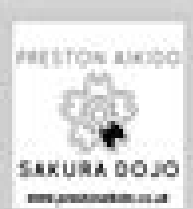
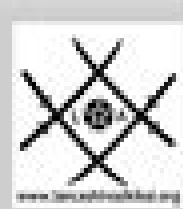


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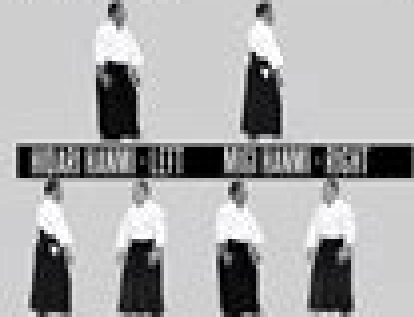


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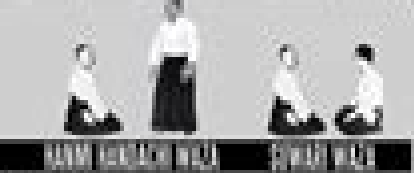
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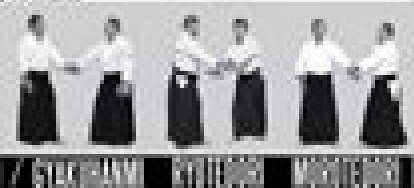
KAMAE - POSTURES



AI KAMA - SAME STANCE GYAKU KAMA - OPPOSITE STANCE



TACHI WAZA HANMI KAMICHI WAZA SHIMAI WAZA



KATATE-DORI AIHANMI / GYAKUHANMI



RYOTE-DORI MOROTE-DORI



KATA-DORI MUNA-DORI USHIRO RYOTE-DORI / KUBISHIME



OSAE WAZA - IMMOBILISATIONS



IKKYU - 1ST PRINCIPLE



NIKKYU - 2ND PRINCIPLE



SANKYU - 3RD PRINCIPLE



YONKYU - 4TH PRINCIPLE



GOOKYU - 5TH PRINCIPLE



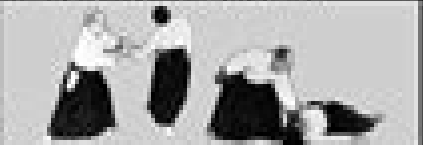
ROKKYU - 6TH PRINCIPLE (KATA-HU-DOM)



NAGE WAZA - PROJECTIONS



SHIMENAGE - FRONT DIRECTION THROW



KUDEGASHI - 180 TURNED WREST



KAMENAGE - SOLARY THROW



TENCHINAGE - HEAVEN TO EARTH THROW



IRIMinage - ENTERING THROW



UDE KENinage - ARM FOCUS THROW



UCHI NAGE - CROSS ARM THROW



KATA KATAME - SHOULDER CONTROL



KOSHINAGE - HIP THROW



SEMI UTSHURI - CORNER BODY DROP



KIKYUINAGE - BREATH POWER THROW



ANKI UTSHURI - ANKI DROP

Guide Aikido

John Stevens



Guide Aikido:

Guide Aikido Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Guide Aikido**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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