

## Morihiro Saito: The Lost Seminars, Part 5

This is the fifth 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 1991 at Sunset Cliffs Aikido in San Diego, California.

The material covered in this program includes the complete series of morotedori kokyuhō exercises, numerous ushiro ryotedori and eridori techniques, and--a special treat--the rarely seen ninindori series, advanced techniques against two opponents. Without doubt, this program makes a significant contribution to the steadily growing catalog of techniques of Saito Sensei available on DVD.

### Seminars in San Diego, California at Sunset Cliffs Aikido, September 14-15, 1991

Tai no henko • tai no henko ki no nagare • morotedori kokyuhō • Ninindori kihon • Ninindori - chest grab from behind • Ninindori - when pulled • Ninindori - when pulled backward • ushiro ryotedori kokyuhō • ushiro ryotedori kokyunage • ushiro ryotedori kokyunage oyowaza • ushiro eridori ikkyō omote • ushiro eridori kokyunage • ushiro eridori iriminage • ushiro eridori iriminage ki no nagare • ushiro eridori shihonage • ushiro eridori kotegaeshi • ushiroeri katatedori iriminage • ken tai Jo demo.

### 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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