



Aikido Position of Attack & Defense



Tachi-Waza



Hanmi-Handa/Pi



Suwari-Waza



Ai-Hanmi Katate Dori
(Overhand/Underhand Grasp)



Gyaku-Hanmi Katate Dori
(Underhand/Overhand Grasp)



Kata Dori
(Shoulder Grasp)



Morote Dori
(Two Hands Grasping One Wrist)



Ryote Dori
(Two Hands Grasping Two Wrists)



Ryokata Dori
(Two Hands Grasping Both Shoulders)



Mune Dori
(One or Two Hands Grasping Collar)



Ushiro Ryote Dori
(Two Hands Grasping Two Wrists From Behind)



Ushiro Sode Dori
(Two Hands Grasping Two Sleeves From Behind)



Ushiro Ryokata Dori
(Two Hands Grasping Both Shoulders From Behind)



Ushiro Eri Dori
(One Hand Grasping Collar From Behind)



Ushiro Kubishime Dori
(Neck/Collar Choke From Behind)



Mune Tsuki
(Straight Punch to the Chest)



Shomen Tsuki
(Straight Punch to the Face)



Shomen Uchi
(Overhead Strike to the Head with the Blade of the Hand)



Yokomen Uchi
(Side Strike to the Side of the Head or Neck with the Blade of the Hand)



Mune Dori Men Uchi
(Collar Grab and Strike to the Face)



Mae-Geri
(Front Kick)

Aikido Basics

R Sandford



Aikido Basics:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Aikido Basics**

In some sort of inundated with screens and the cacophony of instantaneous conversation, the profound energy and psychological resonance of verbal artistry often fade in to obscurity, eclipsed by the continuous assault of sound and distractions. However, situated within the lyrical pages of **Aikido Basics**, a fascinating perform of literary splendor that impulses with fresh emotions, lies an unique journey waiting to be embarked upon. Published with a virtuoso wordsmith, this enchanting opus instructions viewers on an emotional odyssey, delicately revealing the latent possible and profound impact embedded within the intricate web of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is key subjects, dissect their interesting writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

https://db1.greenfirefarms.com/public/browse/Documents/Easy_Minimalist_Lifestyle_For_Creators.pdf

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