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in Aikido The first Five Aikido Techniques are: Ikkyo - Take the balance and pin the elbow. Good Aikido Technique Osae Waza Suwariwaza Ikkyo Ueshiba Osensei . Nikyo - Lock the wrist and pin the balance. Good Aikido Technique Osae Waza Suwariwaza Nikyo Ueshiba Osensei . Sankyo - Twist the wrist and cut the balance. Good Aikido Technique Osae Waza Suwariwaza Nikyo Ueshiba Osensei . Yonkyo - Take the balance and control the forearm. Osae Waza - Good Aikido | Aikido Techniques Sixth technique - Tachi waza Here, the enemy grabs your right hand with his right hand. Immediately after he has grabbed you, draw his wrist to the right to pull his right foot forward and deliver a blow to his chest with your left elbow. While striking, bring the opponent's right arm over your left shoulder and apply a reverse lock. Women's Self Defense Techniques - Aikido Journal Aikido techniques from Aikido Alliance Australia. Explanation as to correct form during practice, and what not to practice. Complacency, lack of focus, and i... Basic Aikido techniques -

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our basic learning method for aikido's first principle and one of the first techniques required for grading: shomen-uchi ikkyo.

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
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






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
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
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