



TAKEMUSU AIKIDO ASSOCIATION
ITALY

KIHON WAZA, KI NO NAGARE WAZA, OYO WAZA, HENKA WAZA, KANREN WAZA, KAESHI WAZA

Questions about the difference between Oyo Waza and Henka Waza are very frequent, so it is important to clarify some doubts about this matter.

Kihon Waza is the “basic technique”, the pure form executed when you receive an attack or are firmly grabbed. The Founder was recommending to deeply study this level –Kotai- until sandan. In Kihon Waza any variations of the techniques are allowed.

The **Ki No Nagare Waza** include all the “flowing techniques”, that is to say the techniques executed in motion. Tori blends himself with his partner’s attack or grip and executes the controlling or throwing technique without any interruption till the end.

There are different and increasing levels of Ki No Nagare Waza for each series of techniques.

Morihei Ueshiba was recommending to start practising Ki No Nagare Waza from sandan on.

Oyo Waza literally means “applied technique”, that is to say when you are attacked in a particular way or by very strong or taller/smaller opponents you have to “adapt” the basic technique, without significant variations.

Henka Waza means “variations”. These are to be considered as advanced techniques and they should be practiced only after the basic techniques (kihon waza) and the flowing ones (Ki No Nagare waza) are learnt very well. From these techniques it is possible to recognize the main principle of the basic techniques which they come from, but the execution is very or totally different.

Kanren Waza include a series of “linked” techniques. This means that when tori executes a basic technique and uke can react in an unsuspected way or falls and then gets up again, he has to go on applying another technique.

During the execution more than two techniques can be linked together.

Kaeshi waza literally means “reacting technique”.

The Founder considered these techniques secret (*Himitsu Waza*) and therefore not to be shown in public and to be taught only to few and very trusted students at the end of our training life.

This tradition, not only typical of Aikido, comes from the risk that a Master, even if very skilled, could face a much expert opponent or at least sadly one of his own deshi. Then, this series of very special techniques represented the last chance to win and survive.

Usually, Kaeshi Waza are applied when the opponent makes a mistake or if he hesitates and, if executed in a proper way, they not allow a further reaction of uke.

It is recommended to clearly distinct these series of techniques avoiding to mix them up in order to strictly preserve the tradition of Aikido.

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