



Aikido Position of Attack & Defense



Tachi-Waza



Hanmi-Handachi



Suwari-Waza



Ai-Hanmi Katate Dori
(Crossed-Hand One-Handed Grasp)



Gyaku-Hanmi Katate Dori
(Reverse-Hand One-Handed Grasp)



Kata Dori
(Shoulder Grasp)



Morote Dori
(Two-Handed Grasp One-Handed)



Ryote Dori
(Two-Handed Grasp Two-Handed)



Ryokata Dori
(Two-Handed Grasp Both Shoulders)



Mune Dori
(Chest or Two-Handed Grasp Collar)



Ushiro Ryote Dori
(Two-Handed Grasp Two-Handed From Behind)



Ushiro Sode Dori
(Two-Handed Grasp Two-Handed From Behind)



Ushiro Ryokata Dori
(Two-Handed Grasp Both Shoulders From Behind)



Ushiro Eri Dori
(One-Handed Grasp Collar From Behind)



Ushiro Kubishime Dori
(Back/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 Grasp and Strike to the Face)



Mae-Geri
(Front Kick)

Aikido Basics

Kathleen Armour



Aikido Basics:

Decoding **Aikido Basics**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Aikido Basics**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

https://composer.colourpop.com/results/Resources/Documents/toolkit_async_communication.pdf

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Aikido Basics Introduction

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