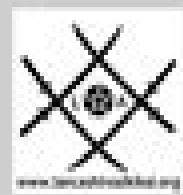


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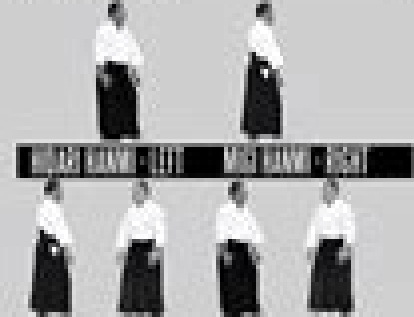


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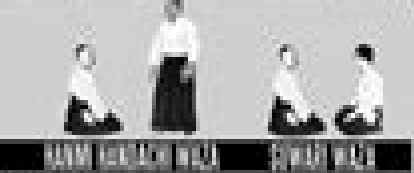
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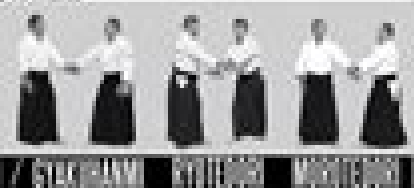
KAMAE - POSTURES



AI HAMA - SAME STANCE GYAKU HAMA - OPPOSITE STANCE



GRABBING & STRIKING ATTACKS



OSAE WAZA - IMMOBILISATIONS



IKKYO - 1ST PRINCIPLE



NIKKYO - 2ND PRINCIPLE



SANKYO - 3RD PRINCIPLE



YONKYO - 4TH PRINCIPLE



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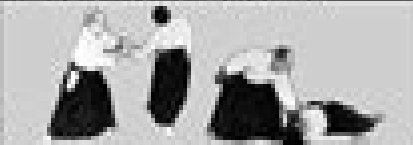


ROKKYO - 6TH PRINCIPLE (KATA-HU-DOM)

NAGE WAZA - PROJECTIONS



SHIHANAGE - 1ST DIRECTION THROW



KOTEHAZUMI - 2ND TURNED WRIST



KAITENAGE - 3RD SPIN THROW



TENSHINAGE - HEAVEN TO EARTH THROW



HIMEKAGE - ENTERING THROW



UKI KENINAGE - ARM FOCUS THROW



UKI NAGAE - CROSS ARM THROW



KAITI KATAME - SHOULDER CONTING



KOSHINAGE - HIP THROW



SOTO URESHI - CORNER BODY DROP



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AIKI OTOSHI - AIKI DROP

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1. Understanding the eBook Guide Aikido
 - The Rise of Digital Reading Guide Aikido
 - Advantages of eBooks Over Traditional Books
2. Identifying Guide Aikido
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Guide Aikido
 - User-Friendly Interface
4. Exploring eBook Recommendations from Guide Aikido
 - Personalized Recommendations
 - Guide Aikido User Reviews and Ratings
 - Guide Aikido and Bestseller Lists
5. Accessing Guide Aikido Free and Paid eBooks
 - Guide Aikido Public Domain eBooks
 - Guide Aikido eBook Subscription Services
 - Guide Aikido Budget-Friendly Options

6. Navigating Guide Aikido eBook Formats
 - ePub, PDF, MOBI, and More
 - Guide Aikido Compatibility with Devices
 - Guide Aikido Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Guide Aikido
 - Highlighting and Note-Taking Guide Aikido
 - Interactive Elements Guide Aikido
8. Staying Engaged with Guide Aikido
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Guide Aikido
9. Balancing eBooks and Physical Books Guide Aikido
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Guide Aikido
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Guide Aikido
 - Setting Reading Goals Guide Aikido
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Guide Aikido
 - Fact-Checking eBook Content of Guide Aikido
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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