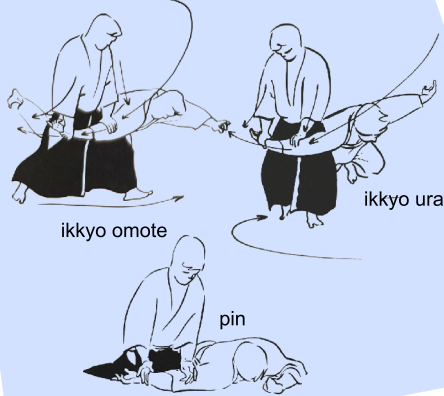


AIKIDO

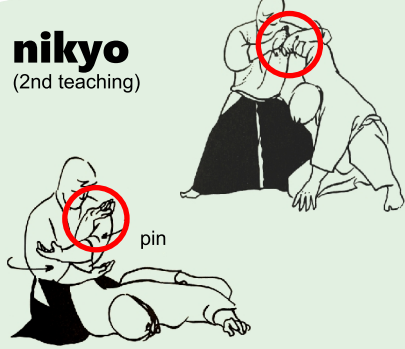
ikkyo

(1st teaching)



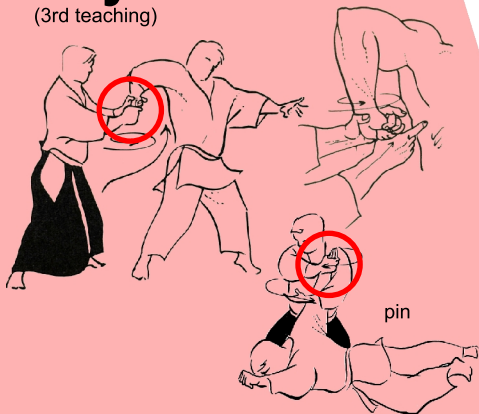
nikyo

(2nd teaching)



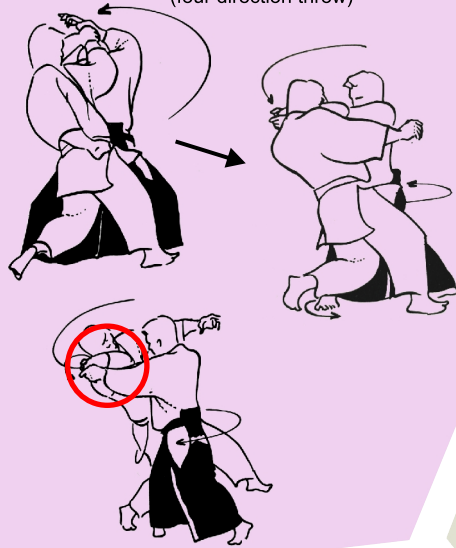
sankyo

(3rd teaching)



shihonage

(four direction throw)



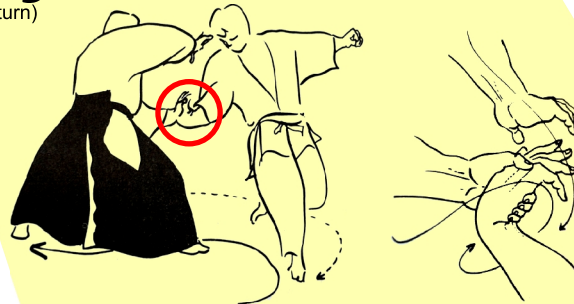
iriminage

(body entering throw)

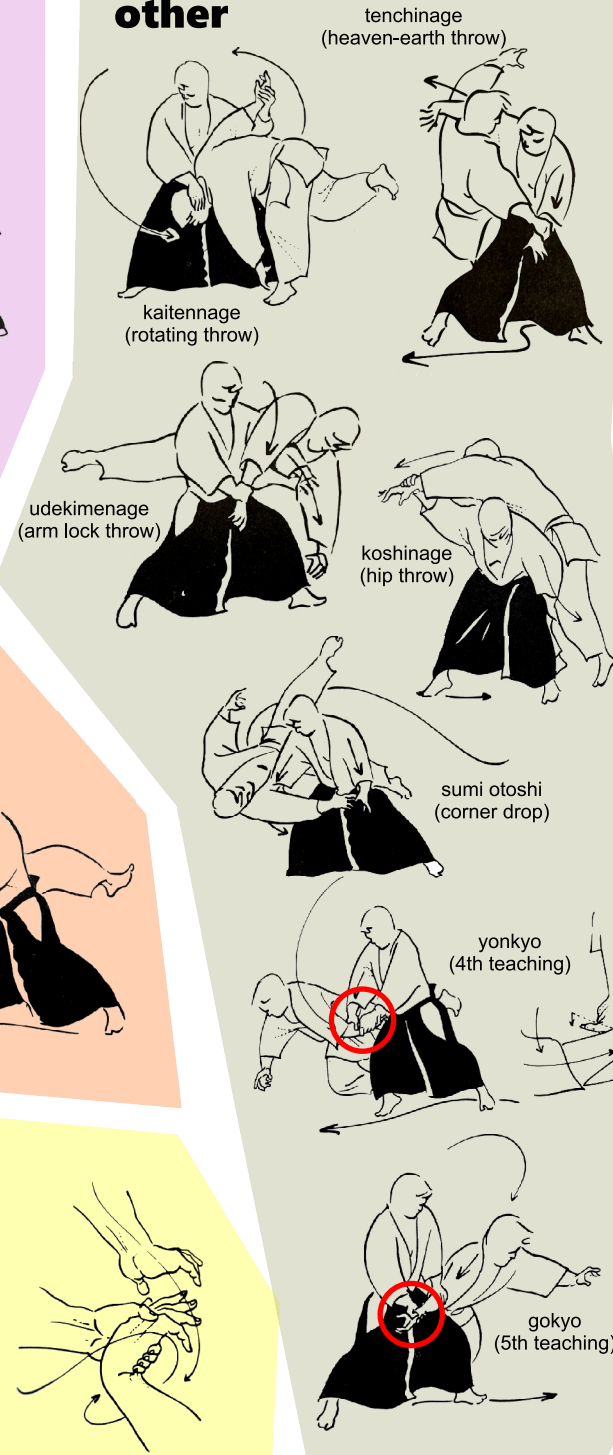


kotegaeshi

(wrist turn)



other



kokyunage

(energy coordination throws)

