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5, perform the exercise twice, then perform the technique. For 6 and 7, perform the exercise once, then the technique. Shite and uke switch roles between techniques. 1.

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Boaz & Amminadav demonstrating 'Kihon Dosa to Kanren Waza' - Basic movements (Kihon Dosa) and related techniques (Waza). at the Beit Heirut Aikido Yoshinkan Dojo (Israel) on Aug 2008.

Kihon Dosa to Kanren Waza - Aug 2008

Kihon dosa kanren waza as performed by Dror Zonder Sensei and Avihud Elichay Sensei. Taken at the Core Aikido

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gashku of 2015. Core Aikido At: [www.aikido.org.il](http://www.aikido.org.il). Category Sports;

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Kihon Dosa To Kanren Waza Members of Aiki Budo Centre performing Kihon Dosa to Kanren Waza at Aikido Mugenjuku in Japan March 21, 2019. Kihon Dosa to Kanren Waza Kihon Dosa To Kanren Waza. (Basic Movements and Linked Techniques) Part 1. For 1, perform the exercise twice. For 2 to 5, perform the exercise twice, then perform the technique. For 6 and 7,

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Sonoda Takehico. Shihonage. Ken Dori, Tanto Dori, Kihon Waza, Kaeshi Waza

waza that is the originality of our syllabus; you can practice a throwing technique as well as getting used to Zenpo-kaiten-ukemi. This idea came from my awful experience of becoming brown belt I introduced. Jun-3rd Kyu □ General students at the Headquarters never train Kihon-dosa Renzoku and Kanren-waza

A bit of knowledge for learning Aikido - Aikido Yoshinkan  
KIHON DOSA: Basic movement: KIHON DOSA RENZOKU:

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Continuing or United basic movement: KIHON DOSA TO  
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KAITEN UKEMI: Backward roll: KOHO UKEMI: Backward  
breakfall: KOKYU RYOKU: Breath Power: KONBANWA:  
Good evening: KONICHIWA: Good afternoon: KOTE: Wrist;  
forearm; KOTEGAESHI

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