



Nishio Aikido, Volumes 7 - 9

Volume 7: Katadori Menuchi

Volume 8: Aikido Toho lai, Part One

Volume 9: Aikido Toho lai, Part Two

Part seven presents katadori menuchi techniques including warmup exercises, katadori ikkyo, katadori menuchi nikyo, katadori menuchi sankyo, katadori menuchi koshinage, katadori menuchi shihonage, katadori menuchi gyakukimenage, katadori menuchi irimi, and katadori menuchi kotegaeshi. The demonstrations also include the ken tai ken and ken tai jo applications of the above techniques.

Part eight covers the first seven of the Aikido Toho lai forms which are unique to Nishio Aikido. The lai kata and the taigi techniques that inspired them shown are Shohatto maegiri, Kiriage, Uke nagashi, Ushirogiri, Zengogiri, Tsukaosae, and Tekubiosae.

Part nine continues the presentation of the remaining eight forms of Aikido Toho lai which are unique to Nishio Aikido. The lai kata and corresponding taigi techniques covered are Kawashi tsuki, Tsukekomi, Tsume, Sanpo, Shiho, Nukiawase, Todome, and Tomesuemono.

"Shoji Nishio - Nishio Aikido Volumes 7 - 9"
97 min., color, US\$39.95, code: DVD16

www.aikidojournal.com Copyright © 2008 by Aikido Journal

DVD-R

Shoji Nishio - Nishio Aikido Vol. 7-9



DVD-R

西尾昭二の合気道



Shoji Nishio
Nishio Aikido
Volumes 7 - 9