



## Welcome to the home page of Helsinki Kendo Club Ki-Ken-Tai-Icchi!

We are a Helsinki-based club with approximately 200 registered members. With us you can train the three disciplines associated with traditional Japanese Fencing according to rules and techniques set by the All Japan Kendo Federation (Zen Nihon Kendo Renmei):

**Kendo** (Japanese art of fencing)

**Iaido** (Japanese art of drawing the sword)

**Jodo** (Japanese art of fighting with a staff)

It's also possible to train **Atarashii naginatado** (Japanese art of halberd fighting) at our club. Naginata has been introduced as a new discipline in our club very recently.

Ki-Ken-Tai-Icchi as we like to be called is a member of the **Finnish Kendo Association** (FKA), the **European Kendo Federation** (EKF) and the **International Kendo Federation** (FIK). We are also associated with the **Finnish Sports Federation** (SLU) and its regional organization the **Sport Federation of Southern Finland** (ESLU).

Our club is the biggest and oldest kendo club in Finland and also among the 10 largest clubs in Europe. It was established in 1986 and is therefore currently celebrating its 25-year existence in Finland. Our members are very active and skilled trainers and many of them are current or retired members of the Finnish national teams in kendo, iaido and jodo. Some are also members in the board of the Finnish Kendo Association.

We have good and close connections with our discipline's homeland Japan and the All Japan Kendo Federation. Our club is visited by Japanese senseis many times each year and many of our members also actively train their discipline abroad. Our friendship club is **Shiten Kendo Club** in St. Petersburg, Russia. Ki-Ken-Tai-Icchi and Shiten have a joint friendship kendo camp each year in early summer, which is held alternately in St. Petersburg and Helsinki.

Our club's main teachers in kendo are **Mikko Salonen** (7th dan renshi) and **Markus Frey** (7th dan renshi). Jodo is taught by Timo Reenpää (3rd dan jodo) and iaido by Tuula Kiviluoto (4th dan iaido).

### Location

Our dojo is located at Helsinki Olympic Stadium, Eastern wing (middle hall or "keskisali" in Finnish), Hammarskjöldintie 4, 00250 HELSINKI

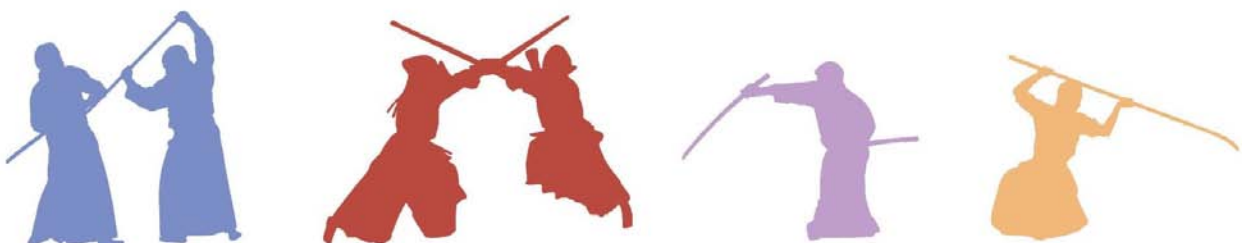
See map here: <http://www.kendohelsinki.org/?sivu=kartta>

### News and information about the club in English

Unfortunately, our web site isn't completely translated into English yet. You can join our mailing list however, where information about our club's activities is posted both in Finnish and English. Do this by sending an empty email to the following address:

kkti-kendo-subscribe (at) yahogroups.com

After this you will receive a mail asking you to confirm that you wish to join the list. Click on the link in the confirmation mail and follow the instructions in English which will open in your browser window.





Once you've joined the mailing list, you can post on the mailing list by sending mails to kkti-kendo (at) yahoogroups.com.

### Practice hours, 16.1.-31.5.2012

	Monday	Tuesday		Wednesday	Thursday		Friday	Saturday	Sunday
	middle hall	middle hall	dance room	middle hall	middle hall	club room	middle hall	middle hall	middle hall
12:00–13:00								Kendo juniors: no helmet & beginners 12:00–13:30	
13:00–14:00								Kendo juniors: with helmet 13:00–14:30	Kendo suburi & Ji-geiko 14:00–16:00
14:00–15:00									
15:00–16:00								laido beginners 14:30–16:30	Atarashii Naginata 16:00–18:00
16:00–17:00									
17:00–18:00								laido koryu 16:30–18:00	
18:00–19:00	Kendo 18:00–19:30	Jodo 18:00–20:00		Kendo juniors advanced & beginners 18:00–19:30	Kendo national team 18:00–19:30		kendo beginners 18:00–19:30		
19:00–20:00	Kendo beginners 19:30–21:00	laido beginners & advanced 20:00–22:00		Kendo 19:30–21:00	Kendo kyu-practice 19:30–21:00	Jodo (esp. beginners) 19:00–20:30	Kendo kata: 19:30–20:15 Jigeiko: 20:15–21:00		
20:00–21:00			Atarashii Naginata 20:30–22:00			break for jodo			
21:00–22:00	Free stretching			Free stretching	Jodo 21:00–22:00	change hall	Free stretching		

**NOTE: The kendo kata on Friday is meant for kendoka, iaidoka and jodoka all together!**

#### More information in English

Should you have questions or if you want more information about the club's activities in English, than available here, please contact us:

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