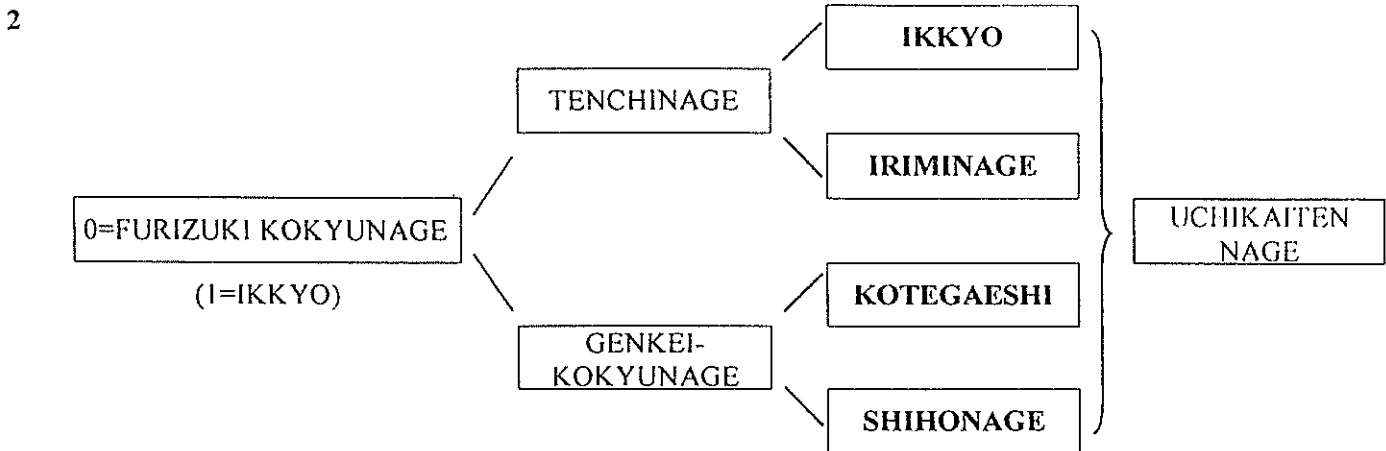
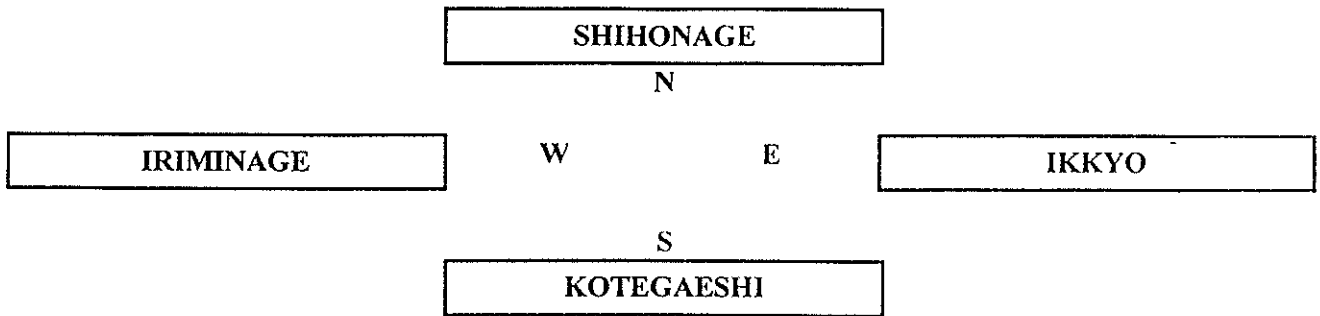


A

Aikido-Techniken / Techniques d'Aikido

1 Die vier grossen Techniken / Les quatre grandes techniques

IKKYO	KOTEGAESHI	IRIMINAGE	SHIHONAGE
-------	------------	-----------	-----------



0=I / 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	HIKIMEOSAE
SANKYO	UCHIKAITEN SANKYO
YONKYO	UDEGARAMI

5 UCHIKAITENNAGE