



This DVD is the perfect introduction to the dynamic aikido of Shoji Nishio Sensei. Also features complete English voiceover of Japanese explanations.

Part three of the Nishio Aikido series is the first volume of a detailed presentation of shomenuchi techniques. Nishio Sensei demonstrates side-escape techniques followed by explanations of shihonage, ikkyo, gokyo, irimi, and kotegaeshi. All the techniques are demonstrated empty-handed and using the ken & jo.

Part four of this collection contains the second part of the presentation of shomenuchi techniques. Covered are numerous side-entry techniques including irimi, kotegaeshi, and nikyo. The furikaburi series covers irimi, kotegaeshi, and sankyo. Finally, many applied technique are shown.

"Shoji Nishio - Nishio Aikido Volumes 3 - 4"
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西尾昭一の合気道

