arm throw.

Kaiten nage: Rotary throw.

Kokyunage: "Breath" throw (used for a wide variety of throwing techniques).

Koshinage: Hip throw.

Kotegaeshi: Wrist turning technique.

Nikkyo: 2nd pinning technique.

Sankyo: 3rd pinning technique.

Shihonage: Four direction throw.

Tenchinage: Heaven and earth throw.

Yonkyo: 4th pinning technique.

Names of Basic Attacks

Gyakute-dori: Cross-hand grab (right to right, left to left).

Hiji-dori: Elbow grab.

Kata-dori: Shoulder grab.

Kata-menuchi: One shoulder held with a frontal head strike.

Katate-dori: Wrist grab (mirror image).

Morote-dori: Forearm/wrist held with both hands.

Munetsuki: Chest or stomach thrusting strike (punch).

Mune-dori: Lapel grab (at the chest).

Ryokata-dori: Both shoulders held.

Ryote-dori: Attack in which both wrists are held.

Shomen-uchi: Strike to the top of the head.

Ushiro ryokata-dori: Both shoulders grabbed from behind.

Ushiro ryote-dori: Both wrists grabbed from behind.

Yokomen-uchi: Strike to the side of the head.

Counting in Japanese

We often count in Japanese, and some techniques contain numbers in their name. This also keeps us connected to the art's Japanese cultural roots. Japanese counting is similar to some other languages, in that if you know 1-10, you can figure out the rest:

1.....**ICHI**

2.....**NI**

3.....**SAN**

4.....**SHI / YON**

5.....**GO**

6.....**ROKU**

7.....**SHICHI**

8.....**HACHI**

9.....**KYU**

10.....**JYU**

For ten through nineteen, you take the name for ten and combine it with the second number. For instance, 11 is 10+1, or jyu+ichi, so jyu-ichi. 12 is 10+2, or jyu+ni, so jyu-ni.

Beyond nineteen, everything stays the same but you add the name of the number to the beginning as well. For instance, 20 is ni (2) + jyu (10), so ni-jyu. 21, therefore, is ni-jyu-ichi. 31, then is san (3) + jyu (10) + ichi (1), so san-jyu-ichi.

Names of the 20 Jo Suburi

1. Choku tsuki

2. Kaeshi tsuki

3. Ushiro tsuki

4. Tsuki gedan gaeshi

5. Tsuki jodan gaeshi uchi

6. Shomen uchi komi

7. Renzoku uchi komi

8. Menuchi gedan gaeshi
9. Menuchi ushiro tsuki
10. Gyaku yokomen ushiro tsuki
11. Katate gedan gaeshi
12. Katate toma uchi
13. Katate hachi noji gaeshi
14. Hasso gaeshi uchi
15. Hasso gaeshi tsuki
16. Hasso gaeshi ushiro tsuki
17. Hasso gaeshi ushiro uchi
18. Hasso gaeshi ushiro barai
19. Hidari nagare gaeshi uchi
20. Migi nagare gaeshi tsuki

Glossary of Common Aikido Terms

Ai-hanmi: Partners stand facing one another with the same foot forward.

Atemi: A strike or striking technique. Often used to wake your partner up or take their balance.

Bokken: Wooden sword.

Budo: Warrior way. The group of arts that teach martial technique and spiritual development.

Dan: Blackbelt rank.

Deshi: Student, pupil, disciple.

Dojo: Training hall

Gi: Training uniform.

Gyaku-hanmi: Opposite stance. Partners stand with opposite feet forward.

Hakama: A divided, pant-like skirt. It's worn by those of Dan rank.

Hanmi: Triangular stance.

Hanmi Handachi: Nage (thrower) is kneeling and Uke (attacker) is standing.

Irimi: Entry.

Jiyuwaza: Freestyle practice.

Jo: Wooden staff

Kamae: Stance.

Kata: Shoulder

Kata: Form (different character from "Kata," meaning shoulder).

Keiko: Practice or training session.

Ken: Japanese sword.

Kiai: A piercing scream.

Kihon: Basic form of a technique, usually static.

Ki-no-nagare: Fluid form of a technique.

Kohai: Junior student.

Kumijo: Partner practices with jo.

Kumitachi: Partner practices with swords.

Nage: To throw. The person who throws.

Omote: Front

Randori: Multiple person freestyle practice.

Rei: Bow.

Sempai: Senior student.

Seiza: Formal sitting posture. Knees underside.

Shomen: Front. Head of the dojo where a picture of the founder is kept.

Suburi: A basic ken or jo strike.

Suwariwaza: Sitting techniques.

Tachi-dori: Sword take-aways.

Tai-jutsu: Body arts. Techniques done without weapons.

Tanto: Knife.

Tsuki: Thrust, punch.

Uchi: To strike.

Uke: To receive. The person who attacks, receives a technique, and falls.

Ukemi: The art of falling and receiving.

Ura: Rear direction.

Ushiro: Back, behind, rear.

Waza: Technique.

Yudansha: Person holding a Dan rank (black belt).