

# Aikido Kihon Waza Basic Techniques By Heikki Helala

## AIKIDO KIHON WAZA

### Basic Techniques



Heikki Helala

**Aikido Kihon Waza Basic Techniques by Heikki Helala** is a profound exploration of the fundamental techniques that define the art of Aikido. Aikido, a modern Japanese martial art, emphasizes harmony and the blending of energy rather than confrontation. It is not merely a means of self-defense but a way of life that promotes peace, respect, and personal growth. Heikki Helala, a notable figure in the world of Aikido, has dedicated his life to teaching these principles, highlighting the importance of kihon waza, or basic techniques, as the foundation of Aikido practice.

Understanding Kihon Waza

Kihon waza refers to the fundamental techniques that every Aikido practitioner must learn. These techniques serve as the building blocks for more advanced movements and applications within the martial art. Mastering kihon waza is essential for developing a deep understanding of Aikido's principles, including balance, timing, and fluidity.

### The Importance of Kihon Waza

1. **Foundation of Techniques:** Kihon waza provides the essential skills upon which all advanced techniques are built. Without a solid grasp of these basics, practitioners may struggle to execute more complex movements effectively.
2. **Body Awareness:** Practicing basic techniques enhances body awareness and helps students learn to move fluidly and efficiently. This awareness is crucial for both self-defense and personal development.
3. **Conceptual Understanding:** Learning kihon waza deepens the understanding of Aikido's philosophical underpinnings, such as blending with the opponent's energy and redirecting force.
4. **Consistency in Training:** Regular practice of kihon waza ensures consistency in training and allows students to measure their progress over time.

### Heikki Helala's Approach to Kihon Waza

Heikki Helala emphasizes a structured and thoughtful approach to kihon waza. He believes that understanding the intent behind each technique is as important as mastering the physical movements. His teachings focus on the following key areas:

#### Technique Breakdown

Helala systematically breaks down each kihon waza technique, ensuring that students grasp the importance of each movement. He focuses on:

- **Posture:** The importance of maintaining a stable and balanced stance.
- **Movement:** How to move fluidly, using the body's natural mechanics.
- **Breath:** The role of breathing in enhancing both physical execution and mental focus.

#### Practical Application

Helala encourages students to see kihon waza not just as isolated techniques but as practical applications in self-defense scenarios. He often demonstrates how these basic techniques can be adapted and applied in real-life situations.

#### Mindset and Philosophy

Aikido is as much about mental and spiritual development as it is about physical techniques. Helala instills in his students the importance of maintaining a calm and focused mindset, emphasizing that the true spirit of Aikido lies in fostering peace and understanding.

### Key Kihon Waza Techniques

Heikki Helala teaches a variety of kihon waza techniques, each with its unique application and significance. Below are some of the fundamental techniques that practitioners often learn:

### 1. Shomen Uchi (Overhead Strike)

- Description: A downward strike aimed at the top of the head.
- Application: This technique teaches students to blend with the attack and redirect the opponent's energy.

### 2. Yokomen Uchi (Side Strike)

- Description: A diagonal strike that targets the side of the head.
- Application: Practitioners learn to evade the strike while controlling the opponent's movement.

### 3. Tsuki (Thrust)

- Description: A direct thrust aimed at the body.
- Application: This technique emphasizes timing and distance management, allowing students to practice their footwork and evasion skills.

### 4. Irimi Nage (Entering Throw)

- Description: A technique that involves entering into an opponent's space to execute a throw.
- Application: This technique teaches the importance of timing and spatial awareness.

### 5. Kotegaeshi (Wrist Turn)

- Description: A technique that involves turning the opponent's wrist to unbalance them.
- Application: This helps develop an understanding of joint locks and control.

### 6. Shiho Nage (Four Directions Throw)

- Description: A throw that can be applied from multiple angles.
- Application: It teaches adaptability and the ability to respond to an opponent's movements.

## Training Methodology

Heikki Helala's training methodology incorporates various teaching techniques to ensure that students grasp both the physical and philosophical aspects of Aikido.

### Structured Classes

Classes are typically structured to include:

- Warm-up Exercises: Focused on flexibility and body awareness.
- Technique Demonstration: Helala demonstrates each kihon waza technique clearly and effectively.
- Partner Practice: Students practice techniques with partners, allowing for real-time feedback and adjustments.
- Cool Down and Reflection: Classes conclude with a cool-down period and a discussion on the day's lessons, reinforcing the mental aspects of training.

### Emphasis on Safety

Safety is paramount in Helala's classes. He teaches students to practice techniques with control and

respect for their partner's well-being. This fosters a safe training environment where students can learn and grow without fear of injury.

## The Role of Kihon Waza in Personal Development

Beyond the physical skills, kihon waza plays a significant role in personal development. Practicing these techniques fosters qualities such as:

- Discipline: Regular training instills a sense of commitment and discipline in practitioners.
- Confidence: Mastering kihon waza builds self-confidence and a sense of accomplishment.
- Resilience: Learning to face challenges on the mat translates into greater resilience in everyday life.
- Peace of Mind: The philosophy of Aikido encourages practitioners to cultivate a sense of inner peace, which can have profound effects on mental well-being.

## Conclusion

In conclusion, Aikido kihon waza basic techniques by Heikki Helala provide a comprehensive foundation for both beginners and advanced practitioners alike. Through a combination of physical practice, philosophical teachings, and a focus on personal development, Helala's approach fosters a deep understanding of Aikido. For those looking to embark on or deepen their Aikido journey, mastering kihon waza is not just an obligation but a pathway to personal growth, resilience, and a more harmonious way of living. Embracing these fundamental techniques opens the door to a lifelong practice that extends far beyond the mat, promoting peace and understanding in all aspects of life.

## Frequently Asked Questions

### **What are the key principles of Aikido kihon waza as taught by Heikki Helala?**

The key principles include blending with the opponent's movement, maintaining balance, and using minimal force to redirect energy.

### **How does Heikki Helala emphasize the importance of posture in kihon waza?**

Heikki Helala emphasizes that proper posture is crucial for both balance and effective technique, ensuring practitioners can respond fluidly and maintain stability.

### **What are some fundamental kihon waza techniques demonstrated by Heikki Helala?**

Fundamental techniques include irimi nage, tenkan, and shihonage, which are essential for understanding movement and application in Aikido.

### **How can beginners benefit from studying kihon waza under**

## **Heikki Helala's guidance?**

Beginners can gain a solid foundation in Aikido principles, improve their coordination, and develop an understanding of body mechanics and timing.

## **What role does breathing play in the practice of kihon waza according to Heikki Helala?**

Breathing is fundamental as it helps maintain focus, control energy flow, and supports relaxation during techniques, enhancing overall performance.

## **How does Heikki Helala incorporate mindfulness into the practice of kihon waza?**

He incorporates mindfulness by encouraging practitioners to be fully present during training, fostering an awareness of their movements and the dynamics with their partner.

## **What are common mistakes to avoid when practicing kihon waza as taught by Heikki Helala?**

Common mistakes include overexerting force, neglecting footwork, and failing to maintain a relaxed posture, all of which can hinder effective technique.

## **How does Heikki Helala's approach to kihon waza differ from other Aikido instructors?**

Heikki Helala's approach often emphasizes the integration of traditional techniques with a focus on practical application and adaptability in real-life situations.

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### **Training Opportunities in California! - aikido.on.ca**

Besides hosting aikido retreats, they also host groups for training in Cobb home construction and permaculture. For further information, please contact Jaimie Sheppard Sensei or Kevin Love Sensei.

### **Aikido Terms Glossary**

Aikido Terms Glossary  
Age: Upward/rising. Ai: Harmony. Ai Hanmi: Shite and Uke are in the same stance. Aikido: The way of blending ki; the way of harmony with energy. Aikidoka: A practitioner of Aikido. Aiki Nage: Special kind of breath throw. Anza: Sitting cross-legged. Arigato Gozai Mashita: Thank you very much. Ashi Kiriage: Cut the foot up ...

## Aiki Budo Centre – Yoshinkan Aikido in London Ontario

Currently training in Aikido under the guidance of Matsuo Masazumi Sensei and has affirmed Aiki Budo Centre as an affiliate of Seiseikai Japan. Ranking in Judo and Seikido (Tae Kwon Do).

### Description of Aikido

Aikido unites the elements of self defence, physical fitness and nonviolent philosophy into modern martial art. It's history dates back to the Samurai era of Japan. Techniques are based on the simple principal of circular force applied in harmony to redirect the force of an attack.

### **Class Schedules - Aikido**

The Western Aikido Club is affiliated with the Aiki Budo Centre, which provides instructors and testing administration. Current instructors are Sensei Kevin Love, 4th Dan (Dojo Cho), and Sensei Joe Sebastiao, 4th Dan.

### Contact - Aikido

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### **Regular Class Schedule - Aiki Budo Centre London - aikido.on.ca**

Contact for London Aiki Budo location email aikidoonca@hotmail.com or phone 519-636-8482. Please click to see ABC London Dojo location.

### *Club History - Aikido*

All instructors are licensed and certified by the Aikido Yoshinkan Foundation in Japan. Some members have opened their own independent Aiki Budo Center clubs in Montreal, Quebec and Ingersoll, Ontario.

### *Programs - aikido.on.ca*

Aikido involves mental training as well as physical, emphasizing the ability to relax mind and body even under stress. As skills develop, so will health, confidence and sense of accomplishment.

### New ABC London Centre Closures in June. - aikido.on.ca

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