



IRAN AIKIDO MEISEI KAI



JO Techniques	
<p>TSUKI NO BU</p> <ol style="list-style-type: none"> 1- Choku-Zuki 2- Kaeshi-Zuki 3- Ushiro-Zuki 4- Tsuki-Gedan-Gaeshi 5- Tsuki-Jodan-Gaeshi 	<p>MEN NO BU</p> <ol style="list-style-type: none"> 1- Shomen-Uchikomi 2- Renzoku- Uchikomi 3- Menuchi-Gedan-Gaeshi 4- Menuchi-Ushiro-Zuki 5- Hidari-Yokomen-Ushiro-Zuki
<p>KATATE NO BU</p> <ol style="list-style-type: none"> 1- Katate-Gedan-Gaeshi 2- Katate-Toma-Uchi 3- Katate-Hachinoji-Gaeshi 	<p>HASSO NO BU</p> <ol style="list-style-type: none"> 1- Hassogaeshi-Uchi 2- Hassogaeshi-Zuki 3- Hassogaeshi-Ushiro-Zuki 4- Hassogaeshi-Ushiro-Uchi 5- Hassogaeshi-Ushiro-Bara
<p>NAGARE- KAESHI NO BU</p> <ol style="list-style-type: none"> 1- Hidari-Nagare-Kaeshi-Uchi 2- Migi-Nagare-Kaeshi-Zuki 	<p>JO RENZOKUDOUSA</p> <ol style="list-style-type: none"> 1- Menuchi 2- Kirikaeshi 3- Menuchi-Gedan-Gaeshi 4- Choku-Zuki 5- Tsuki-Gedan-Gaeshi 6- Tsuki-Jodan-Gaeshi 7- Tsuki-Jodan-Gaeshi-Gedan-Gaeshi 8- Tsuki-Jodan-Gaeshi-Hassogaeshi-Uchi 9- Tsuki-Hachinoji-Gaeshi 10- Tsuki-Toma-Uchi 11- Tsuki-Hassogaeshi-Uchi-Gedan-Gaeshi
<p>13, 22, 31 NO JO GYAKU GAMAE JO AWASE (8) KUMI JO (7) SHIN KUMI JO (10)</p>	

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