

	SHOMENUCHI	SHOMENUCHI KIAWASE	MUNETORI	USHIRO KUBIJIME
	YOKOMENUCHI	KATATETORI AIHANMI	RYOERITORI	USHIRO RYOKATATORI
UKE	JODANTSUKI	KATATETORI GYAKUHANMI	KATATORI MENUCHI	USHIRO HIJITORI
	CHUDANTSUKI	RYOTETORI	KATATE RYOTETORI	USHIRO RYOTETORI

KOBO NO GENRI 32 Aikido-Techniken
32 Techniques d'Aikido

UCHI NO RI	TORIFUNE KOKYUNAGE	SUMIOTOSHI	IKKYO	AIKIGOSHI
	MAEOTOSHI	JUU GARAMI	GOKYO	KOSHIGURUMA
OSAE NO RI	GENKEIKOKYUNAGE	KOTEGAESHI	NIKKYO	AIKIOTOSHI
	HIKIOTOSHI	UDEGARAMI OSAE	HIJIKIME OSAE	CHINSHINKURUMAGAESHI
NAGE NO RI	TENCHINAGE	IRIMINAGE	SANKYO	KAITENNAGE
	KIRIOTOSHI	KUBIJIME	UCHI KAITEN SANKYO	SEOIGURUMA
ZAN NO RI	SHIHOKIRI KOKYUNAGE	SHIHONAGE	YONKKYO	UDEKIMENAGE
	KAITENOTOSHI	GYAKU HIJIKIMEOSAE	UDE GARAMI	TEGURUMA