

This DVD is the perfect introduction to the dynamic aikido of Shoji Nishio Sensei. Also features complete English voiceover of Japanese explanations.

Part one covers the complete series of gyakuhanmi katatedori techniques. The techniques demonstrated include kaitennage, ikkyo, nikyo, sankyo, shihonage, yonkyo, iriminage, kotegaeshi, sotomakikomi.

Part two of this program covers the entire aihanmi katatedori series in great depth. The following techniques are demonstrated and explained: joho kaiten, ikkyo, shihonage, nikyo, iriminage, kotegaeshi, sankyo.

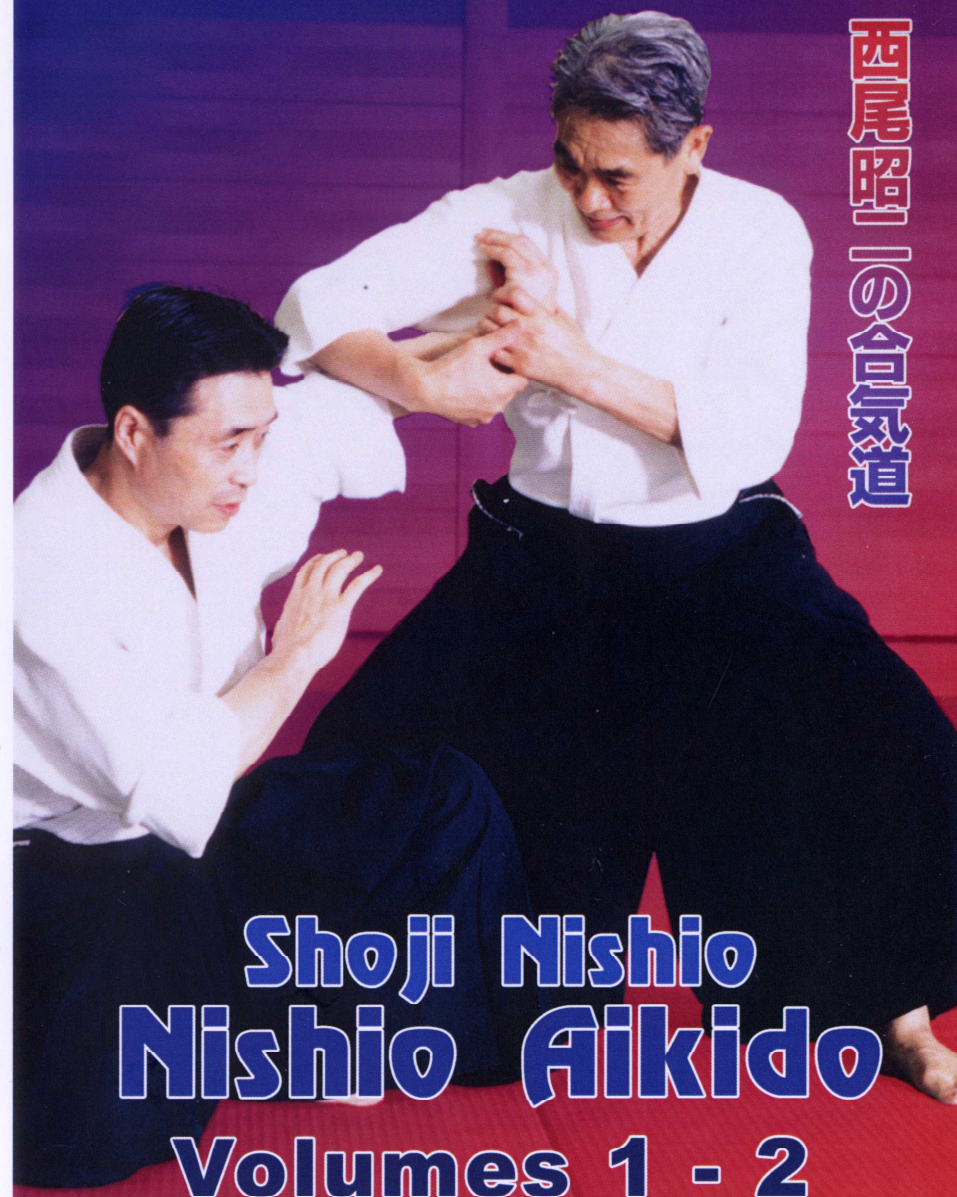
"Shoji Nishio - Nishio Aikido Volumes 1 - 2"
82 min., color, US\$39.95, code: DVD13

DVD-R

Shoji Nishio - Nishio Aikido Vol. 1 - 2



DVD-R



西尾昭二の合気道

Shoji Nishio
Nishio Aikido
Volumes 1 - 2