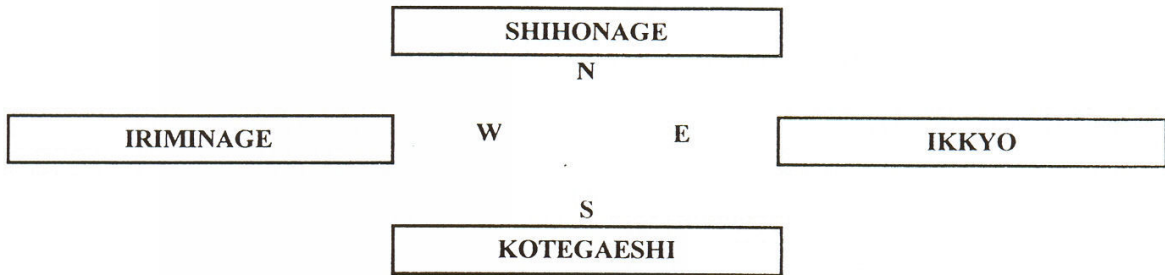


# A

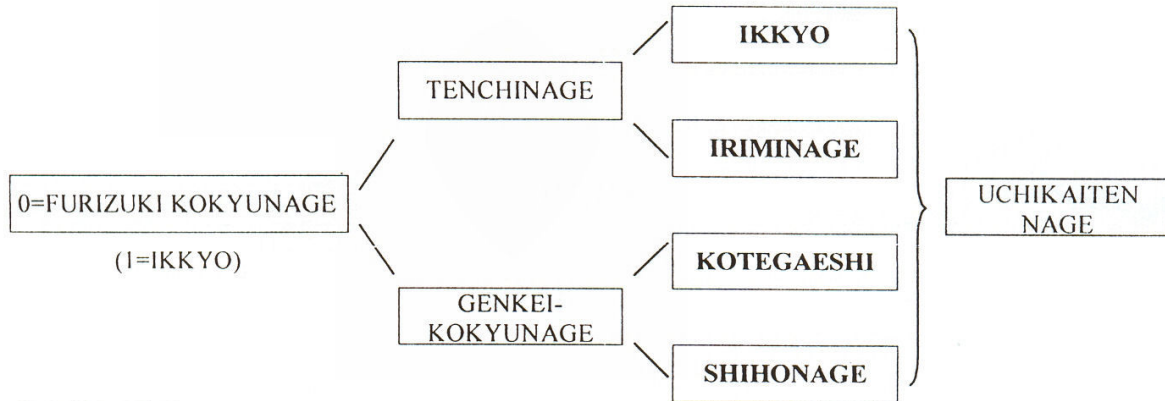
## Aikido-Techniken

### 1 Die vier grossen Techniken

IKKYO	KOTEGAESHI	IRIMINAGE	SHIHONAGE
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### 2



0=1 / Kyo=Jizu  
 Kyo/0 = Furizukikokyunage  
 Jizu/1 = Ikkyo

### 3 NAGEWAZA 8 Basis-Techniken / Techniques base

<i>OMOTEWAZA</i>	<i>URAWAZA</i>
SUMIOTOSHI	AIKIGOSHI
KOTEGAESHI	AIKIOTOSHI
IRIMINAGE	KAITENNAGE
SHIHONAGE	UDEKIMENAGE

### 4 OSAEWAZA 8 Basis-Techniken / Techniques base

<i>OMOTEWAZA</i>	<i>URAWAZA</i>
IKKYO	GOKYO
NIKYO	HIJIKIMEOSAE
SANKYO	UCHIKAITEN SANKYO
YONKYO	UDEGARAMI

### 5 UCHIKAITENNAGE

UCHIKAITENNAGE
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