

# A I K I D O MOCHIZUKI



## TE HODOKI

Jun te

Gyaku te

Dosoku

Ushiro Kubi Shime

Ushiro Uate

Ushiro shitate

Ryote dori

Ryote ippo dori

Sode dori

Kata dori

Muna dori / Mae eri dori

Eri sodes dori

Ushiro kami dori

Ushiro eri dori

Ushiro ryote kata dori

Ushiro ryote sode dori

Ushiro ryote dori

Ushiro eri obi dori

Mae ryote eri dori

Mae ryote Shime

Mae eri dori -Tsuki

Mae hadaka jime

Ushiro hadaka jime

Mae kumi tsuki

