

What is Kiai

When asked “what is *Kiai*”, I would think that most students of modern martial arts would answer with something like; “a shout of power”, “a fierce yell”, or something similar.

So what actually is *Kiai*?

The term *Kiai* is a compound of two Kanji (Chinese characters).



The first *Ki* has a meaning of ‘mind’, ‘will’ or ‘spirit’.

The second *Ai* is a contraction of the verb ‘*Awasu*’, to unite.

So you can see from this meaning that ‘*Kiai*’ is more than just a shout, it is the ability to concentrate the whole of one’s being – mind, body & spirit in a single unified action. The vocal part of *Kiai* does not start in the throat but instead should erupt from deep within the pit of the stomach or the Hara.

Kiai wo kakeru (to utter Kiai)

To attack your enemy with *Kiai* exactly at the moment when your enemy has no *Ki* in their *Saika Tanden* (hara).

Fukushiki Kokyu

The art of deep, diaphragmatic breathing

There are also esoteric meanings behind *Kiai*, these have an effect on specific moves & the coordination of weapons, spirit, and body.

The main of these being

Yo no Kiai

In no Kiai

Yo no Kiai can be subdivided into;

- i) *Kiai* of winning = *Yaa!*

The use of this *Kiai* is to make the enemy feel that they have already lost.

- ii) Now attacking *Kiai* = *Aa!*

The use of this *Kiai* is to make the enemy feel one has found their weakpoint. The enemy will not then be able to use full power as their hearts have been unstabled.

- iii) I already know your next technique *kiai* = *Towa!*

This makes the enemy feel that one knows their intentions, thus destroying the desire in your enemy to continue.

In no Kiai, is most famously used for the ***Toate no Jutsu*** (techniques of striking from a distance), ***In no Kiai*** is silent in application but still has the ability to defeat your enemy. Deeply research the understanding of how sound interacts with action!!

Other ***Kiai*** used in training involves the use of ***Kiai*** in conjunction with ***Kime*** (or focus), each time a ***Kansetsu waza*** (locking techniques) is used on an enemy it is accompanied with a low deep belly ***Kiai*** of “***Uhhmm***”, this is to add emphasis to the control of the techniques and to counter any resistance offered by your enemy. This type of ***Kiai*** is very important for ***Ju Jutsu*** training

It is said; “If the mind be kept one & undivided it will accommodate itself to ten thousand varied circumstances. That is the reason why a superior person can keep their mind empty & undisturbed”.