



IRAN AIKIDO MEISEI KAI



KEN Techniques	
KEN KIHON	ASHINO FUMIKAE
1- Suburi-Hanmi 2- Suburi-Zengo 3- Suburi-Shiho 4- Suburi-Happo 5- Suburi-Shikodacho 6- Kirikaeshi-Hanmi 7- Kirikaeshi-Zengo 8- Kirikaeshi-Shiho 9- Kirikaeshi-Happo 10- Kirikaeshi-Shikodachi	1- Mae-Hanmi-Suburi 2- Mae-Hanmi-Kirikaeshi 3- Ushiro-Hanmi-Suburi 4- Ushiro-Hanmi-Kirikaeshi
TSUKI	KEN SOUTAI ZENGO NO UGOKI
1- Hanmi 2- Zengo 3- Shiho 4- Happo 5- Fumikae-Tsuki-Hanmi 6- Fumikomi-Hanmi 7- Fumikomi-Zengo 8- Fumikomi-Shiho 9- Fumikomi-Happo	1- Suburi-Judan 2- Kirikaeshi-Judan 3- Kirikaeshi-Gedan 4- Gedan 5- Kaiten 6- Tsuki 7- Fumikumi-No-Tsuki 8- Gedan-Fumikumi-No-Tsuki 9- Suwaro-Suburi 10- Suwaro-Kirikaeshi 11- Suwaro-Kirikaeshi-Gedan 12- Suwaro-Gedan-Kaiten 13- Suwaro-Jodan-Rukuni-Roku
KEN NO AWASE (7) kimusubinotachi KUMI TACHI (5) KUMI TACHI HENKA KEN NO RI (5) KUMI TACHI HENKA TAI NO RI (5)	

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