

## Morihiro Saito: The Lost Seminars, Part 6

This program is the sixth part of a DVD series presenting important historical footage of Morihiro Saito from his active years conducting seminars in Japan and abroad. The scenes you will see in this compilation are from a weekend seminar Saito Sensei conducted in 1992 at Sunset Cliffs Aikido in San Diego, California.

The material covered in this program includes the complete series of koshinage techniques with some 30 variations, plus numerous munadori, katatedori, shomenuchi, yokomenuchi and ushiro techniques presented in Saito Sensei's inimitable teaching style. This DVD will prove an essential part of the educational material of anyone interested in mastering the fine points of Iwama Aikido.

### Seminars in San Diego, California at Sunset Cliffs Aikido, September 18-20, 1992

Tai no henko • morotedori kokyuhō • katatedori kokyunage • katatedori shihonage • munadori kokyunage • munadori koshinage • munadori kotegaeshi • katatedori kotegaeshi • katatedori koshinage • katatedori kotegaeshi • morotedori kokyunage • morotedori koshinage • ryokatadori kokyunage • ryokatadori koshinage • ryotedori kokyunage • ryotedori koshinage • shomenuchi iriminage • shomenuchi koshinage • shomenuchi kotegaeshi • ushiro katatedori kokyunage • ushiro katatedori kubishime koshinage • ushiro ryotedori kokyunage • ushiro ryotedori kotegaeshi • yokomenuchi iriminage • yokomenuchi kotegaeshi.

### 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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