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Lynn Seiser**

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Aikido - instructions for techniques, kata, etc. - black belt

Aikido - Instructions for Techniques, Kata, etc. Aikido Weapon Techniques - Not taught in all Aikido schools. Primary Aikido weapons are the Jo (staff), Bokken

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Weapons - discovering aikido

Cutting up and down with uke's arm creates Aikido techniques. It is commonly believed that the point of weapons training in Aikido is to improve the empty hand

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Aikido's techniques include: After basic techniques are learned, students study freestyle defense against multiple opponents, and techniques with weapons.

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Jul 23, 2016 · Aikido is a Japanese martial art based on the principles of harmony that contains both empty hand and weapons techniques. The weapon techniques in this

Japanese terms - shindai aikikai aikido dojo

Japanese Terms. Aikido = the way of WEAPONS AND Terms. tachi dori = sword taking techniques. Note that while Aikido is based in large part by the movements

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Product Description. The wooden weapons of aikido are most often used as training tools to better illustrate aikido principles and movements and to train in self

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Aikido Terms * Bold terms are Weapons Bokken Wooden sword (bo=wood, All aikido techniques include atemi. Gedankuzushi Breaking uke's balance forward and downward.

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