



Aikido Techniques

Q A I B E C E R R M I V Y K R
D A C F G T U G N M T K O H V
J D M M A V E R A H J K K E I
Z R J C N O L N R N Y J G Y A
J O D A E U Q H C U O A M Z O
E K O C M O H H N H N H A I Y
M I Z S I T U A J N I W I C G
A R T J K L G F E X E N B H K
R I K I E E Z T T G P S A V S
A M P V D S I S A N K Y O G U
G I F R U A J N Q L W J C R E
E N O I K S U M I O T O S H I
D A E G A N I H S O K I B S L
U G K V R T B H D I W M D Z G
N E P Z F B Z E Z Y Z I C E Y

IKKYO IRIMINAGE KAITENNAGE KOKYUNAGE
KOSHINAGE NAGEWAZA SANKYO SHIHONAGE
SUMIOTOSHI TENCHINAGE UDEGARAME
UDEKIMENAGE