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By Heikki Helala

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**Waza Vol 1) - Shihonage - Sample  
Clip** AikidoDvds.Com has this DVD, also  
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**Aikido Kihon Waza** Demonstration  
Video with Doug Wedell and Paul  
Bradley (Seidokan **Aikido** of South  
Carolina) illustrating five **kihon waza** ...

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***Moriteru Ueshiba - Ki Hon - 1***

***Yoshinkan Aikido Techniques  
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Renshoku Yoshinkan Aikido  
Techniques Demonstration - Kihon  
Dosa Renshoku - Basic Movement  
Continuation "Free Hand" Aikido is a ...***

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***Basic Techniques - Kihon Waza***

**Basic** Shotokan stance and hand **techniques** required for belt levels from 10-kyu to 7-kyu (Yellow and Orange).

***Aikido Technique: ASHI-SABAKI***

***Basic Footwork Exercise with Sean***

***Hannon Sensei*** An easy-to-learn 8-count exercise to help the new student

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learn the **basic** footwork behind the martial art of **Aikido**.

***Aikido Kihon Waza*** En este video Sensei Sukanuma nos muestra los ejercicios de calentamiento, los principios tecnicos basicos y luego hace una ...



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By Heikki Helala

***Shito-ryu karate bázistechnikák  
(shito-ryu kihon waza) - Kapocs  
Sportprogram*** A KAPOCS Sportprogram  
keretében összefoglaltuk a shito-ryu  
karatestílus alaptechnikáit, hogy  
egyfajta vizuális oktatási ...

***Aikido Techniques for Beginners -  
6th Kyu Test Requirements Aikido***

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Test Requirements for 6th Kyu exam by  
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requeridas para examen de 6to Kyu de  
**Aikido ...**

***Kihon Waza Basic techniques*** of  
Yoshinkan **Aikido**.

***AIKIDO - Kihon Waza*** (二二二) Segundo

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os critérios da Associação Pesquisa de  
**Aikido** V Kyu - Faixa Amarela 1.

Shomen Uchi Dai Ichi Kyo Omote - 0:17  
2.

***Yoshinkan Aikido Kihon Dosa - Basic  
Movements Kihon*** Dosa is the  
foundation for every **Aikido technique**.  
We practice **basic** movements in every

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class and discuss how they apply ...

***Aikido Techniques: Kihon Waza from  
Ushiro Tekubitori Attack***

<http://bit.ly/aikido411> Demonstration of  
**Kihon Waza** (fundamental) **Aikido  
Techniques** during the Yondan (fourth  
degree black belt) ...

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***Aikido : Do Kisei Dojo - Les techniques de Steven Seagal*** Les frères Marcos et Antonio Pena, directeurs **techniques** de l'Association d'**Aikido** Kisei dojo nous proposent une approche ...

***Aikido: Ukemi waza (basic)***  
Instructors from Malmö Budo Club

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(formerly Malmö **Aikido** Club) showing **basic aikido techniques**. This material was originally ...

***AIKIDO Kihon waza Takeda-ryu Nakamura ha*** Takeda-ryu Nakamura Ha, **Aikido, kihon-waza**. Marta-chan and Ralf-kun show the work of our **Aikido** children group in the dojo.

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**Aikido - Marrakech - Carlo Van Parys**  
**- Kihon Waza Aikido** Maroc - Cours  
Privé au Dojo de Taib.

**Aikido: Kihon Waza is NOT Jiyu**  
**Waza** Aikido at Senshin Center  
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***Basic Aikido techniques*** **Aikido techniques** from **Aikido** Alliance Australia. Explanation as to correct form during practice, and what not to practice.



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