

Basic Stance and Movements

1. Kamae
 - Basic stance
2. Seiza-ho
 - Correct way of sitting
3. Rei-ho
 - Etiquette and the correct way of bowing
4. Shikko-ho
 - Knee-walking
5. Tai No Henko Ichi
 - Cross-step-in body change (step-in movement when pulled)
6. Tai No Henko Ni
 - 95 degree pivot (pivoting movement when pushed)
7. Hiriki No Yosei Ichi
 - Elbow power #1 (shuffling movement when pulled)
8. Hiriki No Yosei Ni
 - Elbow power #2 (turning movement, shifting weight)
9. Shumatsu-Dosa Ichi
 - After-class exercise #1 (combination movement when pulled)
10. Shumatsu-Dosa Ni
 - After-class exercise #2 (combination movement when pushed)

Numbers

1 – Ichi	6 – Roku
2 – Ni	7 – Shichi
3 – San	8 – Hachi
4 – Shi	9 – Kyu
5 – Go	10 – Ju

Terms

Shite – the person who executes an Aikido technique

Uke – the person who receives the technique

Hajime – begin

Yame – stop

Kotai – shite and uke change roles

Onajiku – repeat the same technique on the other side

Seikin – Move in to engage your partner

Ma-ai – basic distance

Migi hanmi – right-side stance (right foot forward)

Hidari hanmi – left-side stance (left foot forward)

Osu – a greeting indicating mutual respect

Shomen Ni Rei – Bow to the front of the dojo (pictures of the founders)

Sensei Ni Rei – Bow to the instructor(s)

Domo arigato gozaimashita – thank you very much [very formal]