



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

**Part five** of the Nishio Aikido videotape collection presents numerous techniques from yokomenuchi attacks including shihonage, irimi, kotegaeshi, ken & jo, jo tai ken, ikkyo, nikyo, sankyo, gokyo, and koshinage. Nishio Sensei explains each technique in detail.

**Part six** of the Nishio Aikido series covers a variety of ryotedori and sodedori techniques. The techniques demonstrated are shihonage, ikkyo ura, katate series, nagewaza, kokyunage, ikkyo, nikyo, sankyo, gyaku kime, shime, kirihanashi kotegaeshi, ken tai ken, and jo tai ken. Step-by-step explanations of each technique are provided.

"Shoji Nishio - Nishio Aikido Volumes 5 - 6"  
61 min., color, US\$39.95, code: DVD15

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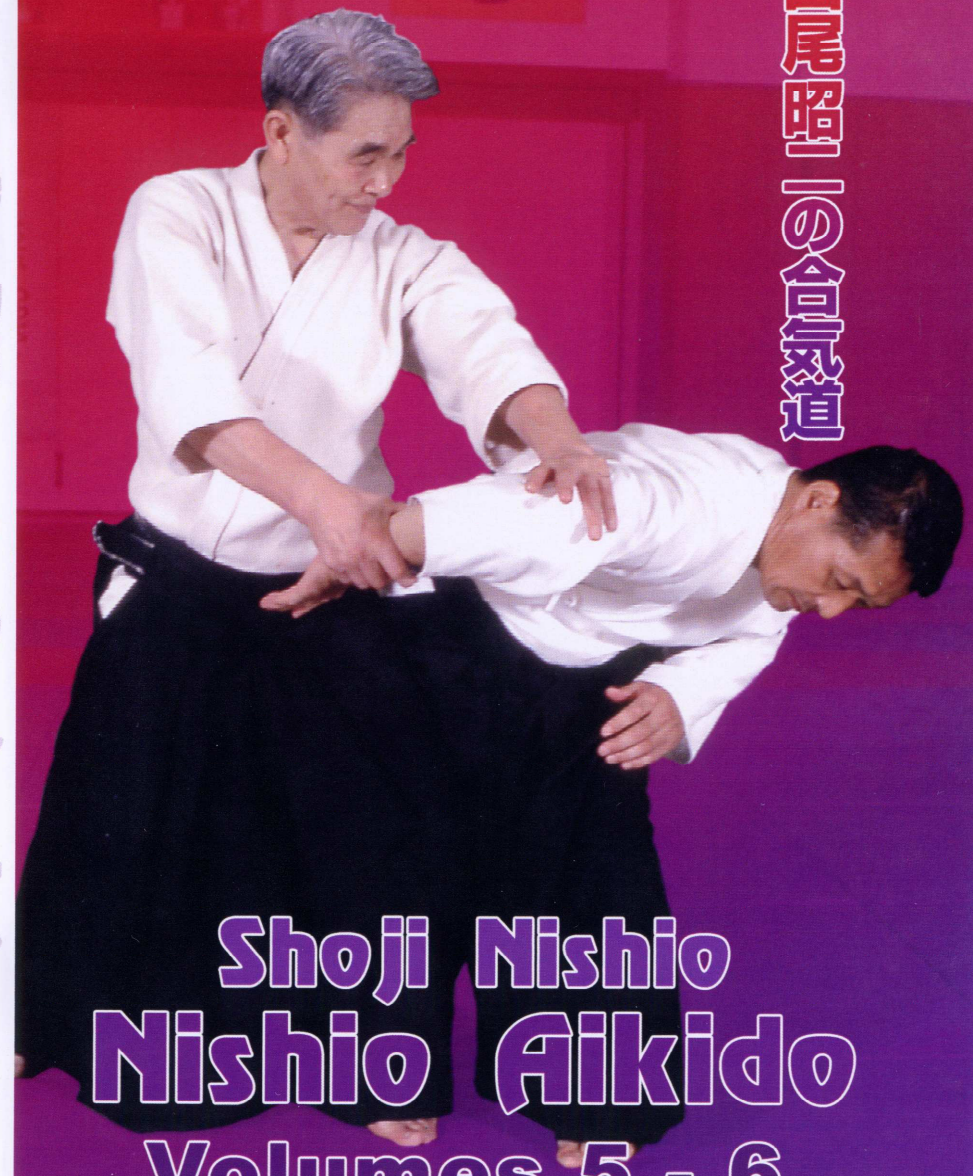
DVD-R

Shoji Nishio - Nishio Aikido Vol. 5 - 6



DVD-R

西尾昭二の合気道



Shoji Nishio  
Nishio Aikido  
Volumes 5 - 6