

合氣道尚武館



A I K I D Ō S H Ō B U K A N
B K I S T

6 ème KYU



TACHI WAZA

SHOMEN UCHI **IKKYO**

Omote/Ura

SHOMEN UCHI **IRIMINAGE**

GYAKUHANMI KATATE DORI **SHIHONAGE**

Omote/Ura