

aikido kihon waza basic techniques by heikki helala

****Aikido Kihon Waza Basic Techniques by Heikki Helala****

aikido kihon waza basic techniques by heikki helala offer a distinctive and insightful approach to mastering the foundational movements and principles of aikido. Recognized for his dedication to the art, Heikki Helala has helped countless practitioners deepen their understanding of kihon waza—the essential techniques that form the backbone of aikido training. Whether you're a beginner or a seasoned aikidoka, exploring these basic techniques through Helala's perspective can significantly enhance your practice, blending traditional discipline with practical application.

Understanding the Essence of Aikido Kihon Waza

Before diving into the specific kihon waza techniques championed by Heikki Helala, it's important to grasp what kihon waza truly means in aikido. The term "kihon" translates to "basic" or "fundamental," while "waza" means "techniques." Together, kihon waza refers to the core movements and forms that every aikidoka must learn and internalize. These basics are not merely exercises but the foundation upon which more advanced techniques are built.

Heikki Helala emphasizes the importance of mastering these basics with precision and mindfulness. His teaching style encourages practitioners to focus on the principles of balance, timing, and fluidity, rather than rushing through techniques. This approach fosters a deep-rooted skill set that supports effective self-defense and personal growth.

Key Techniques in Aikido Kihon Waza According to Heikki Helala

Heikki Helala's curriculum highlights several fundamental aikido techniques that embody the philosophy and practical application of kihon waza. Let's explore some of these essential movements and their significance.

1. Tai Sabaki (Body Movement)

Tai sabaki is the art of body movement and positioning, crucial for evading attacks and creating advantageous angles. Helala stresses that mastering tai sabaki is the first step in aikido kihon waza. It teaches practitioners to move harmoniously with an opponent's energy rather than confronting force head-on.

In training, tai sabaki exercises involve pivoting, stepping, and turning movements designed to develop fluidity and agility. This technique is especially useful for beginners to understand how to maintain balance while redirecting an attacker's momentum.

2. Ikkyo (First Control Technique)

Ikkyo is one of the most fundamental aikido techniques, focusing on controlling the opponent's arm to neutralize aggression safely. Helala's instruction on ikkyo highlights the importance of precise hand placement and smooth execution to avoid injury and maintain control.

Practicing ikkyo helps students refine their grip and learn how to lead an attacker gently but firmly. It also demonstrates the aikido principle of blending with an opponent's force, rather than opposing it directly.

3. Nikyo (Second Control Technique)

Nikyo involves a wrist lock that applies pressure on the opponent's wrist and forearm, causing discomfort and compliance without harm. According to Heikki Helala, nikyo requires a keen understanding of joint manipulation and sensitivity to the opponent's reactions.

Helala encourages practitioners to develop a delicate touch when executing nikyo, ensuring the technique is effective yet respectful. This sensitivity is key in aikido, where control and harmony outweigh sheer strength.

4. Shihonage (Four-Direction Throw)

Shihonage is a classic throwing technique that uses circular motion to off-balance the attacker. Helala's teachings focus on the fluidity and timing necessary to perform shihonage gracefully. The move exemplifies aikido's philosophy by redirecting aggression into a non-violent resolution.

Learning shihonage through Helala's approach helps practitioners understand the interplay between movement, balance, and energy flow, making this technique a cornerstone of kihon waza practice.

5. Kaiten Nage (Rotary Throw)

Kaiten nage involves a spinning motion to throw the opponent off balance. Helala emphasizes the role of rotation and whole-body coordination in performing this technique effectively. Practicing kaiten nage builds strength, flexibility, and awareness of spatial dynamics.

This technique also reinforces aikido's principle of using an attacker's energy against them, demonstrating that skillful movement can overcome brute force.

The Role of Heikki Helala's Teaching Methodology in Aikido Training

What sets Heikki Helala apart in the aikido community is his unique blend of traditional Japanese martial arts philosophy with a Western pedagogical approach. He focuses not only on physical execution but also on mental and spiritual development. His kihon waza training sessions often begin with breathing exercises and meditation to center the mind and prepare the body.

Helala advocates for slow, deliberate practice that prioritizes quality over quantity. By drilling kihon waza techniques repeatedly and mindfully, students develop muscle memory alongside an intuitive sense of timing and distance. This method reduces injury risk and promotes long-term progress.

Moreover, Helala's emphasis on partner work encourages mutual respect and communication, which are vital in aikido. Practitioners learn to read their partner's intentions and adjust their techniques accordingly, fostering a cooperative learning environment.

Integrating Kihon Waza into Daily Aikido Practice

Incorporating aikido kihon waza basic techniques by Heikki Helala into your regular training routine can transform how you approach aikido as a whole. Here are some tips and insights to help you make the most of these foundational practices:

- **Focus on fundamentals:** Regardless of your level, revisit kihon waza consistently. These basics are the building blocks for all aikido techniques.
- **Practice with intention:** Pay attention to your body alignment, breathing, and the subtle shifts in balance during each move.
- **Work with different partners:** This helps you adapt your techniques to various body types and levels of resistance.
- **Record and review:** If possible, film your practice sessions to observe your form and identify areas for improvement.
- **Stay patient:** Mastery of kihon waza takes time. Trust the process and enjoy the journey.

By steadily integrating these techniques, you'll find your aikido practice becoming more natural, effective, and deeply rooted in the art's core principles.

Why Learning Kihon Waza from Heikki Helala Makes a Difference

Choosing to study aikido kihon waza basic techniques by Heikki Helala means engaging with a teacher who values clarity, respect, and the holistic development of the practitioner. Helala's experience and dedication enable him to break down complex movements into accessible steps without losing the essence of aikido's philosophy.

His approach nurtures both the technical and personal growth of students, making kihon waza not just a set of motions but a pathway to understanding aikido's deeper meanings. This comprehensive training enriches practitioners' skills and fosters a mindset of harmony and balance that extends beyond the dojo.

Exploring Helala's kihon waza techniques can open new doors in your aikido journey, encouraging you to embrace the art with greater confidence and insight. Whether you aim to compete, teach, or simply enjoy aikido as a lifelong practice, grounding yourself in these basics is an invaluable step.

Frequently Asked Questions

Who is Heikki Helala in the context of Aikido?

Heikki Helala is a respected Aikido instructor known for his teachings and demonstrations of Aikido kihon waza, focusing on the fundamental techniques of the art.

What does 'kihon waza' mean in Aikido?

'Kihon waza' refers to the basic or fundamental techniques in Aikido, which form the foundation for more advanced movements and applications.

What are some basic Aikido kihon waza techniques taught by Heikki Helala?

Some basic kihon waza techniques include ikkyo (first control), nikyo (second control), sankyo (third control), yonkyo (fourth control), and shihonage (four-direction throw), as taught by Heikki Helala.

How does Heikki Helala emphasize learning kihon waza in Aikido?

Heikki Helala emphasizes mastering kihon waza through repetitive practice, proper body

posture, and understanding the principles of balance and timing.

Why are kihon waza important for Aikido practitioners?

Kihon waza are essential because they build a solid foundation, enabling practitioners to execute techniques effectively and adapt to various situations in Aikido.

Can beginners practice Aikido kihon waza by following Heikki Helala's instructions?

Yes, Heikki Helala's teachings on kihon waza are designed to be accessible for beginners, helping them develop correct technique and understanding from the start.

Does Heikki Helala incorporate weapons training in his kihon waza teachings?

While Heikki Helala primarily focuses on empty-hand kihon waza, he also includes basic weapons movements such as bokken and jo techniques to complement foundational skills.

What role does breath control play in Heikki Helala's approach to kihon waza?

Breath control is integral in Heikki Helala's approach, as it helps maintain relaxation, focus, and proper energy flow during the execution of kihon waza.

Where can one find instructional materials or videos of Heikki Helala demonstrating Aikido kihon waza?

Instructional materials and videos featuring Heikki Helala's demonstrations of Aikido kihon waza can be found on various Aikido federation websites, YouTube channels, and seminar recordings.

Additional Resources

Aikido Kihon Waza Basic Techniques by Heikki Helala: An In-Depth Examination

aikido kihon waza basic techniques by heikki helala represent a foundational approach to understanding and practicing the core movements and principles within Aikido. Heikki Helala, a respected Aikido instructor and practitioner, has contributed significantly to the dissemination and clarification of kihon waza—basic techniques that form the bedrock of this Japanese martial art. His interpretation and teaching methodology emphasize not only physical execution but also the philosophical underpinnings that make Aikido a unique discipline.

Understanding Aikido Kihon Waza and Heikki Helala's Approach

Kihon waza, translating to “basic techniques,” are essential for any serious Aikido student. They encompass fundamental movements such as ikkyo, nikyo, sankyo, yonkyo, and kote gaeshi, which are practiced repeatedly to develop precision, timing, and fluidity. These techniques serve as building blocks that enable practitioners to advance into more complex forms and applications.

Heikki Helala's approach to kihon waza is distinguished by his focus on the integration of body mechanics with the Aikido principle of blending (*awase*). His teachings emphasize the importance of natural movement and relaxation, avoiding stiffness or brute force. Helala's method encourages students to understand the subtleties of joint manipulation and the redirection of energy, which are crucial for effective technique execution.

Key Features of Heikki Helala's Interpretation of Kihon Waza

One of the defining aspects of Helala's teachings is his insistence on proper posture and balance as prerequisites for mastering basic techniques. According to Helala, kihon waza is not simply about learning a set of movements but about cultivating a state of readiness and harmony between uke (the person receiving the technique) and nage (the executor).

- **Emphasis on Ki Development:** Helala incorporates concepts of ki (energy flow) to enhance the effectiveness of basic techniques, advocating for a mindful connection between mental focus and physical action.
- **Technical Precision:** His instruction prioritizes exactness in hand positioning, footwork, and timing, which ensures that the techniques can be applied safely and efficiently.
- **Adaptability:** Helala encourages students to adapt kihon waza to various attack scenarios, promoting versatility rather than rote memorization.

The Role of Kihon Waza in Aikido Training According to Heikki Helala

In traditional Aikido training, kihon waza functions as the core curriculum, repeated countless times to ingrain muscle memory and refine technique. Helala's teaching reinforces that kihon waza is not merely a beginner's checklist but a lifelong study. He advocates revisiting these basic movements regularly, even at advanced levels, to deepen

understanding.

Through his workshops and seminars, Helala has demonstrated that kihon waza forms the foundation for more dynamic techniques such as kaiten nage (rotary throw) and iriminage (entering throw). By mastering the basics thoroughly, practitioners can execute more complex maneuvers with confidence and fluidity.

Comparative Insights: Helala's Kihon Waza vs. Other Aikido Schools

When compared with other Aikido instructors, Heikki Helala's kihon waza methodology stands out due to its balance between traditional formality and practical application. Some schools prioritize strict adherence to form, sometimes at the expense of natural movement, whereas Helala blends classical technique with modern biomechanical understanding.

- **Traditional Schools:** Often emphasize kata-like repetition, focusing on precision and ritual, which can sometimes limit adaptability.
- **Helala's Method:** Encourages fluidity and responsiveness, allowing the techniques to evolve with the practitioner's experience and physicality.
- **Other Contemporary Approaches:** May integrate cross-training or combat sports elements, whereas Helala remains rooted in classical Aikido philosophy while promoting practical efficiency.

Practical Application and Benefits of Practicing Kihon Waza by Heikki Helala

The practical benefits of training kihon waza under Heikki Helala's guidance extend beyond mere physical technique. His approach cultivates heightened awareness, improved coordination, and stress management skills. Practitioners often note increased confidence in handling physical confrontations due to the emphasis on blending energy rather than meeting force with force.

Additionally, Helala's kihon waza instruction supports injury prevention by focusing on proper alignment and smooth joint movements, a critical aspect for longevity in martial arts practice. This attention to detail helps practitioners avoid common pitfalls such as overextension or improper leverage.

Essential Kihon Waza Techniques Covered by Heikki Helala

While Helala's curriculum includes a comprehensive range of kihon waza, several core techniques receive particular attention:

1. **Ikkyo (First Control):** Focuses on controlling the opponent's elbow and wrist to guide and immobilize.
2. **Nikyo (Second Control):** Emphasizes a wrist lock that applies a rotational pressure to the forearm and wrist.
3. **Sankyo (Third Control):** Utilizes an upward spiral wrist lock, stressing the importance of directional force.
4. **Yonkyo (Fourth Control):** Involves a nerve pressure technique applied to the forearm, demanding precision and sensitivity.
5. **Kote Gaeshi (Wrist Twist):** A classic wrist throw that requires fluid timing and blending with the attacker's motion.

Helala's teaching method highlights not only how to perform these techniques but also why each movement is structured as it is, fostering a deeper conceptual understanding.

Integrating Aikido Kihon Waza Basic Techniques by Heikki Helala into Modern Practice

In an era where martial arts often compete with mixed martial arts (MMA) and self-defense systems, Heikki Helala's dedication to kihon waza offers a compelling reminder of traditional Aikido's relevance. By grounding students in fundamental principles, he prepares them for realistic applications while preserving the art's spiritual and ethical dimensions.

His instructional materials, including seminars and publications, provide accessible entry points for practitioners worldwide to engage with kihon waza at a high level. This accessibility helps maintain the continuity and evolution of classical Aikido techniques within contemporary martial arts communities.

The continued interest in Helala's kihon waza teachings highlights a broader trend in martial arts: the search for balance between tradition and innovation. As Aikido evolves, foundational techniques like those taught by Helala remain indispensable pillars supporting both technical proficiency and personal growth.

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aikido kihon waza basic techniques by heikki helala: Aikido Kihon Waza - Basic Techniques Heikki Helala, 2012-07 This book is a guide for persons who are in the beginning of their aikido career, for persons preparing themselves for graduation, and also for persons who have practised aikido for a longer period of time. Using this book, beginners can learn the names of the fundamental aikido techniques and study how they are performed. Advanced students can use this book to memorize the techniques and for a more detailed analysis of how the techniques are performed. This book contains basic techniques from white to black belt (6th to 1st kyu).

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aikido kihon waza basic techniques by heikki helala: The Art of Aikido 田口 良一, 2004 Aikido is now practised in 86 countries. The Aikido ideal of 'polishing one's mind and body to foster a spirit of harmony' has struck a common chord among the peoples of the world. This book was written by Kisshomaru Ueshiba, the son of the founder of Aikido. Born into the household of a martial arts genius, Kisshomaru naturally absorbed many teachings from his father, Morihei, as he was growing up. Morihei himself explained Aikido in archaic, esoteric language, and limited his instruction to only a select few, but in order to accomplish the mission of introducing Aikido to

aikido kihon waza basic techniques by heikki helala: An Introduction to Aikido Mastering the Basics Through Proper Training ((English translation of Aikido book)) Mitsuteru Ueshiba, 2020-03-02 田口 良一 This book has a greater number of sequence photographs than other books on aikido techniques previously published. This will help beginners to understand what they need to pay attention in mastering basic movements. It also has many close-up photographs and photographs taken from some different angles, which I hope will make techniques more understandable. It will also be of great help to instructors in charge of beginners and children The basics explained in this book constitute the fundamentals of aikido techniques. Therefore you have to keep practicing them even after you are promoted to higher ranks. I hope this book will help you to check what you have learned by observing your instructor's demonstrations at your dojo and thereby improve your skills ●Preface ●Before You Start Training ●Nage-waza ●Nage-katame-waza ●Katame-waza ●Developing Kokyu-ryoku ●Aikido and the Aikikai Public Utility Foundation ●Brief Personal Records of Successive Doshus 田口 良一 Mitsuteru Ueshiba was born on June the 27th, 1981 (the 56th year of the Showa era) as a grandson of Morihei Ueshiba, he started working for the Aikikai Foundation and in 2015,became the Director of the Hombu Dojo of Aikido.

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Transitions and Counters of AIKIDO: Nev Sagiba, 2023-03 To be able to perform Transitions and Counters of Aikido one must first thoroughly understand the basics and their atemi and buki based applications, without which Aikido would be a mere dancing method. **FOUR DIAMONDS - 1024 Basic Transitions and Counters of Aikido**, will point toward the qualities alluded to in myths about Tego of the Kami and the real and humanly achievable Aiki Budo of Takemusu Aiki which open up the Way of Kannagara. This may not be directly taught with words, but rather approached and intuited using the method outlined in this manual. If sufficiently practiced in training and further refined so as to lead to understanding, Transitions and Counters are a vital method of Aikido practice which will increase the faculty of instant kinesthetic logic to reveal the secrets of applied Aikido. The possibilities are endless. This book reveals the first level and is directed at trainees and instructors who are serious about unlocking the range of technical possibilities made available by the basic kihon waza of Aikido. This manual is not a how to book for beginners. You will need to already know the how-to. It contains no pictures or guided steps, no interesting new philosophical interpretations and nothing to interest anyone who has not already mastered the basics. If you know your Aikido basics, you will love the possibilities it will open up. **FOUR DIAMONDS - 1024 Basic Transitions and Counters of Aikido**, contains years of solid dojo work. The first layers of mystery that make Aiki effective are stripped away to expose how simple the endlessly adaptive pathways of Takemusu variables can be. The practiced will find the contents of this manual obvious. The sincere will find a way to interpret the Transitions and Counters revealed in it. The merely curious will find nothing. Unless you have been practicing Aikido attentively, do not purchase this book.

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aikido kihon waza basic techniques by heikki helala: Advanced Aikido Phong Thong Dang, Lynn Seiser, 2012-10-20 Master Japanese Aikido with this illustrated martial arts guide. Aikido, while uniquely beautiful among the martial arts, is also deceptively powerful, effective, and efficient. Dedicated practitioners know that advanced training means not only striving to master techniques, but also developing a deeper understanding of the history, philosophy and concepts at the core of this martial art. In *Advanced Aikido*, Phong Thong Dang and Lynn Seiser present an in-depth look at the complete art of Aikido, from the underlying theories that drive the techniques and strategies to advice on mastering the throws and locks fundamental to the art. Chapters in this Aikido book include: An in-depth look at the origins and philosophies of Aikido Discussion on utilizing ki to improve effectiveness Examination of fundamental theories and concepts essential to understanding Aikido Advanced techniques including throws and locks, counters and reversals, and combinations Effective strategies and skills for self-defense With over 400 illustrations and detailed instructions from one of the leading teachers in the field, even the most experienced practitioners can benefit from the lessons in this book.

aikido kihon waza basic techniques by heikki helala: **Aikido Ground Fighting** Walther G. Von Krenner, Damon Apodaca, Ken Jeremiah, 2013-05-14 This aikido training guide presents effective ground fighting techniques, remaining true to founder Morihei Ueshiba's teachings and providing useful instruction for martial arts students While aikido is renowned for its submission and compliance techniques as well as grappling from a standing position, it is not known for its effectiveness when it comes to ground fighting. *Aikido Ground Fighting* is a unique look at the roots of aikido techniques (in particular, the kneeling practices of suwari-waza) and how they might be applied to defense on the ground. Written by a direct student of Morihei Ueshiba in collaboration with other aikido teachers, this book remains steadfastly true to the founder's teachings while presenting innovative and effective techniques. Containing never-before-published pictures of Ueshiba and step-by-step photographs clearly demonstrating techniques, *Aikido Ground Fighting* is designed for aikido students looking to become more well-rounded martial artists as well as practitioners of all martial arts seeking effective self-defense techniques.

aikido kihon waza basic techniques by heikki helala: *Complete Aikido* Roy Suenaka, Christopher Watson, 1997-11-15 Master the techniques of aikido with this illustrated martial arts guide. *Complete Aikido* is the authoritative text on this enlightening martial art and self-defense

system. This definitive aikido guide is packed with history and philosophy and offers precise descriptions with over 400 photographs illustrating the correct--and incorrect--way to execute aikido techniques. In the almost thirty years since the death of aikido founder Morihei Ueshiba O'Sensei, his many students have spread his philosophy and vision across the world, including author Roy Suenaka. Complete Aikido provides insights into the three leading styles of this Japanese martial art: the original art developed by founder Morihei Ueshiba O'Sensei, the Shin-Shin Toitsu aikido of Koichi Tohei Sensei, and the Suenaka-ha Tetsugaku-ho aikido of Roy Suenaka Sensei. Both a fascinating martial biography and a comprehensive instructional manual, this aikido book is a must for all practitioners seeking the way of harmony.

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aikido kihon waza basic techniques by heikki helala: Aikido Basics Phong Thong Dang, Lynn Seiser, 2011-12-20 Get your aikido training off to a great start--from basic footwork and throws to training and demonstrations. This martial arts guide is a perfect introduction to aikido for beginners. Are you planning to learn Aikido, but don't know where to begin? Are you looking for a teacher? Are you taking a class but confused by the unfamiliar terms used to describe the techniques? This aikido book offers an easy, yet comprehensive introduction to everything you need to know to feel confident and be successful. You'll learn about: The origins of aikido--its philosophy, history and techniques How to find a teacher and a class that is right for you Getting ready--what happens in a typical Aikido class? The essentials--stances, strikes, grabs, throws, and pins How to complement your aikido training with ki exercises, multiple-person training, and freestyle exercises How to succeed in Aikido-- how to create an effective training program, test for belt promotion, and participate in competitions and tournaments Resources to help you further develop your Aikido skills

aikido kihon waza basic techniques by heikki helala: Aikido Exercises for Teaching and Training C. M. Shifflett, 2009-03-24 With the number of Aikido dojos in the U.S. estimated at up to 1,000, this Japanese martial art has never been more popular. This revised edition of the best-selling Aikido Exercises for Teaching and Training provides an ideal companion for both teachers and students of all Aikido systems. With over 100 illustrations and 300 pages of detailed techniques and exercises, Aikido Exercises for Teaching and Training has proved itself as the definitive guide to the "peaceful martial art." The exercises here are based on hitori waza, the simple building blocks that underlie the most spectacular Aikido throws. These are augmented with testing techniques, class demonstrations, and underlying basics of physics, anatomy, and psychology. The book includes an explanation of the relationships between exercises and throws; an approach for safe mastery of rolling and ukemi skills; the anatomy of wristlocks; useful training equipment; exercises for individual, off-mat practice; and verbal self-defense techniques. Unlike most Aikido manuals, this one draws from multiple systems (including Aikikai and Yoshinkan Aikido as well as Judo) and many seemingly unrelated topics to enhance understanding of the underlying principles of Aikido. Peppered with humorous anecdotes, creative analogies, and real-life lessons, this is a practical and inspiring guide for all Aikidoists.

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book explains by numerous examples of movements. The basics of the foot and hand movements are also covered. The details of the basic techniques of Aikido are not merely described; the reader also learns their implementation. A close look is taken on the roles of the defender and the attacker. The book content is based on the mainstream of the worldwide Aikido Organization (Aikikai). The book concludes with a section containing additional information about Aikido and its training.

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aikido kihon waza basic techniques by heikki helala: *Bokken. Sword in Aikido* Bartosz Ciechanowicz, 2019-08-25 Giving this book to the readers I deeply believe that I will contribute to the greater popularisation of aikido in the world. I have divided the book Bokken. Sword in Aikido. Kihon Aikiken. Volume I into two thematic blocks. The first of them has a historical background. In it I refer to the history of Japan and, above all, to the most important social and military conditions that shaped for centuries the art of sword. In this part I describe the Japanese warrior and the katana sword. I also present here important facts from the life of master Morihei Ueshiba and the profiles of his students. That's how I wanted to refresh the increasingly weakening memory of the people who participated in the creation the aikido art. I have devoted a few dozen pages to this because I think it is an extremely important element of the tradition of the art, giving meaning to the identity of people practising aikido. I have devoted the second thematic block to the technical grounds of aikiken. From this part, the reader will learn what is necessary for mastering the skills of wielding a bokken.

It is obvious that the book in no way will replace the practice and knowledge derived from the teacher. However, I hope that not the book alone, but my experiences - collected for over twenty years - described in it will systematise the knowledge about aikiken and encourage you to start training with a sword. See you on the mat... Author of the book, Bartosz Ciechanowicz

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aikido kihon waza basic techniques by heikki helala: Aikido Nage Waza Mats

Alexandersson, 2016-04-14 The Book - Aikido Nage Waza, Throwing techniques in traditional aikido. Traditional Aikido originates in Iwama, Japan. Aikido was founded by O-Sensei, Morihei Ueshiba in 1942 in the village of Iwama. Traditional aikido is often referred to as Takemusu Aiki and is a martial art that combines empty handed techniques (tai jutsu) and weapons (buki waza), the sword and staff. This is the first volume out of three volumes. This volume focuses on the pinning techniques in tai jutsu and contains more than 1000 pictures.

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