

Morihiro Saito: The Lost Seminars, Part 4

This is the fourth volume of a DVD series presenting important historical footage of Morihiro Saito from his active years conducting seminars in Japan and abroad. The footage you will see in this program is from a weekend seminar Saito Sensei taught in 1989 at Sunset Cliffs Aikido in San Diego, California.

This DVD includes many techniques from ryotedori, shomenuchi, and morotedori attacks. Saito Sensei also gives a detailed presentation of nikyo techniques and seldom-taught releases from a variety of ushiro holds. With the release of each DVD of the "Lost Seminars" series, the body of technical information on Saito Sensei's teaching methodology grows to the benefit of practitioners everywhere.

Seminars in San Diego, California at
Sunset Cliffs Aikido, September 9-11, 1989

Tai no henko • morotedori kokyuhō • ushiro ryotedori releases • nikyo variations including: munadori nikyo • katatedori nikyo • morotedori nikyo • ushirotori kokyunage • shomenuchi ikkyō • ushirodori releases • ryotedori ikkyō • ryotedori shihonage omote • happogiri • ryotedori shihonage • ryotedori tenchinage • ryotedori kokyunage • ryotedori iriminage, etc.

About Morihiro Saito Sensei

Morihiro Saito is the author of the highly acclaimed book series, *Traditional Aikido* and *Takemusu Aikido*. Saito enrolled as a student of Aikido Founder Morihei Ueshiba in 1946. One of the art's foremost technicians, he was the acknowledged authority on Aikido weapons training. Saito operated Ueshiba's private dojo in Iwama and served as caretaker of the Aiki Shrine for more than 30 years.

Japanese / English with English subtitles

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