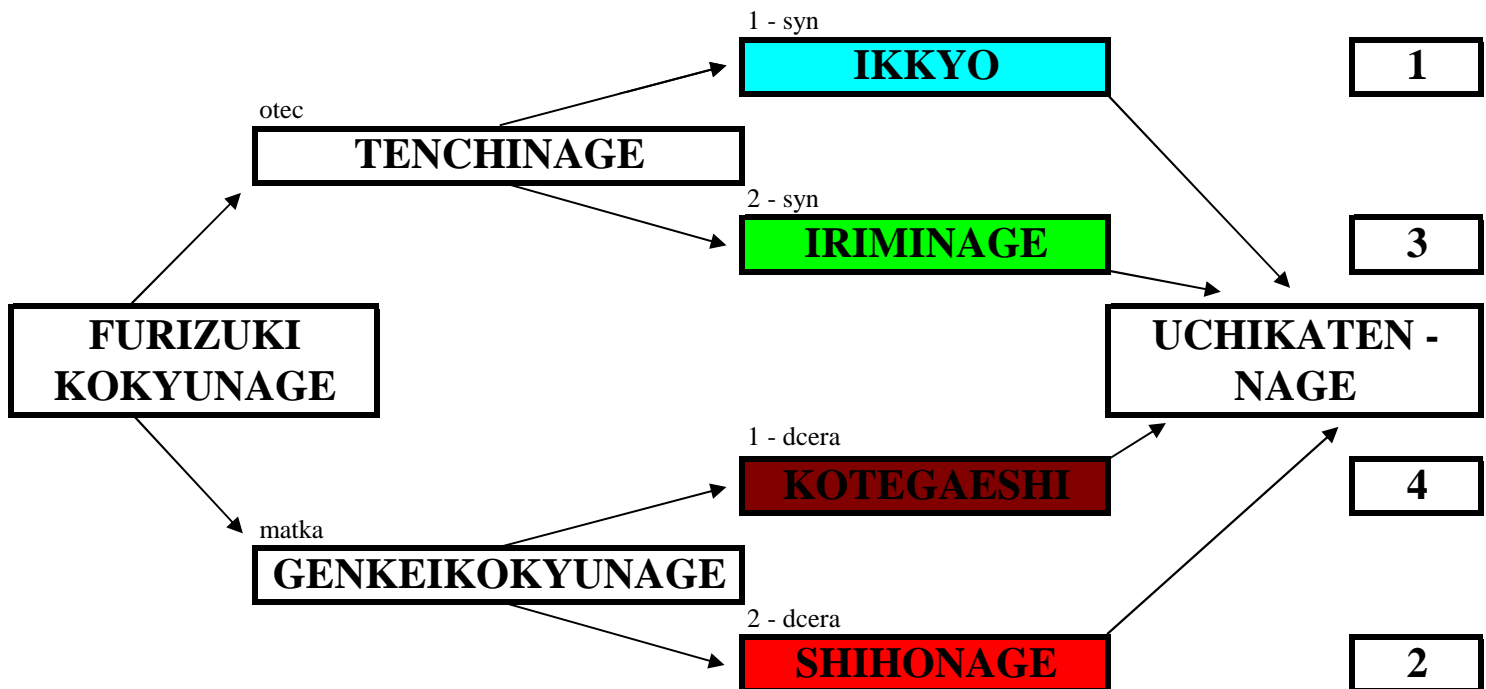
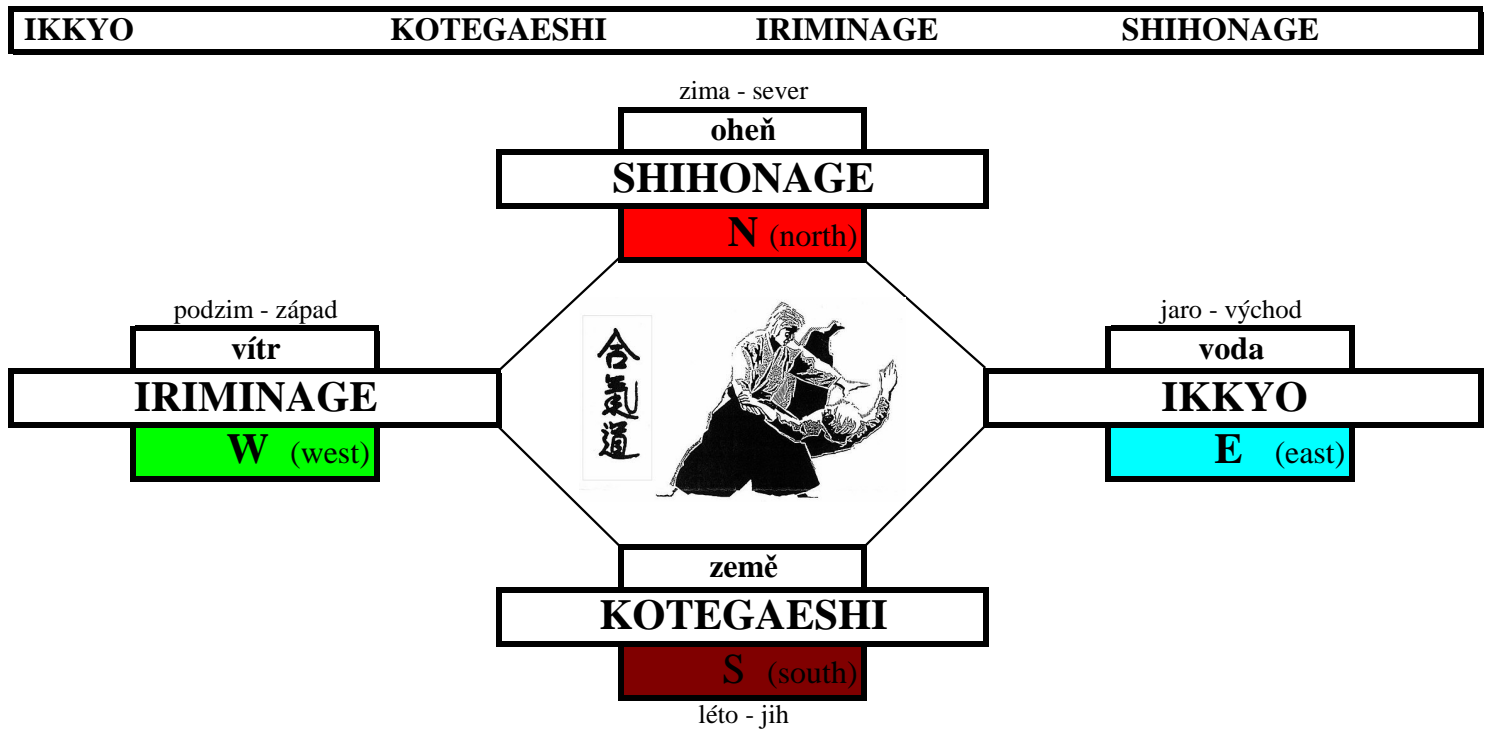


# Aikidó - Techniken / Techniques d'Aikidó

## Die vier grossen Techniken / Les quatre grandes techniques



NAGEWAZA 8 Basis-Techniken / Techniques base		OSAEWAZA 8 Basis-Techniken / Techniques base	
OMOTEWAZA	URAWAZA	OMOTEWAZA	URAWAZA
SUMIOTOSHI	AIKIGOSHI	IKKYO	GOKYO
KOTEGAESHI	AIKIOTOSHI	NIKYO	HIKIMEOSAE
IRIMINAGE	KAITENNAGE	SANKYO	UCHIKAITEN SANKYO
SHIHONAGE	UDEKIMENAGE	YONKYO	UDEGARAMI